



Self-discipline Homework



Self-discipline- You must do helpful chores around the house without being told.
Bring this card back to class when it is completed to receive a “Self-discipline stripe” on your belt.

Look on back for Self-discipline suggestions.

Parents: please give a short description of self-discipline in each block.

1	2	3	4	5
6	7	8	9	10
11	12	13	14	15
16	17	18	19	20

Name: _____

Parents Comments: _____



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Bad discipline: Not doing what your parents ask you to do.

Good discipline: Eventually doing what your parents ask you to do.

Self-discipline: Doing good things **without being told.**

Examples of self-discipline:

- | | |
|---|------------------------------------|
| 1). Clean room | 6). Help with yard work |
| 2). Put dirty laundry away | 7). Help with housework |
| 3). Make bed | 8). Help feed or take care of pets |
| 4). Put personal belongings away | 9). Go to bed on time |
| 5). Help with younger brother or sister | 10). Read a book |

Parents, we ask that you help encourage self-discipline at home by rewarding and praising your child for doing helpful things at home without being told to do them. Please sign and date a block every time your child displays self-discipline at home. Return this card to the school when completed, and your child will be praised awarded a “self-discipline stripe” on their belt. *A Self-Discipline stripe is required to be eligible for promotion!*

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