

Character Theme:
Self-Discipline

School Component

Special Events & Programs

- **Staff Discussion** (Modeling)
Discuss with your staff specific ways they can demonstrate self-discipline in their relationships with each other, students, and parents.
- **Curriculum Integration**
Provide time for teachers to meet as teams to plan ways to connect the principle of *self-discipline* to their subject areas, such as *language arts* and *social studies*.
- **Showing Self-Discipline**
At a school assembly, use the chart below on an overhead to discuss situations where it is difficult for students to show self-discipline. Then have students share specific ways they can show self-discipline in each situation.

Difficult Situation	Ways to Show Self-Discipline

- **Lunch Videos**
Show videos at lunch that highlight positive role models who show self-discipline in their lives.
- **Great Achievements**
At a school assembly, highlight great human achievements--Michelangelo's art, Wright Brothers' flight, Thomas Edison's inventions. etc. Explain that without self-discipline, these people could never have achieved what they did.

Visual Displays

1. **Self-Discipline Drawings**
Display illustrations and a list of ways people can show self-discipline. Invite students to contribute their own drawings and descriptions.
2. **School Words**
Post words around the school that describe behavior that shows self-discipline, such as *patience, self-control, focus, hard work, etc.*
3. **Parent Photos**
Take photographs of some parents and have them write brief explanations of ways they show self-discipline. Display photographs and descriptions.

Character Communications

- **Learning Self-Discipline**
During school announcements:
All of us need to learn self-discipline if we are going to be successful. All of us sometimes feel like not doing things we know we should--whether it is schoolwork or a job. But having self-discipline helps us face and meet all different kinds of challenges
- **Being Disciplined**
When we are disciplined by our parents or teachers, it is often to teach us to be more self-disciplined. Being self-disciplined is recognizing when you need to do things that you may not feel like doing, but it is what is the best for you. Self-discipline helps you consider the needs of others and the consequences of your actions.
- **Saying, "No"**
During school announcements:
Self-discipline is being able to say, "No" when you might feel like saying, "Yes." And even when other people may be telling you to say, "Yes," you still know that saying, "No" is doing the right thing.
- **Showing Self-Control**
During school announcements:
When you show self-control, you feel better about yourself because you are developing an inner strength that no one can take away from you.

Contests & Awards

1. **Biographies Contest**
Have a contest where students write biographies of current popular figures who have succeeded by being self-disciplined.
2. **Personal Projects**
Have students share written and visual reports with a committee about personal projects they completed where they showed self-discipline.
3. **Self-Discipline Awards**
Have teachers give students awards for improvement in an academic area where students have shown self-discipline.

School Component Implementation Summary

The chart below lists each of the action steps for the *Preparation, Implementation, and Evaluation* phases of the **School Component** and the specific *WiseSkills* resources that are needed for each step.

	Time Period	Action Step	<i>WiseSkills</i> Resources
1. Preparation	Beginning of the School Year	1. Create <i>WiseSkills</i> Leadership Team, including <i>WiseSkills</i> Coordinator	<i>Administrator's Handbook</i>
	Beginning of the School Year	2. Staff Development: <i>WiseSkills</i> Training or in-house training	<i>WiseSkills</i> Trainer; Training Flash Drive
	Beginning of the School Year	3. Organize the school calendar around monthly <i>Character Themes</i>	<i>Administrator's Handbook</i>
	Before Each Character Theme	4. Discuss staff modeling of each theme	<i>Administrator's Handbook</i>
	Before Each Character Theme	5. Teachers work in teams to plan ways to integrate each theme into subject areas	<i>WiseSkills</i> K-8 curricula, <i>Administrator's Handbook</i>
2. Implementation	During Each Character Theme	6. Educators use <i>WiseSkills</i> activities with students	<i>WiseSkills</i> K-8 class curricula, <i>Wisdom Poster</i> , <i>Character Signs</i> , <i>Character Posters</i> , <i>Tent Cards</i>
	During Each Character Theme	7. Schoolwide activities are coordinated by the <i>Leadership Team</i> : <ul style="list-style-type: none"> • Special events • PA announcements • Contests & awards • Visual displays 	<i>Administrator's Handbook</i>
	During Each Character Theme	8. Classes recite quotes at school assemblies and events (Grades K-8)	<i>WiseSkills</i> K-8 class curricula
	During Each Character Theme	9. Publicly recognize students for showing good character	<i>WiseStudent!</i> Certificates, <i>Character Cards</i> , <i>Quote-Marks</i> , <i>Wise Pencils</i> , <i>Good Choices Balloons</i> , <i>Wisdom Rulers</i>
	During Each Character Theme	10. Use the language of positive character when disciplining students	<i>Administrator's Handbook</i>
3. Evaluation	End of the School Year	11. Students, teachers, administrators, and parents complete evaluations and assessments	<i>Administrator's Handbook</i> ; <i>WiseSkills</i> Practical Assessments
	End of the School Year	12. Modifications are made to improve implementation.	All <i>WiseSkills</i> Materials



Character Theme:

Monthly
Curriculum Integration



Service Opportunities





Date:

Grade Level:

Directions: Check the box that describes how often you show each action.

Positive Attitude

Table with 5 columns: Action, Always, Sometimes, A Few Times, Never. Rows include: I usually have a good attitude, When I get frustrated, I try to keep a good attitude, I never say bad things to others, I try to say nice things about others, I try to focus my mind on good thoughts, I am thankful for the good things I have in my life.

Respect

Table with 5 columns: Action, Always, Sometimes, A Few Times, Never. Rows include: I make good choices and show respect for myself, I treat my own mind, body and feelings with respect, I show respect for adults in authority, I show respect for other people's property, I am caring, courteous and considerate towards others, I show respect for people who are different than me.

Responsibility

Table with 5 columns: Action, Always, Sometimes, A Few Times, Never. Rows include: I show responsibility at home and at school, I complete the tasks assigned to me at home and in school, I finish working on things even when it is difficult, I put my best effort into everything I do, I look for ways I can do things to help others, I am an excellent example for those younger than I am.

Self-Discipline

Table with 5 columns: Action, Always, Sometimes, A Few Times, Never. Rows include: When I am punished, I learn from my mistakes, I stop myself from doing things I know are wrong, I show self-control by doing things that are right, I am a very patient person and can wait a long time, I have a good conscience because I make the right choices, I feel good about myself when I make good choices.