

CHARACTER BASED CURRICULUM

MODULE 5: SELF DISCIPLINE

MEANING OF SELF DISCIPLINE

- Self discipline is an expression of inner strength and staying power in handling our daily life in proper manners which include:
 - Ability to persevere and complete what we have started in spite of inconveniences, hardships or obstacles.
 - Ability to avoid unhealthy activities that will lead to negative results
 - Ability to refuse instant and immediate gratification and pleasure that may destroy our future
 - Accountability for our own actions and consequences faced

LESSON OBJECTIVES

- To help students understand the importance of following through their decisions and complete projects they have started despite failure, setbacks or challenges
- To help students realize the importance of resisting distractions or temptations, overcome laziness and procrastination in their daily life
- To help students maintain self-control and accountability for completing what they say they would do

TEACHING IDEAS

Classroom Discussion

- Prepare a 'Being Self-Disciplined' poster illustrating 3-5 scenarios; for example give up on a school project, tempted to smoke or skipping school, delay in completing school work which is overdue, etc.
- Have a discussion with the children on the illustrated scenarios:
 - What would a disciplined child do in each scenario?
 - What are the rewards of being disciplined in each scenario?
 - What are the consequences of being undisciplined in each scenario?
- You may prepare at least 5 appropriate behaviors e.g.
 - perseverance
 - ability to resist temptations
 - complete work required in time
 - patience
 - self-control
 - follow through and complete what they have started
 - resist temptations or unhealthy activities such as smoking, pornography
- Ask the student to rate their performance on a scale of 1 to 5 (1=Very Good, 2=Good, 3=Average, 4=Below Average, 5=Poor) for each appropriate behaviors as listed above
- Thereafter, based on their score you can use the said behaviors for further discussion to reinforce the importance of self discipline. Encourage them to share what they could do to improve on behaviors with poor score.
- Remind the children that it takes time and effort to develop self discipline. You may encourage them by sharing your struggles and how you overcome them with self-discipline.

Group Dynamics

- Divide the class into group of 4 or 5 per group.
- Provide each group with a mahjong paper and marker pen. Ask them to brainstorm on the following:
 - How can you become more disciplined in school and at your BB Coy?
 - What are some of the problems that distract students from being disciplined?
 - Choose someone they know who exemplifies the quality of self-discipline. What are the attitude and character they would like to learn from that person?
 - Share one event in their life where they achieved success despite challenges and obstacles. How did they do it? What did they learn from it?

LIFE APPLICATION

Let's Share

- Encourage your class to discuss and list down possible problems that might result from lack of self-discipline in school or BB Coy. You may focus on items listed below:
 - Academic success
 - Friendships
 - Personal appearance
 - Participation in school or BB activities
- You may also get your class to role-play how they may encourage a friend or classmate based on the above discussion.
- List down ways they can help their friend or classmate to improve and develop better self-discipline

SUGGESTED ASSESSMENT

LIST THEM DOWN!

- Ask the class to list down areas regards to BB that they would like to improve on such as punctuality, obedience, etc. Inform them that they will be assessed based on this project
- Show them your criteria of passing and ensure the members understand what is expected out of them in order to pass this module
- This can be done on an individual basis or as a team/squad and over a period of time; say 3 months or through-out the year
- If it's an individual project, get the Officer-in-charged to monitor the student performance closely and choose to keep score of the team performance should it be a team / squad project
- Have a discussion on their performance at the end of the project or periodically if it's an on-going assessment.
- Let them share how they feel, areas they have improved or need to improve further
- Show them their performance score and challenge them to do better