

Character and Life Skills: Diligence

Lesson Title: According to Schedule

Grade Level: 3-5



Project and Purpose

Students will set personal goals for health improvement and develop a schedule for meeting their health goals.

Essential Question

How can we show diligence in improving our personal health?

Materials

- Pens, pencils, crayons, markers
- Paper
- Smart board, white board, or chart paper
- ***Schedule for Diligence*** worksheet

Procedure

Introduction

1. Define the word diligence together.
2. Draw a word web on the board or chart paper and ask students to name ways they show diligence every day.

Direct Instruction (I do)

1. Begin a short discussion about diligence and good health. Use the following questions as a guide:
 - What do you do to keep your body healthy and strong?
 - Give examples of activities that help keep your mind sharp.
 - How often do you participate in activities that benefit your mind and body?
 - How often must you participate in an activity before it becomes a habit?
 - What does diligence have to do with staying healthy?
2. Explain to students that the first step toward achieving good personal health is setting a goal and knowing what steps to take to reach that goal.
3. Tell students about a personal health goal you have. Explain the steps you take to achieve this goal and talk about the importance of being diligent.

Guided Exploration (We do)

1. Ask students to list at least two ways they can improve their personal health.
2. Write the list on the board or a piece of chart paper.
3. Ask students if the goals they have set are achievable in the near future. How do they know?

Independent Practice (You do)

1. Distribute the Schedule for Diligence worksheet. Assign students to pick one goal from their lists.
2. After each student picks an area for improvement, he or she will devise a schedule. Each student will be responsible for adhering to the schedule for a period of time to be determined with the teacher.

Conclusion

1. After the allotted time has passed, have students discuss or write about their experiences. Consider the following questions:
 - What was the easiest or most enjoyable part of applying diligence toward your health goal? What was the most difficult part?
 - Were there days when you wanted to give up? How did you handle those feelings?
 - What did your family and friends think about your new, diligent attitude?
 - Do you think you achieved your goal? Why or why not?
 - Will you keep up the good habits you started while you were following your schedule? Why or why not?

Vocabulary

diligence (n.)

Definition: hard work; the quality of working carefully and thoroughly

Context: Yer's diligence in practicing the flute helped her earn a place in the all-state children's orchestra.

improve (v.)

Definition: to make oneself or something else better than it was before

Context: Micah hopes to improve his math skills by using flashcards and memorizing the multiplication tables.

schedule (n.)

Definition: a plan for what someone is going to do and when he or she is going to do it

Context: Alexandra's busy schedule includes swimming every morning before school, taking piano lessons twice a week after school, attending dance class three days a week after school and completing her homework in the evenings.

Character and Life Skills: Diligence

Activity: Schedule for Diligence

Grade Level: 3-5

Name

Directions

It takes a lot of work to keep our minds and bodies healthy. Fill in the blanks below, and you will be on your way to changing your habits and improving your health.

My goal is to:

In order to reach my goal, I will take the following actions each day:

Day	Actions I Took Today	Time Spent on Achieving Goal	Comments and Observations
Sunday			
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			