

But Why Lesson Plan

Introduction

In this activity we will be practicing the idea of self-control (or self-discipline). Not only will the activity teach the concept of self-control using theoretical situations, but will dive into the meaning of why self-control is beneficial and will ultimately lead to a more satisfying life.

Activity

Red light Green light

This activity will be like red light green light. The rules are as below:

- Line up at the starting line! Stand six feet away from each other. I represent the traffic light and you represent the cars.
- When I turn around and say, "green light," you can move toward me.
- When I turn back around and say, "red light," you must freeze.
- If you are caught moving during a red light, return to the starting line.
- If you make it past the traffic light first, then you become the new traffic light.

The way this activity relates with self-control is you're rewarded for running towards the goal as fast as possible. However, with that comes the risk of being unable to stop and therefore getting caught. Finding the right balance between seeking the goal with some level of restraint is where students will find the most success.

Reflection

But why is self control beneficial? (in the scope of this activity as well as in general)

- "The starting point of any new pursuit is critical. No personal success, achievement, or goal, can be realized without self-discipline. It is singularly the most important attribute needed to achieve any type of personal or professional excellence or outstanding performance. We often learn the hard way that our world is ruled by external factors. No process takes place overnight, just as it takes time to build muscle, so does it take time to develop self-discipline. The more you train and build it, the stronger you become."
(Bernava)

What does it mean to have self-control?

When else is it useful to have self control?

What are some forms of self-control?

What forms of lack of self-control exist? (Procrastination? Too much candy?)

Has anyone benefited personally from self-control?

How can you develop self control?