

**Self-Discipline
Character Education Theme
February/March, 2007**

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Self-Discipline Is:
Demonstrating hard work.
Controlling your emotions, words, impulses, and desires.
Giving your best in all situations.

Elementary

- Adler, David A. ***America's Champion Swimmer: Gertrude Ederle.*** Harcourt Brace, c2000. ISBN 0152019693. **Biography.** (797.2) Grades 2-4.
Describes the life and accomplishments of Gertrude Ederle, the first woman to swim the English Channel and a figure in the early women's rights movement.
- Baker, Keith. ***Little Green.*** Harcourt, c2001. ISBN 0152928596. **E.** K-3.
A young boy paints the flight of a hummingbird as it zips, loops, and zigzags around his garden.
- Bartone, Elisa. ***Peppe the Lamplighter.*** Lothrop, Lee & Shepard Books, c1993.
ISBN 0688102697 (lib. bdg.) **E.** (K-3)
Peppe's father is upset when he learns that Peppe has taken a job lighting the gas street lamps in his New York City neighborhood.
- Dodds, Dayle Ann. ***The Great Divide.*** Candlewick Press, 2005, c1999. ISBN 0763604429. **E.** K-3.
Eighty people begin to race in the Great Divide, but each new challenge divides the number of racers in half.
- Fox, Mem. ***Harriet, You'll Drive Me Wild!*** Harcourt, Inc., c2000. ISBN 0152019774. **E.** K-3.
When a young girl has a series of mishaps at home one day, her mother tries not to lose her temper--and does not quite succeed.
- Hopkinson, Deborah. ***Maria's Comet.*** Aladdin Paperbacks, 2003, c1999. ISBN 0689815018. **E.** K-3.
As a young girl, budding astronomer Maria Mitchell dreams of searching the night sky and some day finding a new comet.
- Hopkinson, Deborah. ***Sweet Clara and the Freedom Quilt.*** Dragonfly Books, Distributed by Random House, 1995, c1993. ISBN 067992311X (Gibraltar lib. ed.) **Fiction.** Grades 2-4.
A young slave stitches a quilt with a map pattern which guides her to freedom in the North.
- Hurst, Carol Otis. ***Rocks in His Head.*** Greenwillow Books, c2001. ISBN 0060294043 (lib. bdg.) **E.** K-3
A young man has a lifelong love of rock collecting that eventually leads him to work at a science museum.
- Kroeger, Mary Kay. ***Paperboy.*** Clarion Books, c1996. ISBN 0395644828. **E.** K-3
In Cincinnati in 1927, paperboy Willie Brinkman tries to sell extras on the Dempsey-Tunny boxing match in his workingman's neighborhood.

- Miller, Connie Colwell. ***Self-Discipline***. Capstone Press, c2006. ISBN 0736842810 (hardcover) **Nonfiction**. (179) K-3.
Introduces self-discipline through examples of everyday situations where this character trait can be used.
- Napoli, Donna Jo. ***Albert***. Harcourt, 2005, c2001. ISBN 0152015728. **E**. K-3
One day when Albert is at his window, two cardinals come to build a nest in his hand, an event that changes his life.
- Pinkney, Andrea Davis. ***Dear Benjamin Banneker***. Harcourt Brace & Co., c1994. ISBN 0152004173. **Biography**. (520) K-3.
Story of the correspondence between Benjamin Banneker, a free black man, who wrote to Thomas Jefferson to tell him how he felt about Jefferson owning slaves.
- Poole, Amy Lowry. ***The Ant and the Grasshopper***. Holiday House, c2000. ISBN 0823414779. **Folktale (Fable)** (398.24) K-3.
Retells the fable about a colony of industrious ants which busily prepares for the approaching winter while a grasshopper makes no plans for the cold weather to come.
- Raatma, Lucia. ***Self-Discipline***. Bridgestone Books, c2000. ISBN 0736805117. **Nonfiction**. (179) K-3.
Explains the virtue of self-discipline, or controlling your actions, and describes ways to show your self-discipline at home, at school, and in the community.
- Salerno, Tony. ***Wise Quacks: A Learning Adventure in Self-Control***. New Leaf Press, c2004. ISBN 0892216042. **Nonfiction**. (782.42) Grades 2-4.
Little Bill's pet duck Quacker learns a difficult lesson when his inability to exercise self-control causes him to lose out on going to the parade. Includes reproducible activity pages, and an audio CD with narration and song.
- Seuss, Dr. ***Horton Hatches the Egg***. Random House, c1968. ISBN 0394900774 (lib.bdg.) **E**. K-3.
Lazy Mayzie persuades Horton the elephant to take her place sitting on the egg in her nest.

Intermediate Grades through Middle School

- Ajmera, Maya. ***Let the Games Begin!*** Charlesbridge, Shakti for Children, c2000. ISBN 0881060674. **Nonfiction**. (796). Grades 4-6.
Presents an introduction to sports, in simple text with photographs, showing children from around the world in various aspects of sports, including information on the physical benefits, the importance of practice, overcoming obstacles, teamwork, and more.
- Avi. ***Poppy***. HarperTrophy, 2001, c1995. ISBN 0531087832 (lib. bdg.) **Fiction**. Grades 3-6.
Poppy, a deer mouse, urges her family to move next to a field of corn big enough to feed them all forever, but Mr. Ocax, a terrifying owl, has other ideas.
- Bowen, Fred. ***The Golden Glove***. Peachtree, c1996. ISBN 1561451339. **Fiction**. Grades 4-6.
When a twelve-year-old shortstop loses the glove that "magically" helped him make fantastic catches, he wonders whether it was the sole secret of his success.
- Burleigh, Robert. ***Amelia Earhart Free in the Skies***. Harcourt, c2003. ISBN 0152024980. **Biography**. (629.13) Grades 3-6.
A comic-book-style biography of pilot Amelia Earhart, who became famous worldwide for her daring flights before mysteriously disappearing in 1937.

- Burleigh, Robert. ***Flight: The Journey of Charles Lindbergh***. Philomel, c1991. ISBN 0399222723. **Biography**. (629.13) Grades 3-6.
Describes how Charles Lindbergh achieved the remarkable feat of flying nonstop and solo from New York to Paris in 1927.
- Burleigh, Robert. ***The Secret of the Great Houdini***. Atheneum Books for Young Readers, c2002. ISBN 0689832672. **Fiction**. Grades 3-6.
As Sam and Uncle Ezra watch, the Great Houdini escapes from a trunk at the bottom of the river. Includes factual information about Houdini and his career as a magician and escape artist.
- Coles, Robert. ***The Story of Ruby Bridges***. Scholastic, c1995. ISBN 0590439677. **Biography**. (379.2) Grades 3-6.
For months, six-year-old Ruby Bridges must confront the hostility of white parents when she becomes the first African American girl to integrate Frantz Elementary School in New Orleans in 1960.
- Curtis, Christopher Paul. ***The Watsons Go to Birmingham: A Novel***. Delacorte Press, c1995. ISBN 0385321759. **Fiction**. Grades 5-8.
The ordinary interactions and everyday routines of the Watsons, an African-American family living in Flint, Michigan, are drastically changed after they go to visit Grandma in Alabama in the summer of 1963.
- Cushman, Karen. ***The Ballad of Lucy Whipple***. Clarion Books, c1996. ISBN 0395728061. **Fiction**. Grades 5-8.
In 1849, twelve-year-old California Morning Whipple, who renames herself Lucy, is distraught when her mother moves the family from Massachusetts to a rough California mining town.
- Davidson, Margaret. ***The Story of Jackie Robinson: Bravest Man in Baseball***. Gareth Stevens, 1996. ISBN 0836814703 (lib. bdg.) **Biography**. (796.357) Grades 3-6.
Examines the life of the talented black athlete who broke the color barrier in major league baseball by joining the Brooklyn Dodgers in 1947.
- Erdrich, Louise. ***The Birchbark House***. Sagebrush, 2002. ISBN 0613593847. **Fiction**. Grades 5-8.
Omakayas, a seven-year-old Native American girl of the Ojibwa tribe, lives through the joys of summer and the perils of winter on an island in Lake Superior in 1847.
- Fleischman, Paul. ***Seedfolks***. HarperCollins, c1997. ISBN 0060274727 (lib. bdg.) **Fiction**. Grades 5-8
One by one, a number of people of varying ages and backgrounds transform a trash-filled inner-city lot into a productive and beautiful garden, and, in doing so, the gardeners are themselves transformed.
- Fleischman, Sid. ***The Whipping Boy***. HarperTrophy, 2003. ISBN 0060521228. **Fiction**. Grades 3-5.
Prince Brat and his whipping boy (one who takes the beatings for the Prince's misbehavior) end up switching places and working together to survive.
- Fritz, Jean. ***Why Not, Lafayette?*** G.P. Putnam's, c1999. ISBN 039923411X. **Biography**. (973.3) Grades 4-6.
Traces the life of the French nobleman who fought for democracy in revolutions in both the United States and France.
- Hopkinson, Deborah. ***A Band of Angels: A Story Inspired by the Jubilee Singers***. Atheneum Books for Young Readers, c1999. ISBN 0689810628. **Fiction**. Grades 3-6.
The daughter of a slave forms a gospel singing group and goes on tour to raise money to save Fisk University.

- Hughes, Langston. ***The Dream Keeper and Other Poems: Including Seven Additional Poems.*** A.A. Knopf, Distributed by Random House, 1996, c1994. ISBN 0394910966 (lib. bdg.) **Poetry.** (811) Grades 5-8.
A collection of sixty-six poems, selected by the author for young readers, including lyrical poems, songs, and blues, many exploring the black experience.
- Kehret, Peg. ***Small Steps: The Year I Got Polio.*** Albert Whitman & Company, c2006. ISBN 0807574591. **Autobiography.** (362) Grades 3-6.
This heartfelt memoir takes readers back to 1949 when the author, at age 12, contracted polio. Using fictionalized dialogue, she describes her seven-month ordeal--her diagnosis and quarantine, her terrifying paralysis, her slow and difficult recuperation--and the people she encountered along the way. **Booklist.**
- Krull, Kathleen. ***Wilma Unlimited: How Wilma Rudolph Became the World's Fastest Woman.*** Harcourt Brace, c1996. ISBN 0152012672. **Biography.** (796.42) Grades 4-6.
A biography of the African-American woman who overcame crippling polio as a child to become the first woman to win three gold medals in track in a single Olympic.
- Kurtz, Jane. ***Fire on the Mountain.*** Aladdin Paperbacks, 1998, c1994. ISBN 0671882686. **Folktale.** (398.2) Grades 3-5.
A clever young shepherd boy uses his wits to gain a fortune for himself and his sister from a haughty rich man.
- Locker, Thomas. ***John Muir, America's Naturalist.*** Fulcrum, c2003. ISBN 1555913938. **Biography.** (508.794) Grades 4-6
Presents an overview of the life of the naturalist who founded the Sierra Club and was influential in establishing the national park system.
- Mead, Alice. ***Junebug.*** Farrar Straus Giroux, 1995. ISBN 0374339643. **Fiction.** Grades 3-6.
An inquisitive young boy who lives with his mother and younger sister in a rough housing project in New Haven, Connecticut, approaches his tenth birthday with a mixture of anticipation and worry.
- Mochizuki, Ken. ***Baseball Saved Us.*** Lee & Low, c1993. ISBN 1880000016. **Fiction.** Grades 3-6.
A Japanese American boy learns to play baseball when he and his family are forced to live in an internment camp during World War II, and his ability to play helps him after the war is over.
- SP** Mochizuki, Ken. ***El be_isbol nos salvo_;*** traducido por Toma_s Gonza_jez. Lee & Low Books, 1995. ISBN 1880000210. **Fiction.** Grades 3-6.
- Ransome, Lesa. ***Satchel Paige.*** Simon & Schuster Books for Young Readers, c2000. ISBN 0689811519; [Sagebrush, 2003. ISBN 0613553616 (lib.bdg.)] **Biography.** (796.357) Grades 5-8.
Examines the life of the legendary baseball player, who was the first African-American to pitch in a Major League World Series.
- Rockwell, Thomas. ***How to Eat Fried Worms.*** Franklin Watts, c1973. ISBN 0531026310. **Fiction.** Grades 3-6. (Soon to be released as a movie by Warner.)
Two boys set out to prove that worms can make a delicious meal.
- Rumford, James. ***Seeker of Knowledge: The Man Who Deciphered Egyptian Hieroglyphs.*** Houghton Mifflin, c2000. ISBN 039597934X [Sagebrush, 2003. ISBN 0613608356 (lib. bdg.)] **Biography.** (493) Grades 4-6.
A biography of the French scholar whose decipherment of the Egyptian hieroglyphic language made the study of ancient Egypt possible.

- Smith, Cynthia Leitich. ***Jingle Dancer***. HarperCollins, c2000. ISBN 0688162428 (lib. bdg.) **Fiction**. Grades 3-6.
Jenna, a member of the Muscogee, or Creek Nation, borrows jingles from the dresses of several friends and relatives so that she can perform the jingle dance at the powwow; also includes a note about the jingle dance tradition and its regalia.
- Tchana, Katrin. ***The Serpent Slayer: And Other Stories of Strong Women***. Little, Brown and Company, c2000. ISBN 0316387010. **Folktales**. (398.2) Grades 3-6.
A collection of twenty traditional tales from various parts of the world, each of whose main character is a strong and resourceful woman.

High School

- Adderholdt-Elliott, Miriam, and Goldberg, Jan. ***Perfectionism: What's Bad about Being Too Good?*** Free Spirit, 1999. ISBN 1575420627 (pbk). **Nonfiction**. (158.1)
Discusses the dangers of being a perfectionist, with tips for easing up on oneself, gaining control over life, and getting professional help.
- Anderson, Laurie Halse. ***Speak***. Farrar Straus Giroux, 1999. ISBN 0374371520. **Fiction**.
A traumatic event near the end of the summer has a devastating effect on Melinda's freshman year in high school.
- Asgedom, Mawi. ***The Code: The Five Secrets to Teen Success***. Little, Brown & Company, 2003. ISBN 0316826332. **Nonfiction**. (373.18)
The Code: The Five Secrets of Teen Success, by Mawi Asgedom offers advice for teens about how to succeed in school and beyond. Having overcome enormous obstacles himself during a childhood in war-torn Africa, the author, now a successful motivational speaker, addresses teens in a straightforward no-nonsense way with advice, personal experiences and motivational exercises. **Publishers Weekly**.
- Covey, Sean. ***The 7 Habits of Highly Effective Teens: The Ultimate Teenage Success Guide***. Simon & Schuster, c1998. ISBN 0684856093. **Nonfiction**. (158)
In ***The 7 Habits of Highly Effective Teens***, author Sean Covey applies the timeless principles of the 7 Habits (from adult book by Stephen R. Covey) to teens and the tough issues and life-changing decisions they face. In an entertaining style, Covey provides a step-by-step guide to help teens improve self-image, build friendships, resist peer pressure, achieve their goals, get along with their parents, and much more. In addition, this book is stuffed with cartoons, clever ideas, great quotes, and incredible stories about real teens from all over the world. ***The 7 Habits of Highly Effective Teens*** will engage teenagers unlike any other book. **Publisher's description**.
- Crutcher, Chris. ***The Sledding Hill***. Greenwillow Books, c2005. ISBN 0060502444 (lib. bdg.) **Fiction**.
Billy, recently deceased, keeps an eye on his best friend, fourteen-year-old Eddie, and helps him stand up to a conservative minister and English teacher who is orchestrating a censorship challenge.
- Efaw, Amy. ***Battle Dress***. HarperCollins, 2000. ISBN 0060284110 (lib. bdg.) **Fiction**.
As a newly arrived freshman at West Point, seventeen-year-old Andi finds herself gaining both confidence and self esteem as she struggles to get through the grueling six weeks of new cadet training known as the Beast.
- Flinn, Alexandra. ***Breathing Underwater***. HarperCollins, c2001. ISBN 0060291990 (lib. bdg.) **Fiction**.
Sent to counseling for hitting his girlfriend, Caitlin, and ordered to keep a journal, sixteen-year-old

- Nick recounts his relationship with Caitlin, examines his controlling behavior and anger, and describes living with his abusive father.
- Hipp, Earl, and Espeland, Pamela. ***Fighting Invisible Tigers***. Free Spirit, c1995. ISBN 0915793806 (pbk) **Nonfiction**. (305.23)
Discusses the pressures and problems encountered by teenagers and provides information on life skills, stress management, and methods of gaining more control over their lives.
- Mackler, Caroline. ***The Earth, My Butt, and Other Big, Round Things***. Candlewick, 2003. ISBN 0763619582. **Fiction. Printz Silver Medal Winner**.
Fifteen-year-old Virginia Shreves has a larger-than-average body and a plus-size inferiority complex. She lives on the Web, snarfs junk food, and follows the "Fat Girl Code of Conduct." Her stuttering best friend has just moved to Walla Walla (of all places). Her new companion, Froggy Welsh the Fourth (real name), has just succeeded in getting his hand up her shirt, and she lives in fear that he'll look underneath. With irreverent humor, insight, and surprising gravity, Carolyn Mackler creates an endearingly blunt heroine whose story will speak to every teen who struggles with family expectations -- and serve as a welcome reminder that the most impressive achievement is to be true to yourself. **Barnes and Noble**.
- McGraw, Jay. ***Life Strategies for Teens***. Simon & Schuster, 2000. ISBN 074321546X (pbk). **Nonfiction** (158)
In the tradition of Sean Covey's *The 7 Habits of Highly Effective Teens*, Jay McGraw provides today's young people a direct message of his own. ***Life Strategies for Teens*** offers the wisdom of *Life Strategies* from the unique perspective of a highly successful young person. Jay McGraw is a perfect role model for teens everywhere -- and he speaks their language. From dealing with peer pressure to popularity, he tells kids how to thrive during tough situations and improve relationships with parents, friends, siblings, and teachers. McGraw's guide is a terrific roadmap for navigating the pitfalls of adolescence. **Barnes and Noble Review**.
- McGraw, Jay. ***Ultimate Weight Solution for Teens: The 7 Keys to Weight Freedom***. Simon & Schuster, 2003. ISBN 0743257472. **Nonfiction**. (613.2)
Jay McGraw, author of *Life Strategies for Teens* and son of popular self-help guru Dr. Phil, pens this straightforward guide about overcoming weight issues and adjusting self-image. Beginning with an "Open Letter to Parents" from Dr. Phil and a discussion on image and goals, McGraw's "ultimate weight solution" details "7 Keys to Weight Freedom" that provide the framework to his method. . . .If you're looking for a way to change eating habits for a lifetime, Jay McGraw's book is a great place to start. **Matt Warner The Barnes & Noble Review**
- Mikaelsen, Ben. ***Touching Spirit Bear***. HarperCollins, c2001. ISBN 0060291494 (lib. bdg.) **Fiction**.
After his anger erupts into violence, fifteen year-old Cole, in order to avoid going to prison, agrees to participate in a sentencing alternative based on the Native American Circle Justice, and he is sent to a remote Alaskan Island where an encounter with a huge Spirit Bear changes his life.
- Muir, John. ***John Muir: My Life with Nature***. Dawn Publications, c2000. ISBN 1584690097 (pbk.) **Autobiography**. (333.7)
Autobiography of the man known as "father of America's national parks" and an influential conservationist, told in the first person, using Muir's own words.
- Myers, Walter Dean. ***Monster***. HarperCollins, c1999. ISBN 0060280786 (lib. bdg.) **Fiction**.
While on trial as an accomplice to a murder, sixteen-year-old Steve Harmon records his experiences in prison and in the courtroom in the form of a film script as he tries to come to terms with the course his life has taken.
- Potter-Efron, Ron. ***How to Control Your Anger (Before It Controls You): A Guide for Teens***. Hazelden Publishing & Educational Services, 1998. ISBN 1562461796. **Nonfiction**. (155.5)
Describes anger, its possible causes, and suggestions for how to deal with it.

Southgate, Martha. ***Another Way to Dance***. Delacorte Press, 1996. ISBN 0385321910. **Fiction**.
Vicki learns the value of self-discipline and struggles with racism, when she is accepted into the prestigious New York City's School of American Ballet.

Weston, Carol. ***Girltalk: All the Stuff Your Sister Never Told You***. Quill, c2004
ISBN 0060585757. **Nonfiction**. (305.235)
A guide for teenage girls on questions ranging from skin care and weight control to AIDS and college admissions. Includes quizzes and answers to actual letters from teenagers.