

CAN YOU WAIT?

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 use self-discipline to control ourselves and wait.

Script:

“Last week we talked about using self-discipline to be able to wait for things. Put your hands up if you took one sweet at the beginning of the lesson. Do you wish you had waited until the end of the lesson to get two sweets? Why? Put your hands up if you waited for the two sweets. Were you pleased with your decision? Why? Well done, you showed self-discipline by waiting to get a better result.

Self-discipline can help us to create new habits of thought, action, and speech towards improving and reaching our goals. When else might we need to use self-discipline to wait before doing something?

One suggestion might be: somebody says something that you do not agree with and it annoys you. Your first

reaction might be to bite back by saying something which hurts their feelings and results in you falling out. But what if you waited before saying anything and took the time to choose your words carefully? How might the result differ? Which is better?”

Suggested Activities:

Children talk with partners about situations where they might need to use self-discipline by waiting for something in order to get a better outcome. They should then write up the situation followed by the solution on a large sheet of paper, showing where they used self-discipline.

Plenary:

Choose some children to share situations with the class.

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 used self-control to think carefully before speaking.

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

Correction:

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

