

SELF-DISCIPLINE – SECOND 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: *Lily's Purple Plastic Purse* by Kevin Kenkes
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 *Lily's Purple Plastic Purse* by Kevin Henkes.

Did Lily have good self-discipline? How do you know?

How did Lily feel when Mr. Slinger took away her plastic purse?

What did she do to get back at Mr. Slinger for taking her purse? Was this showing self-discipline?

Questions:

What should Lily have done? (listen to the teacher and wait to show the class her purse)

Would that be hard or easy for Lily?

What are some ideas you might give to Lily to help her if she feeling mad at school again?

Examples:

1. Talk to her teacher.
2. Exercise at recess.
3. Find something to do to take her mind off her anger.
4. SLOWLY count to ten.
5. Take at least 5 deep breaths (breath in through nose and out through mouth).