

## SELF-DISCIPLINE - FOURTH 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: *The Paperboy* by Dav Rilkey  
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 *The Paperboy* by Dav Rilkey and discuss the story.

Did the paper boy have self-discipline? (yes)

How do you know? (he has a job to deliver papers every morning)

Why is it important for a paperboy to have self-discipline?

### **Questions:**

What are ways that you show self-discipline at school? Examples:

Sitting in your seat, lining up, working in groups, listening to the teacher

Is it hard to have self-discipline or easy?

Do you need self-discipline to do your homework? Why?

What are others times you need self-discipline and why? (sports, chores, playing with friends, when we have different feelings – ex: angry/mad)