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# **UPGRADING TO SELF-DISCIPLINE WORKSHOP**

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Teachers' Orientation Week 2010

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Workshop Plan (2 hours)

- 1) PPP focusing on discipline and self-discipline.
- 2) A video clip on self-discipline by Dr. Robyn Silverman, Child Development Expert. Please download clip from [youtube.com](http://youtube.com)
- 3) Discipline Quotations: Fill in the blanks; a light exercise.
- 4) A Break.
- 4) Group discussions and presentations.
- 5) Summary and conclusions.
- 6) Workshop Evaluation.