



LESSON 15

Magnify Their Discipline

DISCIPLINE EXERCISES:

I. Class FOCUS Exercises

- At the beginning of the lesson, divide the class into two or three groups (depending on the class size).
- Assign each group a special KEY WORD for this particular lesson. (This should be changed with every new/different lesson.)
- Assign some type of movement/gesture/action for the group to do every time their KEY WORD is spoken in the lesson.
- Pause after each KEY WORD to allow the students the opportunity to do their action.

For Example:

A lesson on the birth of Jesus could have these clue words and actions:

- Baby (Cross arms in front of chest and rock like a baby.)
- Star (Touch fingers of both hands together in a spread out position and hold over your head.)
- Angel (Have the students place both hands under their arms, and flap them like wings as they turn around in a circle.)

Use your imagination and make up actions, according to the KEY WORDS chosen.

II. Class CONTROL Exercises

Spend time at the beginning of class teaching everyone a special signal for certain actions desired. (Gestures should be big and exaggerated so the students will notice that you are doing something out of the ordinary and pay attention.)

- 1) To stop excessive talking:
 - Hold both arms extended out from your body.
 - Bring both hands in to cover your mouth in a wide, sweeping gesture.
- 2) To stop the students from touching/playing with each other (hands to yourself):
 - Hold both arms extended out from your body.
 - Bring both hands in a wide sweep and cross your arms tightly across your chest with hands hidden.
- 3) To help the students remember they should return to their seat/place of attention:
 - Stomp one foot loudly on the floor (if outside, stomp both feet).
 - Bring hands smartly to your sides, making a slapping noise.
 - Then, perform a very stiff military type salute and say "ATTENTION" in a loud voice, as you would if a military general (commander) had entered the room.

III. Take time to discuss how each of these exercises would help you maintain control of the class.