

A BUBBLY CHALLENGE

SESSION B



Self-Discipline is:

- * Controlling yourself so that others don't have to control you.
- * Getting rid of bad habits and replacing them with good ones.
- * Restricting how much time you spend on certain activities.
- * Making yourself do things that are healthy or good for you.

LEARNING OBJECTIVES:

To understand when and how to practise self-discipline during the school day.

Suggested Resources:

Blow bubbles, suitable paper, pencils, coloured pencils, ICT equipment.

Script:

"In the last lesson we learnt what self-discipline looks like in school. Today you are going to show me how well you understood, but first we are going to have a self-discipline challenge. If you can sit still with your hands in your lap while I blow some bubbles, I will blow lots more bubbles that you can pop at the end of the lesson!

Character Coaching

Guidance:

Can you think of one time in class and one time out of school where you could use more self-discipline?

"You are going to design a self-discipline poster to show the most important ways we can practise self-discipline in school. It needs to be clear and eye-catching; you can include a catchy slogan if you wish.

Suggested Activities:

Blow bubbles over the children while they sit still.

Children work independently or with a partner to create a self-discipline poster. As an alternative or if ICT resources are available they may produce their poster on the computer and may include photos or perhaps make a video.

Plenary:

Blow bubbles for the children to pop.

Meaningful praise:

Well done, it must be so tempting to pop the bubbles, but you are really using your self-discipline to control yourself!

Well done for practising self-discipline and not popping the bubbles!