

KNOWING THE LIMITS

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 the effects of too much TV or gaming, and how to set our own time limits.

Suggested Resources:

School weekly timetable, blank timetable, or week-to-view diary page.

Script:

“Last week we discussed the effects of too much gaming (share posters to remind the children). This week we will be creating our own weekly timetables to help us become more self-disciplined in getting a balance of activities. (Show the school timetable.) When do you have to hand in homework? When do you have spelling/times tables tests? When do you have other activities outside of school, e.g. swimming or football club?” Encourage the children to think about when they could fit in homework, outside play, meeting up with a friend, playing a game with the family, etc.

Character Coaching

Guidance:

How could self-discipline help in this activity?

Where do you think you need to use self-discipline?

Meaningful Praise:

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

Suggested Activities:

The children should fill in their own timetables with essential items first followed by as many active and sociable things as possible. Now where could they fit in TV or gaming time? Encourage them to set limits of up to 45 minutes at a time. Have they reduced their normal allocation of gaming or TV time?

Plenary:

Encourage the children to show their parents their new timetable and make a commitment to stick to it. What do the children think the problems might be? How could they overcome them? What virtue could they use if they find themselves slipping back into old habits?

Correction:

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

How could you use your self-discipline to set a maximum amount of time spent on your computer?

What would a sensible amount of time be?