

# Social Emotional Academic Development at Kissel Hill Elementary

**Definition:** A person with self-discipline is determined to succeed. They control their thoughts, words, and actions during comfortable and uncomfortable challenges in life



**A person shows self-discipline when he/she is able to be in control of his/her words, body and actions.**

## January

Self Discipline &  
Self Control

### Vocabulary:

Self-control, self management, discipline, whole body listening, goals, determination, focus, success, patience, balance

### Themed Books & Resources

Interrupting Chicken, Howard Wigglebottom, Lily's Purple Plastic Purse, Me First, My Mouth is a Volcano

### KH Monthly Happenings

Morning Meetings  
One School, One Book, One  
Community Kick Off