



Dear Parent/Guardian:
Please do the activities
checked with your child.

Learning from Discipline

Ages 5-7

1. How I Was Disciplined

Tell your child about the ways you were disciplined as a child and some of the lessons you learned when you were disciplined for bad choices.

2. Growing from Discipline

Discuss some of the poor choices your child used to make that he/she no longer makes. Have your child explain why he/she doesn't do those things anymore. Explain that the purpose of discipline is to teach him/her how to make good choices.

3. Discipline Experiences

Together, make a list of some of the different choices your child has made that he/she was disciplined for. Have your child explain the reasons he/she was disciplined and what he/she learned from what happened.

4. Discipline Drawings

Each of you fold a piece of paper into 3 equal sections. In the first section, draw yourself doing something wrong. In the middle section, draw yourself being disciplined for that action. Then in the last section, draw yourself choosing not to do that action again.

5. To Be Disciplined?

Describe different actions and have your child decide which actions he/she should be disciplined for:

- *sharing toys*
- *hitting your sister/brother*
- *obeying your teacher*
- *talking back to your mother*

STORY WISDOM



Finding Life Lessons in Children's Stories

1. Discuss a character's negative behavior and important lessons he/she learned.
2. Discuss the results of one character's negative behavior.
3. Discuss whether a lesson a story character learned reminds your child of a lesson he/she has learned recently.



MEDIA WATCH

Understanding Media Messages



1. Discuss whether a TV character learned a lesson from the results of his/her actions.
2. Discuss whether a song encourages people to learn from mistakes they may make.
3. Discuss how a child character experienced being disciplined in a current children's movie.

DINNER DISCUSSIONS



Discussion Ideas for Meals Together

1. Have older family members tell about things they did wrong when they were young and how they were disciplined.
2. Have each family member explain the punishments that he/she likes the least.
3. Discuss different things we can do to help us learn from our mistakes.

QUOTE CORNER



Thoughtful Sayings to Display & Discuss

Do not consider painful what is good for you.

--Euripedes

There are two educations. One should teach us how to make a living and the other how to live

--James Adams

Better to be pruned to grow than cut up to burn.

--John Trapp

Parent/Guardian Signature

YES! Our family has done, or will do this week, the activity/activities checked.

X

Parent/Guardian Signature

Student

Date