

**Do You Have What it Takes?
SELF-CONTROL/SELF-DISCIPLINE**

Developed by: by Jane Blaile 2008 WFTOTT™

Discipline / Subject: character education

Topic: self-control/self-discipline: completing assignments, relaxing, accepting "no", learning from discipline, patience, keeping a good conscience

Grade Level: kindergarten and higher

Resources / References / Materials Teacher Needs: your school's character trait list, 2007 Iditarod Insider video clips at www.iditarod.com

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Mar 13 Mackey into White Mountain - when asked if he's won, Lance's response is controlled and realistic, not prideful

Mar 10 Aliy's Race to Date - running her race the way it needs to be for her team, not because of something someone else is doing

Mar 07 Thomas Lesatz is in McGrath - at Rainy Pass he was advised to wait until the path was clearer and markers visible; he didn't have to, but he chose to heed advice and be patient

Lesson Summary: Using Iditarod Insider, students will watch mushers, pilots, veterinarians, volunteers, or other Iditarod personnel in situations along the trail and observe how they exhibit good character into handle the situations.

Standard's Addressed: Although there are no character education standards, the Character Education Partnership, which sponsors the Schools of Character Awards Program, states Principle 1: Schools of character are those that promote core ethical values as the basis of good character and Principle 2: Students grow to understand core values by studying and discussing them, observing behavioral models, and resolving problems involving the values.

Learning objectives:

The students will:

- define character trait words (knowledge)
- list character traits (knowledge)
- identify desirable character traits being shown or used (knowledge)
- recognize when desirable character traits are NOT being used (knowledge)
- model desirable character traits in their lives (synthesis)

Assessment: students use or observe in others desirable character traits

Procedural Activities:

1. Introduce students to the desirable character traits you want to teach them throughout the year.
2. Brainstorm a list of character traits such as respect, positive attitude, responsibility, self-control, honesty, etc.
3. Lead students to explain/define each one. Include what it "looks" like to exhibit each quality. Also have students describe situations in which the desired traits are NOT used.
4. Show the students video clips selected for the specific trait you want to focus on.
5. After students view the clips, invite them share which trait/traits were exhibited. Be open to any suggestion that is applicable.
6. Students should also explain which actions in the clip showed good character.
7. Contrast what the situation might have turned out to be if the musher hadn't used good character.
8. Have students make a "What it Takes" log in which they write definitions of good character traits and record everyday examples of people and their actions which show the good traits.
9. Keep a "What it Takes" log throughout the year.
10. At year's end, have classmates vote for others in their class who are good examples of the traits and give "awards" to the winners. (certificate, pencil, etc.)

Materials Students Need: various for constructing "What it Takes" log, pencils

Technology Utilized to Enhance Learning: Internet access to view Iditarod Insider clips

Other Information: This activity can be tailored to any character education program, schoolwide or classroom level. Always view the Insider clips carefully before showing them to your students.

Modifications for special learners/ Enrichment Opportunities: Plan ahead to have a monthly theme for the school year. Have character education lessons all year long and have the students nominate classmates or others in the school to receive awards for these qualities.