

## SELF-DISCIPLINE – FIFTH 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 Emperor and The Kite* by Jane Yolen  
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 Emperor and The Kite* by Jane Yolen and discuss the story.

Did the little princess have self-discipline? (yes)

How do you know? (She uses her intellect and creativity to work hard to help save her father, even though he always favored the others)

Does the little princess show any other character traits? (Courage, kindness, etc.)

Why is it important for people to have self-discipline? (To work hard, to learn)

What does the Emperor learn in the end? (No matter how big or small you are, it is important to show good character)

### **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 other times you need self-discipline and why? (when you play sports, chores, playing with friends, when we have different feelings we express– ex: angry/mad)