

SELF-DISCIPLINE – THIRD 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: *My Mouth is Like a Volcano* by Julia Cook
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 *My Mouth is Like a Volcano* by Juila Cook and discuss the story.

Did the main character, Louis, have self-discipline? (no)
How do you know? (he interrupts people with his thoughts)
Why does Louis interrupt people?
How do you feel when people interrupt you when you're talking?
Why is it important not to interrupt people when they are talking?

Questions:

What would you suggest for Louis to do so that he can learn self-discipline?
(Louis should listen and wait for his turn to speak when talking with other people)
Do you think this would be easy for him or hard?
When do you have to have self-discipline at school? Examples:
Sitting in your seat, lining up, working in groups, listening to the teacher