

Wellbeing Workout

Practising Self-discipline with our Amazing People

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Ada Lovelace

laid the foundations for the first computer programme, and studied hard across many subjects.

Avoid the triggers that divert you – perhaps your phone, music or TV? Set a time limit when using those distractions, it gets easier the more you practise.

Life continues to be uncertain with some returning to school and some needing to stay focussed at home. Practising self-discipline can help us feel more in control.



Jesse Owens

won 4 gold medals in Berlin Olympics: *'We all have dreams. But in order to make dreams come into reality, it takes an awful lot of determination, dedication, self-discipline and effort.'*



Charles Darwin

spent decades collating evidence for his life-changing book on evolution. *'A man who dares to waste one hour of time has not discovered the value of life'.*



Frida Kahlo

spent a year in bed recovering after a traffic accident and used the time to paint.

Get enough sleep!
7-12 year olds need 10-11 hours a night and teenagers need 8-9 hours.

'If your job is to eat a frog, it's best to do it first thing in the morning. And if it's your job to eat two frogs, it's best to eat the biggest one first.' Mark Twain.

What does this mean? If there's something particularly difficult you need to do today, then do it first!

Mahatma Gandhi

dedicated his life to independence for India – practising self-discipline in what he ate, wore and his lifestyle. *'Our greatest ability as humans is not to change the world but to change ourselves'*.

Break down your big jobs into smaller, easier parts.



Ask for help if you need it – use a study plan or build in enough time to exercise, have some fun, help out at home etc?

Doing a little bit of something every day builds up discipline and brings more results than doing a larger amount once a week. This is true of exercising, playing an instrument, painting, or learning a language. Set your goal to be 3 minutes a day and

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