

SELF-DISCIPLINE – KINDERGARTEN

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: *Howard B. Wigglebottom Learns to Listen* by Howard Binko
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 *Howard B. Wiggle Bottom* and discuss questions on page 31.

1. What did you learn about listening from Howard B. Wigglebottom?
2. What kind of trouble have you gotten into for not listening? How did that feel?
3. How do you think the other students feel about Howard when he is bouncing around and not listening to the teacher?
4. Was Howard paying attention in the story? How do you know?
5. Is Howard being respectful to his friend?
6. How do you think the other students feel about Howard becoming a better listener?

Questions:

Was Howard showing self-discipline? How do you know?

Can you think of times it is important for you to follow directions and to use your eyes and ears?

Share about a time you have to have self-discipline.