



SELF-DISCIPLINE



January MSA Lesson

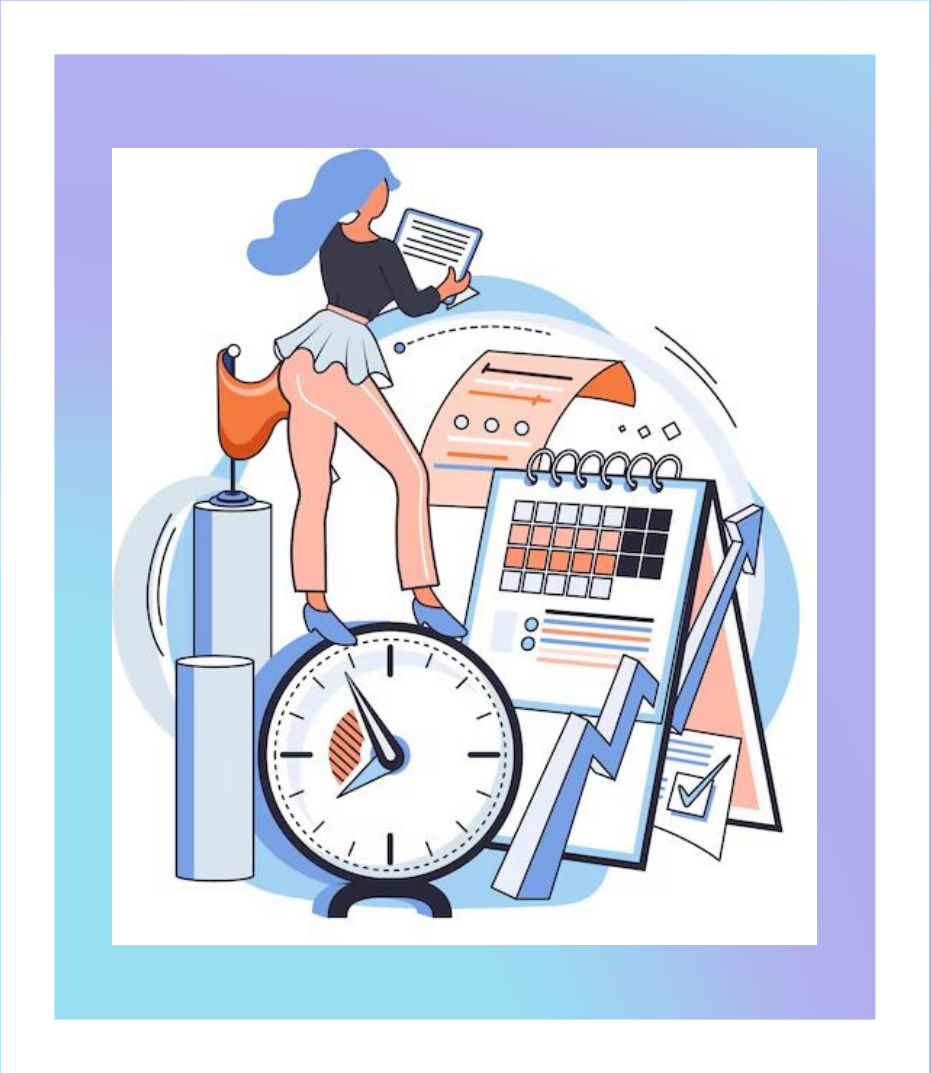
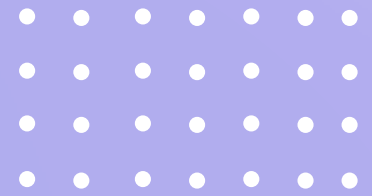


WATCH ME!

Let's first watch a video! Before we get to the video, think about the question "What would you do?"

We'll share out our answers at the end.





Let's Chat!

What is self-discipline?
Why is it important?



Students, write your response!



Apply Self-Discipline Skills

01

Role-play scenarios to demonstrate and practice positive expressions of emotions.

02

Learn to prioritize tasks that need to be done.

03

Use time management logs, where you can document how long you spend on specific tasks, assignments, or collaborative work.

04

Try to self-regulate emotions and actions, such as reminding yourself to stay on task and pausing and counting before responding to negative emotions.



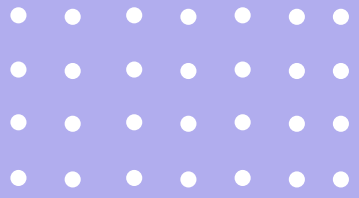


DID YOU KNOW?

Benefits to Self- Discipline

- ❖ You'll achieve long-term goals
- ❖ You can improve your mental health
- ❖ Your physical health can benefit
- ❖ Your relationships will be positively impacted
- ❖ You'll become more resilient
- ❖ You'll feel happier





CHOICE BOARD

Take a look at the Choice Board to determine how you would like to continue to study this month's theme, Self-Discipline!

You will have the next MSA class or two to complete an option from this board.

