

CAN YOU WAIT?

SESSION A



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 be able to use self-discipline to control ourselves and wait for something.

Suggested Resources:

Bags of marshmallows or Smarties.

Script:

“If you can be patient and use self-discipline to wait for something, you will often get something better at the end. If you spend your pocket money every week, what can you buy? What if you wait for three months or even a year? What if you want to make friends – should you demand to play your game as soon as you have met, or is it better to wait and play their games first? Can you learn how to draw really well in just one lesson? What will you need to do first?”

Whatever you do, you will need to work at it before you can succeed – you will produce things that you are not very pleased with at first, but if you persevere

Character Coaching

Guidance:

How could self-discipline help in this activity?

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

Meaningful Praise:

Well done, you have used your self-discipline and ignored distractions to produce some excellent work.

and use self-discipline you will get what you want and become good at drawing.”

Suggested Activities:

Offer the children one sweet now or two later on.

The children should think of something that they would like to save up their pocket money for. They then can work out how long it will take them to save up for it if they do not spend anything.

Plenary:

Ask some of the children to share what it is they want to save up for and how long it may take them.

Don't forget to give out 2 sweets to anyone that waited!

Correction:

How might self-discipline look when you want to go out, but mum or dad say no?

