



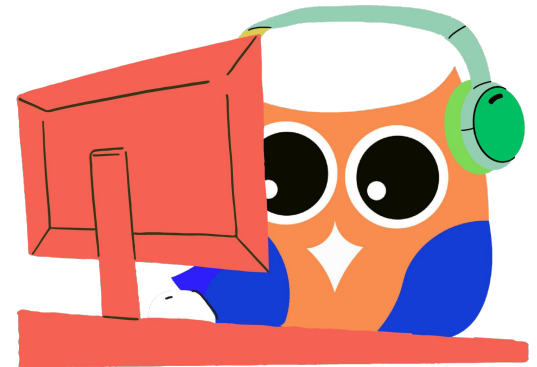
PRACTICING SELF-DISCIPLINE ONLINE

KEY STANDARDS

CASEL Competencies: Self-awareness (1.b,e), Self-management (2.a,c,d,e,f), Responsible Decision-making (5.a,b,c,d,e).

ISTE Standards: Empowered Learner (1.1.a,c).

Common Core Standards: CCSS.ELA-LITERACY, W.4.4, SL.4.1, L.4.3; W.5.4., SL.5.1, L.5.3.



LEARNING OBJECTIVES

Students will...

- Understand the importance of practicing self-discipline online.
- Recognize that the online world is full of distractions that make it difficult to practice self-discipline.
- Learn two questions that can help them practice self-discipline online.

VOCABULARY

SELF-DISCIPLINE: The ability to control yourself and to make yourself do things you know you should do, even when you don't want to or feel like it.

BALANCE: A healthy mix of online and offline activities that help you achieve your goals.

THE LESSON

1. Discuss the "Self-Discipline Journals" students kept for the previous lesson. Ask volunteers to share their goals and their acts of self-discipline. Ask: *How difficult was it to practice your acts of self-discipline? Do you think your acts of self-discipline helped you in attaining your goals?*
2. Explain that one place where it is really challenging to practice self-discipline is online. That's because the online world is full of distractions that are hard to ignore!

THE LESSON, continued

3. [Screen the video](#). Discuss its key points:
 - Self-discipline is about putting long-term goals in front of short-term whims or distractions. Unfortunately, the online world is full of distractions.
 - When we go online—to surf the Internet, play a game, or watch a video—it's easy to get carried away. That's because many websites, apps, and games are designed to be as attention-grabbing as possible.
 - To practice self-discipline online, it helps to ask yourself two important questions: *Is this helping me achieve my goals? Am I using my time wisely?* If the answer to either of these questions is “no,” then it is probably time to walk away.
4. Be sure your students understand that practicing self-discipline, online and off, does not mean saying “no” to everything that is fun and exciting. It is about finding a healthy balance that will help them become the person they want to be!

ACTIVITY

Tell students they are going to help two imaginary young people practice self-discipline by using the two questions they just learned: *Is this helping me achieve my goals? Am I using my time wisely?* You can conduct this lesson in class by reading each example aloud and discussing it OR by printing and distributing the pages that follow. If you choose the second method, have students complete the work individually, then discuss.

Your discussion points:

- In the case of CJ, he probably is not going to improve as a guitarist or reach his goal of becoming a musician unless he practices. But maybe he can find time to play games with his friends on the weekend.
- In the example of Alison, she is probably learning a lot by watching videos on knitting, but if her goal is to one day open an online store to sell her creations, she might want to balance her online time with time for her math homework too!

GOAL

For students to understand that it is important to keep their goals in mind, and also strike a healthy balance in life.

FOR STUDENT

When learning self-discipline, ask yourself these two questions:

Is this activity helping me achieve my goals?

Am I using my time wisely?

Help each of the following young people achieve their goals by answering these questions!



Meet CJ: CJ is a 5th grade student who really loves music. One of his goals is to become a musician. CJ plays the guitar. His guitar instructor has suggested that CJ practice for at least one hour every day after school. The problem is CJ's friends meet online to play a popular video game after school. Help CJ decide what to do by answering these questions:

Will playing video games with his friends after school help CJ achieve his goal? Explain:

Will CJ be using his time wisely by playing video games with his friends instead of practicing? Explain:

FOR STUDENT, continued

What advice would you give CJ? Explain:



Meet Alison: Alison is a 6th grader who loves to knit. One of her goals is to someday have an online store where people can purchase her knitted creations. Alison recently stumbled across a video channel where people give knitting tips and instructions. She spends time nearly every day watching these videos. Help Alison by answering these questions.

Will watching these videos help Alison achieve her goal? Explain:

Will Alison be using her time wisely by watching these videos instead of knitting, or doing something else? Explain:

FOR STUDENT, continued

What advice would you give Alison? Explain:
