



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

Learning from Discipline

Ages 8-10

1. What We Learned

Each of you write a short paragraph about a lesson you learned after you did something wrong and were disciplined for it.

2. Finding Words

Each of you write *Learning from Discipline* on a sheet of paper. Then using only the letters in those words, write as many words as you can within 5 minutes.

3. Looking at the Results

Together make a list of the positive results of being disciplined when you do something wrong and what could happen if you are not disciplined when you do something wrong.

Being Disciplined	Not Being Disciplined

4. Discipline Paragraph

Each of you write a short paragraph about why you think discipline and punishments are necessary and important. Read your paragraphs to each other.

5. Discipline Drawing

Each of you draw a picture of yourself doing something wrong. Then under the picture of yourself, write a few sentences about why the action is wrong.

STORY WISDOM



Finding Life Lessons in Children's Stories

1. Make a list of life lessons different characters learned in some stories your child recently read.
2. Discuss what could have helped a character in a story make better choices.
3. Each of you rewrite some events in a story showing how a character could have made better choices.

MEDIA WATCH



Understanding Media Messages

1. Discuss the results of a TV character's actions and what the character could have done differently.
2. Discuss a video game your child enjoys and whether there is any behavior in the game that should be disciplined in real life.
3. Discuss the lessons that a character in a current children's movie learned as a result of being disciplined.

DINNER DISCUSSIONS



Discussion Ideas for Meals Together

1. Have older family members share about ways that being disciplined helped them when they were younger.
2. Have family members tell about the worst punishment they ever received and what they learned from it.
3. Discuss what a school day might look like if students weren't disciplined.

QUOTE CORNER



Thoughtful Sayings to Display & Discuss

No life ever grows great until it is focused, dedicated and disciplined.

--Harry Emerson Fosdick

We must all suffer one of two things: the pain of discipline or the pain of regret or disappointment.

--Jim Rohn

He who lives without discipline dies without honor.

--Icelandic proverb

Parent/Guardian Signature

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

X

Parent/Guardian Signature

Student

Date