

SELF-DISCIPLINE - FIRST GRADE

Book and Lesson will be together in the media center. Materials are in the cabinet immediately to your left when you enter the media center.

Materials:

Book: *When Sophie Gets Angry- Really, Really Angry* by Molly Bang
Self-Discipline Poster

Activity:

Explain that Self-Discipline means controlling your words, actions, and impulses. What are some ways we show that we can control our words? Our actions? Our impulses? Sometimes we have to control our impulses when we feel angry. Does everyone get angry? Of course! Does everyone lose control when they are angry? No! They have learned how to control their anger, and that is what we will be learning today!

Read *When Sophie Get Angry—Really, Really, Angry* by Molly Bang.

What are some things that Sophie gets angry about? What does she do when she is angry?

Review the definition of self-discipline.

Questions:

Does Sophie have good self-discipline in the story? How do you know?

What are some ideas you might give to Sophie to help her next time she is feeling angry?

Examples:

1. Talk to an adult about your feelings. Identify some people they could talk to. (mom, dad, teacher, counselor)
2. Exercise. What are some ways you could exercise and get your angry feelings out? (run, jump, walk the dog, ride bike)
3. Find something fun to do to take your mind off your anger. What are some fun activities you could do.
4. SLOWLY count to ten. Count again if you still feel mad.
5. Take at least 5 deep breaths (breath in through nose and out through mouth).
Demonstrate and practice how to take these breaths slowly!