

Question

Is it ok to steal from someone rich if it helps your family?



Self-discipline



definition 1:

training of the body or mind to bring about good performance and good behavior.

The army uses various methods of discipline to prepare soldiers.

Their teacher believes in discipline and will not accept bad behavior in her class.

synonyms: drill, training

similar words: exercise, practice, routine

definition 2:

control or determination brought about by training; self-control.

He writes well, but he doesn't have enough discipline to finish anything he starts.

Alicia wants to be healthier, but she says it takes a lot of discipline to stay away from snacks.

similar words: regulation

Self-discipline is about **making the right choices** when faced with temptation to do the wrong thing.

Example

Mohammed has been tired at school the last few days. It's 7:30pm and Mohammed has gone to bed.

He's really tempted to play on his tablet a little bit before he goes to sleep but decides not to so he can get a good night's sleep.



Example



Maria has 3 pages of writing homework to do for school. She wants to get better at writing but has rushed the homework to finish in time to watch some TV.

Maria decides to go back to her homework instead of watching TV to make it great. After doing that, she puts the TV on and can enjoy watching it without worrying about her work.

✓ Quiz

A. Yes

B. No

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Collaborate Board



would this help isa?

^ Instructions



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Why is self-discipline important?

Self-discipline **allows you to stay focused on your goals.**

It enables you to stay in control of yourself and of your reaction to any situation.

Self-discipline is key to being successful at school and in all learning

It helps you have strong relationships with others; people trust people with self-discipline



Open Ended Question

Ready? Enter your answer here.

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Self-discipline is like a muscle: the more you train it, the stronger you become.



Lexia

Next week: autonomy