

# CHARACTER EDUCATION

# SELF-CONTROL



Heart & Mind  
TEACHING



# SELF-CONTROL



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# SELF-CONTROL

## PARENT LETTER

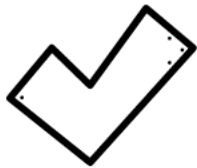
Hello Parents,

We are learning all about Self-Control. We defined self-control as: Regulating our emotions, thoughts, and actions.

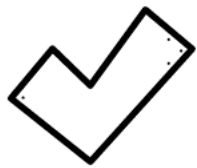
Here are some ways you can teach Self-Control to your child at home:



Practice taking turns with siblings.



Encourage good health habits: brushing teeth, combing hair, eating healthy food, and exercising.



Model calming strategies, when you are frustrated show them what you do to stay in control and calm.



Have your child practice waiting for their turn to speak.

Create an environment where self-control is consistently rewarded. Children need to see the benefit of showing self-control. Use frequent praise and reminders to stay on track. Remove distractions and temptations.



# SELF-CONTROL

## WRITING PROMPTS

1. What are ways you can show self-control?
2. What would happen at a job if you were not able to show self-control?
3. Think of a time when you had to show self-control even when it was difficult, what did you do?
4. Describe a time when you did not show self-control. How did it make you feel? What did you learn from that?
5. What are some things you can do when you feel like giving up?
6. What are some things you can do to help stay focused?
7. What are the benefits of showing self-control in school?
8. What are the consequences for not showing self-control in school?

# SELF-CONTROL

## RECOMMENDED READ ALOUDS

Check out this blog post (with book reviews): [Self-Control books for Kids.](#)

\*My mouth is a Volcano by Julia Cook

\*I have Ants in my Pants by Julia Cook

\*My Magical Choices by Becky Cummings

\*What should Danny do? By Ganit & Adir Levy

\*Even superheroes have bad days by Shelly Becker

\*It's hard to be five by Jamie Lee Curtis and Laura Cornell

\*Breathe like a bear by Kira Willey

\*Little spot of patience by Diane Alber

\*Clark the shark by Bruce Hale and Guy Francis

\*What were you thinking? Learning to control your impulses by Bryan Smith

\*What if everybody did that? by Ellen Javernick

\*The Way I Act by Steve Metzger

\*We Don't Eat Our Classmates by Ryan T. Higgins



# SELF-CONTROL

## MORNING ANNOUNCEMENTS

Name: \_\_\_\_\_

Date: \_\_\_\_\_

**\*Week 1:** We are learning all about Self-control. We defined self-control as the ability to regulate your emotions, thoughts, and actions. Some ways you can show self-control at school are taking a deep breath when frustrated, thinking before you act, raise your hand to speak, ask before you take things, stay focused, and stay in your seat.

**\*Week 2:** We are continuing to learn all about self-control. Remember showing self-control means regulating your emotions, thoughts, and actions. Some ways that you can show self-control at home are taking turns with a sibling, limiting the time you spend on electronics, finishing your homework before you play, going to bed at a reasonable time, and making healthy choices.

**\*Week 3:** We are continuing to learn all about self-control. Remember showing self-control means regulating your emotions, thoughts, and actions. Some ways that you can show self-control in your community are by looking both ways before you cross the road, thinking before you post something online, and wait patiently in lines at the store.

**\*Week 4:** As we continue to learn about self-control, let's reflect on this quote by Marcus Aurelius, "You have power over your mind, not outside events. Realize this, and you will find strength." This means to focus on what you can control, which is yourself and your own reactions to events. What is one way you will show self-control today?

**\*Week 5:** Self-control is an essential trait to have for many careers. Chef's for example show a lot of self-control. A chef oversees a restaurant's kitchen by planning the menu, maintaining the budget, pricing menu items, preparing food, purchasing supplies, ensuring quality, and managing staff. Chefs ensure the meals are cooked and seasoned properly and are pleasing to the eye. This occupation is very fast-paced and requires you to be around food without eating it yourself. It often deals with customer's opinions on the food you create and accommodating their requests without complaint, which takes a high amount of self-control.

**\*Week 6:** Self-control is also shown by many leaders throughout history and is an important feature of being a leader. One such leader was Leonardo da Vinci, an Italian painter, engineer, scientist, and architect. He is considered one of the greatest painters in the history of art. His painting of the Mona Lisa is one of the most valuable paintings in the world, insured at \$870 million dollars. It took Da Vinci four years to paint the Mona Lisa, focusing on every little detail to capture what he was looking to achieve. Leonardo also set out to write the first explanations of how machines work. His talents as an illustrator allowed him to draw his mechanical ideas with exceptional precision. His work took a great deal of focus and patience. He once said, "You will never have a greater or lesser dominion than that over yourself...the height of a man's success is gauged by his self-mastery."

# I SHOWED SELF-CONTROL



# I SHOWED SELF-CONTROL



# I SHOWED SELF-CONTROL



# I SHOWED SELF-CONTROL



# I SHOWED SELF-CONTROL



**I SHOWED  
SELF-CONTROL**



# I SHOWED SELF-CONTROL



# I SHOWED SELF-CONTROL



**I SHOWED  
SELF-CONTROL**



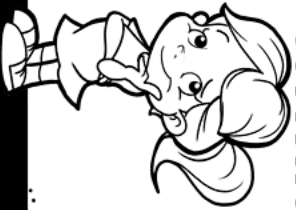
# I SHOWED SELF-CONTROL



**I SHOWED  
SELF-CONTROL**



# I SHOWED SELF-CONTROL



# I SHOWED SELF-CONTROL



**I SHOWED  
SELF-CONTROL**



# I SHOWED SELF-CONTROL



**I SHOW  
SELF-CONTROL**

**BY  
regulating  
MY**

**EMOTIONS,  
THOUGHTS,**

**AND**

**actions.**



CHARACTER EDUCATION

**I CAN  
SELF-CONTROL**

**BY  
regulating  
MY**

**EMOTIONS,  
THOUGHTS,**

**AND**

**actions.**



CHARACTER EDUCATION

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CHARACTER EDUCATION

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CHARACTER EDUCATION

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**EMOTIONS,  
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**AND**

**actions.**



CHARACTER EDUCATION



# SELF-CONTROL

## PRE-SURVEY

Name: \_\_\_\_\_

Date: \_\_\_\_\_

I am learning to use self-control.



Always



Sometimes



Hardly



Never

I can define what self-control means.				
I can identify ways to show self-control.				
I can recognize self-control behavior.				
I use self-control in the classroom.				
I use self-control at home.				
Self-control is important to me.				
I think about showing self-control before I do something.				

# SELF-CONTROL

## POST-SURVEY

Name: \_\_\_\_\_

Date: \_\_\_\_\_

I am learning to use self-control.



Always



Sometimes



Hardly



Never

I can define what self-control means.				
I can identify ways to show self-control.				
I can recognize self-control behavior.				
I use self-control in the classroom.				
I use self-control at home.				
Self-control is important to me.				
I think about showing self-control before I do something.				

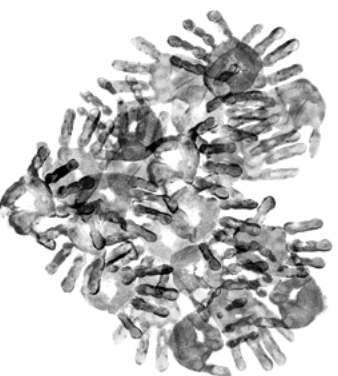
# SELF-CONTROL GOOD CHARACTER AWARD

Presented to:

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Teacher



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Date



# SELF-CONTROL GOOD CHARACTER AWARD

Presented to:

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Teacher

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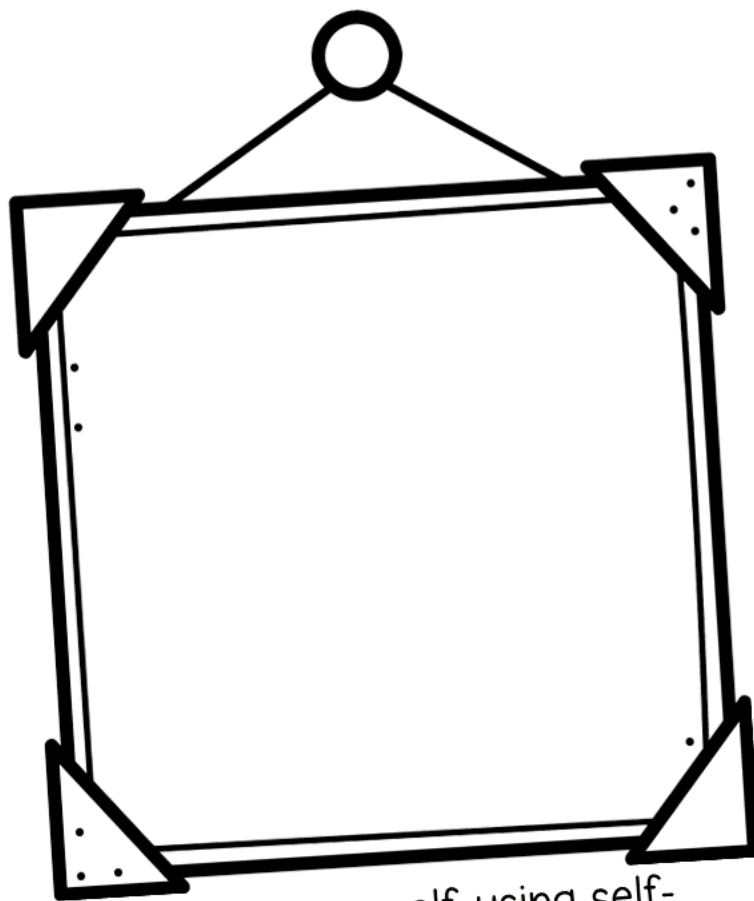
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# SELF-CONTROL

## WAYS TO SHOW SELF-CONTROL

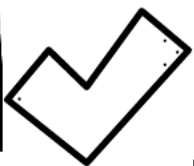
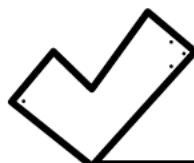
Name: \_\_\_\_\_

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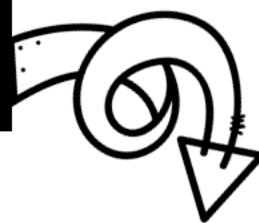


Draw yourself using self-control.

I can show self-control by...



What does Self-Control mean to me?



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# SELF-CONTROL

## WAYS TO SHOW SELF-CONTROL

Name: \_\_\_\_\_

Date: \_\_\_\_\_



### Ways I can show Self-Control at School

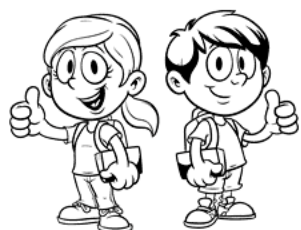


Stay in my seat.

Take turns.



Raise my hand when I want to speak.



Stay focused on the lesson.



Ask permission before taking things.



Keep trying even if the work is hard.



Think before I act.



Wait my turn to speak.



Take a deep breath when frustrated.



# SELF-CONTROL

## WAYS TO SHOW SELF-CONTROL

Name: \_\_\_\_\_

Date: \_\_\_\_\_



### Ways I can show Self-Control at Home

Take a break in my room when I feel upset.



Take turns with my sibling.



Limit how much time I spend on electronics.



Be patient with my sibling.



Wait until my parents are done speaking to talk to them.



Go to bed at a reasonable time.



Finish my homework before I play.



Make healthy choices.



Don't procrastinate with completing your chores.



# SELF-CONTROL

## WAYS TO SHOW SELF-CONTROL

Name: \_\_\_\_\_

Date: \_\_\_\_\_



### Ways I can show Self-Control in my community

Wait your turn to use the park slide.



Being patient while waiting in lines at the store.



Looking both ways before I cross the road.



Complete a project you started from start to finish.



Take turns at the basketball courts.



Not taking something that does not belong to you.



Clean up after myself at the park.



Stay calm if the referee makes a call I don't like.



Think before you post something online.



Take turns with  
my sibling.

Stay in my seat.

Take a break in my room  
when I feel upset.

Ask permission before  
taking things.

Clean up after  
myself at the park.

Wait until my parents are  
done speaking to talk to them.

Stay focused on  
the lesson.

Finish my homework  
before I play.

Limit how much time I  
spend on electronics.

Raise my hand when I  
want to speak.

Being patient while waiting in  
lines at the store.

Looking both ways  
before I cross the road.

Go to bed at a  
reasonable time.

Keep trying even if the  
work is hard.

Stay calm if the referee  
makes a call I don't like.

Don't procrastinate with  
completing your chores.

Think before you post  
something online.

Take a deep breath  
when frustrated.



# SELF-CONTROL

## SELF-CONTROL SORT

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Ways I can show self-control in my School

Ways I can show self-control in my Home

Ways I can show self-control in my Community

# SELF-CONTROL

## STUDENTS WITH CHARACTER

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Students with Self-control

# THINK BEFORE YOU SPEAK



Katie and Deanna sit next to each other and are in the middle of a math lesson. Katie remembers Deanna still has her pencil that she borrowed from her yesterday. She thinks about whispering it to her, hoping her teacher won't see. But they recently got in trouble for talking during a lesson, and Katie decides to wait to ask Deanna about it until recess. During recess, Katie asks Deanna about the pencil she borrowed and Deanna tells her she accidentally broke it. Katie is upset because it was one of her favorites, but she takes a deep breath, and when she feels calmer, she explains that she is upset but forgives her friend.

How did this student show Self-Control?



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# SELF-CONTROL

## LEADERS WITH CHARACTER

Name: \_\_\_\_\_

Date: \_\_\_\_\_

### Leaders with Self-control

# LEONARDO DA VINCI



Leonardo da Vinci was an Italian painter, engineer, scientist, and architect. He is considered one of the greatest painters in the history of art. His painting of the Mona Lisa is one of the most valuable paintings in the world, insured at \$870 million dollars. It took Da Vinci four years to paint the Mona Lisa, focusing on every little detail to capture what he was looking to achieve. Leonardo also set out to write the first explanations of how machines work. His talents as an illustrator allowed him to draw his mechanical ideas with exceptional precision. Five hundred years after they were put on paper, his sketches can easily be used as blueprints to create perfect working models. His work took a great deal of focus and patience. He once said, *"You will never have a greater or lesser dominion than that over yourself...the height of a man's success is gauged by his self-mastery."*

### How did DaVinci show Self-Control?



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# SELF-CONTROL

## CAREERS WITH CHARACTER

Name: \_\_\_\_\_

Date: \_\_\_\_\_

### Careers with Self-control

## CHEF



A chef oversees a restaurant's kitchen by planning the menu, maintaining the budget, pricing menu items, preparing food, purchasing supplies, ensuring quality, and managing staff. Chefs ensure the meals are cooked and seasoned properly and are pleasing to the eye. A kitchen depends on a cooperative team effort, so the chef encourages staff to have mutual respect and trust for each other. This occupation is very fast-paced and requires you to be around food without eating it yourself. It often deals with customer's opinions on the food you create and accommodating their requests without complaint, which takes a high amount of self-control.

### How do Chefs show Self-Control?



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# SELF-CONTROL

## DIGITAL CHARACTER

Name: \_\_\_\_\_

Date: \_\_\_\_\_

### Digital Self-Control

## SCREEN TIME



Hank loves to play video games. His parents allow him to play for 2 hours after he completes all his homework and chores. His favorite video game just released a new version today, and he wants to play it right away. But he just got home and has not done any work yet. Even though his friends are already starting to play, he does his homework and chores first because he knows his parents will be disappointed if he does not follow the rules. Once he starts playing the game, two hours pass quickly. He decides to put it away, even though he wants to keep playing because he knows if he plays past the 2-hour rule his parents won't let him play tomorrow.

How did he show digital Self-Control?



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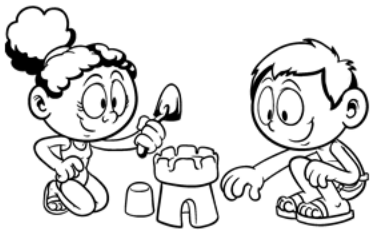
Taking  
deep  
breaths.



Interrupting.



Practicing  
good  
habits.



Taking turns.

Leaving  
my seat  
without  
permission.



Acting on  
impulsive  
ideas.



Thinking  
before  
you act.



Blurting  
out  
something.



Losing  
your  
temper.

Day-  
dreaming  
in class.



Raising  
your hand  
if you  
need  
something

Being patient.



# SELF-CONTROL

## SELF-CONTROL OR NOT? SORT

Name: \_\_\_\_\_

Date: \_\_\_\_\_



### THIS IS USING SELF-CONTROL

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### THIS IS NOT USING SELF-CONTROL

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# SELF-CONTROL

## CAUSE & EFFECT

Name: \_\_\_\_\_

Date: \_\_\_\_\_

### CAUSE

Read the situations and determine what effect that decision will have.

### EFFECT

You know the answer so you blurt it out without raising your hand.

You see a puddle of water and jump in it. There are people standing nearby.

You think of something funny to say and interrupt your friend to say it.



# SELF-CONTROL

## CAUSE & EFFECT

Name: \_\_\_\_\_

Date: \_\_\_\_\_

### CAUSE

Read the situations and determine what effect that decision will have.

### EFFECT

You find your mom's hidden candy stash and eat all the candy in it.

You are very thirsty so you cut in the water fountain line to drink first.

You wait your turn to use the computer even though you really want to use it.

# SELF-CONTROL

## CAUSE & EFFECT

Name: \_\_\_\_\_

Date: \_\_\_\_\_

### CAUSE

Read the situations and determine what effect that decision will have.

### EFFECT

You see a toy in the store that you really like, you take it without paying for it.

You throw a tantrum in the store because your parent says no when you ask for something.

You want to leave your seat so you raise your hand to ask your teacher.

# SELF-CONTROL

## CAUSE & EFFECT

Name: \_\_\_\_\_

Date: \_\_\_\_\_

### CAUSE

Read the situations and determine what effect that decision will have.

### EFFECT

You yell at your  
classmate because  
he is annoying you.

Your classmate  
hits you so you hit  
him back.

You are really  
frustrated with  
your math  
assignment, you  
take a few calming  
breaths.

# SELF-CONTROL

## CAUSE & EFFECT

Name: \_\_\_\_\_

Date: \_\_\_\_\_

### CAUSE

Read the situations and determine what effect that decision will have.

### EFFECT

You have something you want to tell your parents but they are in the middle of a conversation, so you wait until they are done.

You are trying to memorize your spelling words but it's hard, so you give up.

You are blamed for something you did not do, you scream out "That's not fair".



# SELF-CONTROL

## CAUSE & EFFECT

Name: \_\_\_\_\_

Date: \_\_\_\_\_

### CAUSE

Read the situations and determine what effect that decision will have.

### EFFECT

You need a pencil and see that your classmate has one she's not using, you ask her to borrow it before you take it.

Your brother asks to have a turn playing the video game, you are having too much fun so you tell him no.

You have a bunch of energy and decide to do a cartwheel in the middle of the classroom.

# SELF-CONTROL

## ROAD TO SELF-CONTROL

Name: \_\_\_\_\_

Date: \_\_\_\_\_

### ROAD TO SELF-CONTROL: COLOR THE CAR OF YOUR ANSWER.

At recess, a  
classmate gets angry  
and pushes you.



Scream at him.



Tell the teacher.



Push him back.

You and a classmate  
both want to use the  
class computer.



Argue with the classmate.



Take turns using it.



Use the computer, and don't let  
the classmate use it.

You see a bunch of  
cookies on the  
kitchen counter,  
cookies are your  
favorite.



Eat all the cookies.



Eat half the cookies, but leave a  
few.



Ask if you can have one.

# SELF-CONTROL

## ROAD TO SELF-CONTROL

Name: \_\_\_\_\_

Date: \_\_\_\_\_

### ROAD TO SELF-CONTROL: COLOR THE CAR OF YOUR ANSWER.

Your friend laughs at you and you feel really angry.



Calmly explain that it hurt your feelings.



Yell at him to stop.



Tell him you aren't friends with him anymore.

You can't seem to understand the new math lesson and you are getting frustrated.



Throw your math book on the ground.



Give up trying to learn it.



Take a few calming breaths and try again.

Your friend is in the middle of telling a story and you think of something you want to tell them.



Interrupt her.



Wait till she is done speaking.



Wait for a boring part of the story and then tell her.

# SELF-CONTROL

## ROAD TO SELF-CONTROL

Name: \_\_\_\_\_

Date: \_\_\_\_\_

### ROAD TO SELF-CONTROL: COLOR THE CAR OF YOUR ANSWER.

Your teacher asks  
the class a question  
and you know the  
answer.



Raise your hand.



Blurt out the answer.



Say "I know it, I know it."

Your friend just got  
new glasses and  
they look terrible on  
him.



Tell him that they look bad.



Laugh at him.



Keep your opinion to yourself.

You think of  
something you really  
need to tell your  
friend, but your  
teacher is teaching  
right now.



Whisper it to your friend.



Tell him later, at recess time.



Pass him it on a note.



# SELF-CONTROL

## ROAD TO SELF-CONTROL

Name: \_\_\_\_\_

Date: \_\_\_\_\_

### ROAD TO SELF-CONTROL: COLOR THE CAR OF YOUR ANSWER.

You are trying to learn how to speak a second language but it is really hard.



Quit.



Ask for help.



Give it one more day, and if you can't get it then give up.

Your parent reminds you to do your chores.



Put it off.



Make up an excuse not to.



Do your chores.

You are only allowed to use your tablet for one hour each day and the hour is now up.



Put the tablet down and go do something else.



Use it for just a bit longer.



Put it away and use it when no one is looking later.

# SELF-CONTROL

## ROAD TO SELF-CONTROL

Name: \_\_\_\_\_

Date: \_\_\_\_\_

### ROAD TO SELF-CONTROL: COLOR THE CAR OF YOUR ANSWER.

You ask your parent  
to buy you the new  
video game you  
want but they say  
no.



Throw a tantrum.



Accept their decision.



Be sad about it the whole day.

There is a long line  
at the movie theater  
and the movie is  
about to start.



Wait in the line.



Cut in front of people.



Stomp your feet in anger.

You really want this  
new toy that just  
came out but you  
don't have enough  
allowance to cover  
the cost.



Steal it.



Beg your parents for it until  
they give in.



Save up until you have enough  
money.

# SELF-CONTROL

## ROAD TO SELF-CONTROL

Name: \_\_\_\_\_

Date: \_\_\_\_\_

### ROAD TO SELF-CONTROL: COLOR THE CAR OF YOUR ANSWER.

Your teacher lets a classmate be line leader even though it's your turn to be line leader.



Scream out "that's not fair."



Find an appropriate time to speak to your teacher about it.



Cry.

Your friend offers to share their pizza with you, pizza is your favorite and your lunch is all healthy food that you don't want to eat.



Eat your healthy food.



Eat the pizza and take home your food.



Eat the pizza and throw out your food.

You are running late for school and the crosswalk says not to walk.



Skip school since you are late anyways.



Run across quickly.



Wait for the crosswalk to say it's safe to walk.

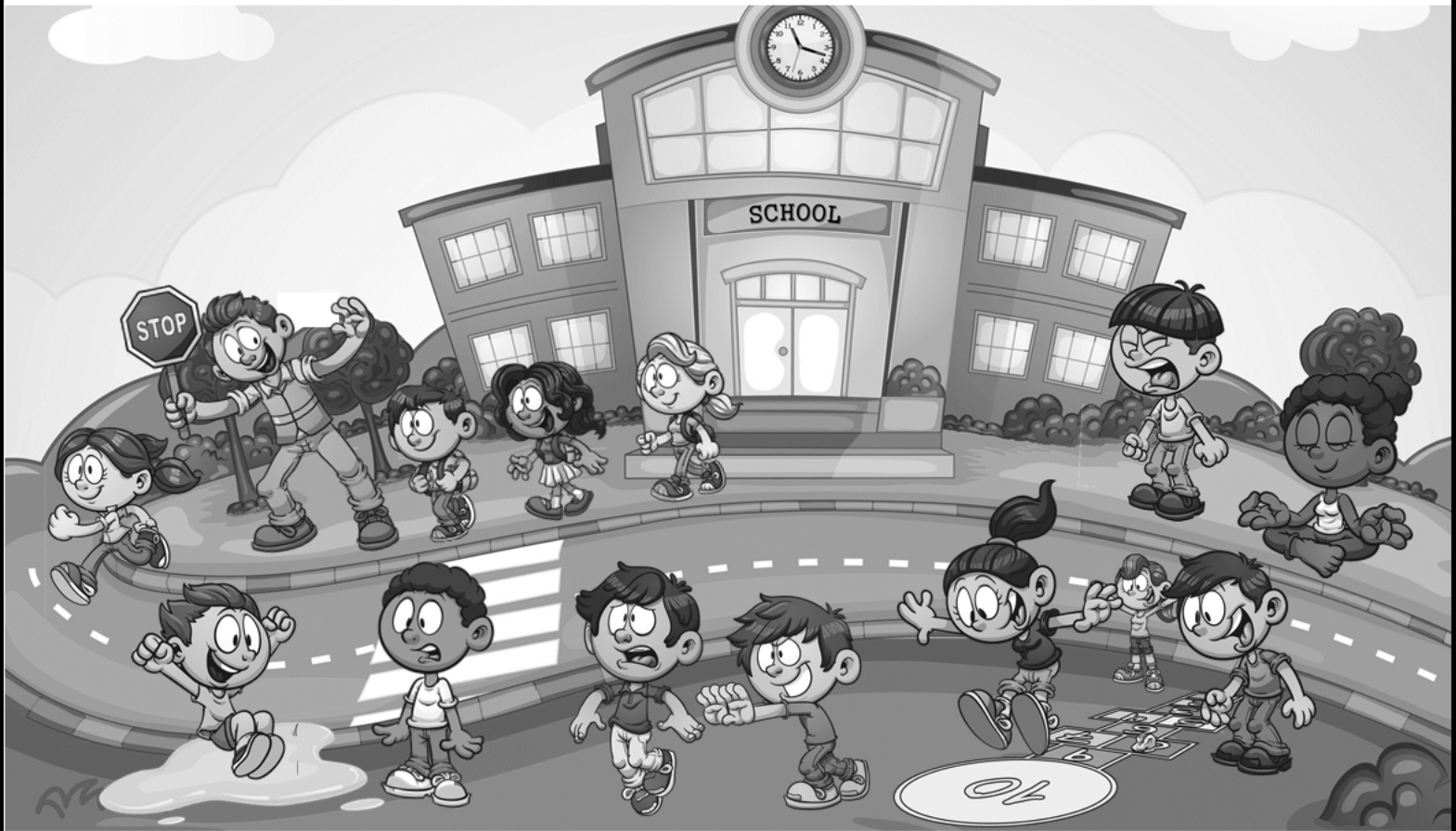
# SELF-CONTROL

## A WORLD WITH SELF-CONTROL

Name: \_\_\_\_\_

Date: \_\_\_\_\_

What does self-control look like? Circle the people who look like they are showing self-control



Describe how the people showing self-control look like and what they are doing:

Describe how the people not showing self-control look like and what they are doing:



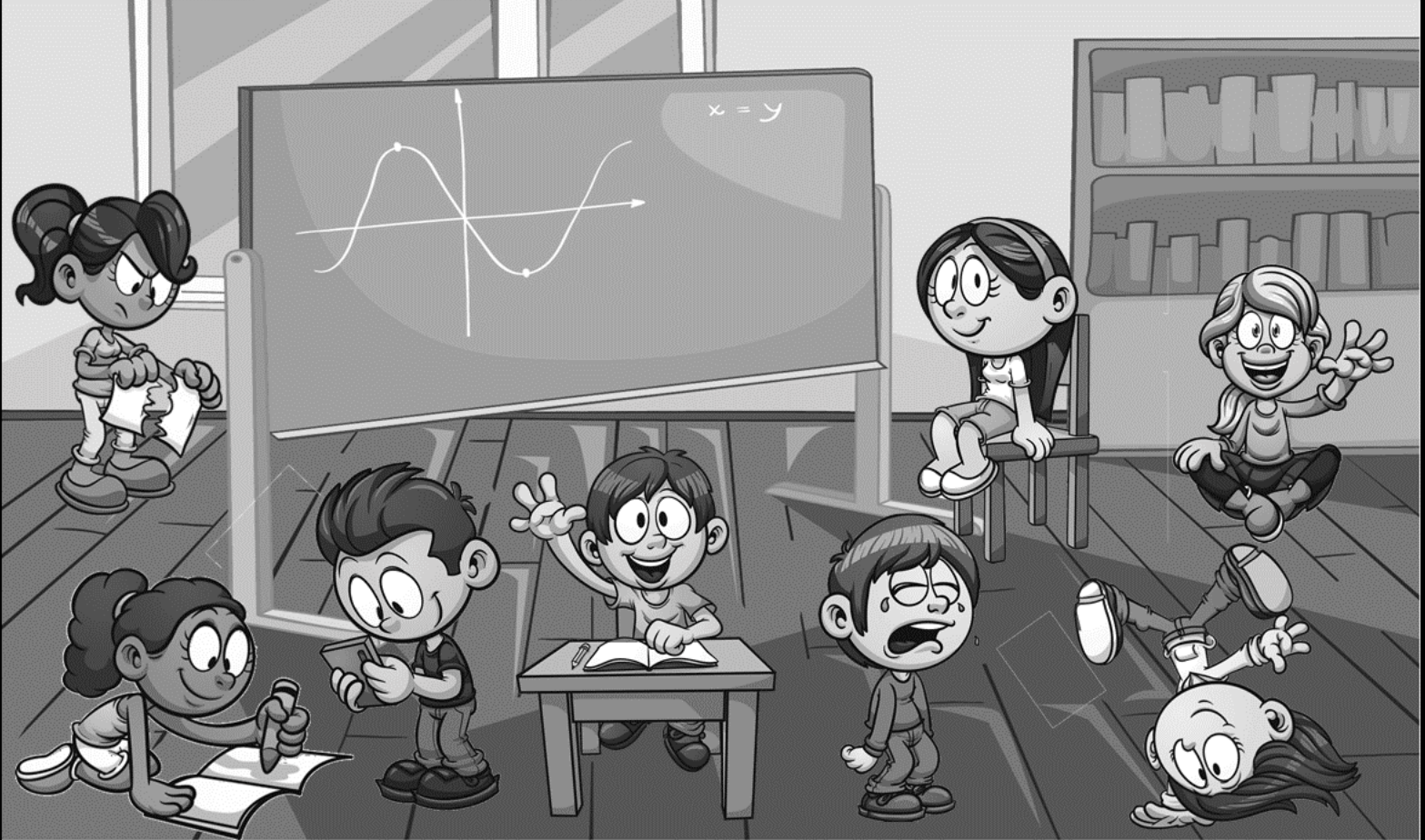
# SELF-CONTROL

## A WORLD WITH SELF-CONTROL

Name: \_\_\_\_\_

Date: \_\_\_\_\_

What does self-control look like? Circle the people who look like they are showing self-control.



Describe how the people showing self-control look like and what they are doing:

Describe how the people not showing self-control look like and what they are doing:



# SELF-CONTROL

## A WORLD WITH SELF-CONTROL

Name: \_\_\_\_\_

Date: \_\_\_\_\_

### PRESS PAUSE

Before you act, press pause and think about the impact your action will have.

Your brother  
double dares you  
to jump off a  
tree into the lake  
below.



What are the possible consequences?



You want a toy at  
the store and  
you think about  
taking it without  
paying for it.



What are the possible consequences?



What you are  
studying is really  
hard and you  
want to give up.



What are the possible consequences?



# SELF-CONTROL

## A WORLD WITH SELF-CONTROL

Name: \_\_\_\_\_

Date: \_\_\_\_\_

### PRESS PAUSE

Before you act, press pause and think about the impact your action will have.

You are angry at your friend and want to push him to the ground.



What are the possible consequences?



A classmate is getting on your nerves and you want to scream at him.



What are the possible consequences?



You find a bunch of chocolate bars and want to eat them all at once.



What are the possible consequences?



# SELF-CONTROL

## A WORLD WITH SELF-CONTROL

Name: \_\_\_\_\_

Date: \_\_\_\_\_



## SELF-CONTROL STRATEGIES

Put a checkmark on the self-control strategy you would use in the given scenarios.

	Ask	Think		Take		Write
Develop a	for	positive	Drink	slow,	Take	my
Routine	help.	thoughts.	water.	deep	a	thoughts
			breaths.	break.		down.

You are frustrated with what you are working on.							
You want to quit trying to learn a new skill.							
You want to do something impulsive without thinking it through.							
You want to do something you are not allowed to do.							
Someone does not treat you fairly.							
You want to break a bad habit.							
You want to give up on a goal you set.							
Someone is mean to you.							

# SELF-CONTROL

## A WORLD WITH SELF-CONTROL

Name: \_\_\_\_\_

Date: \_\_\_\_\_

What are some examples of self-control you have seen  
from others?

Teacher



Parent/Guardian



Strangers



Friends



# SELF-CONTROL

## A WORLD WITH SELF-CONTROL

Name: \_\_\_\_\_

Date: \_\_\_\_\_

What would society look like if no one showed self-control?



Would you want to live in this society, why or why not?





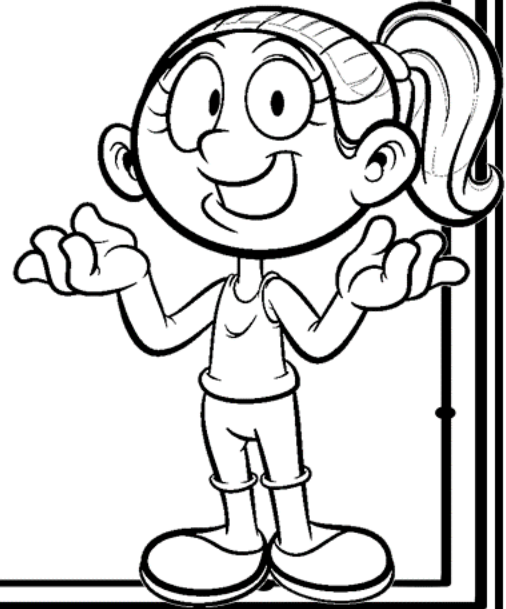
# SELF-CONTROL

## A WORLD WITH SELF-CONTROL

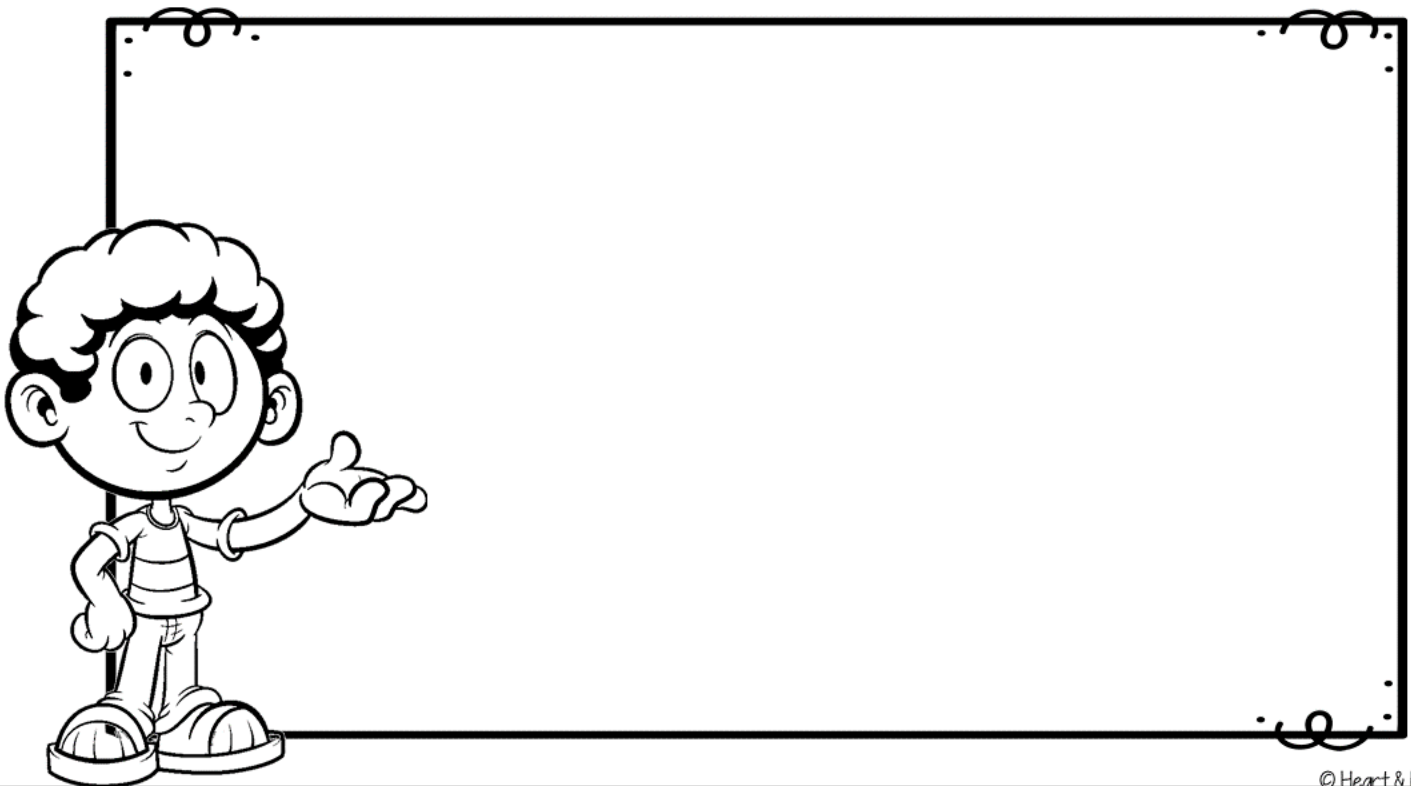
Name: \_\_\_\_\_

Date: \_\_\_\_\_

What would society look like if everyone showed self-control?



Would you want to live in this society, why or why not?



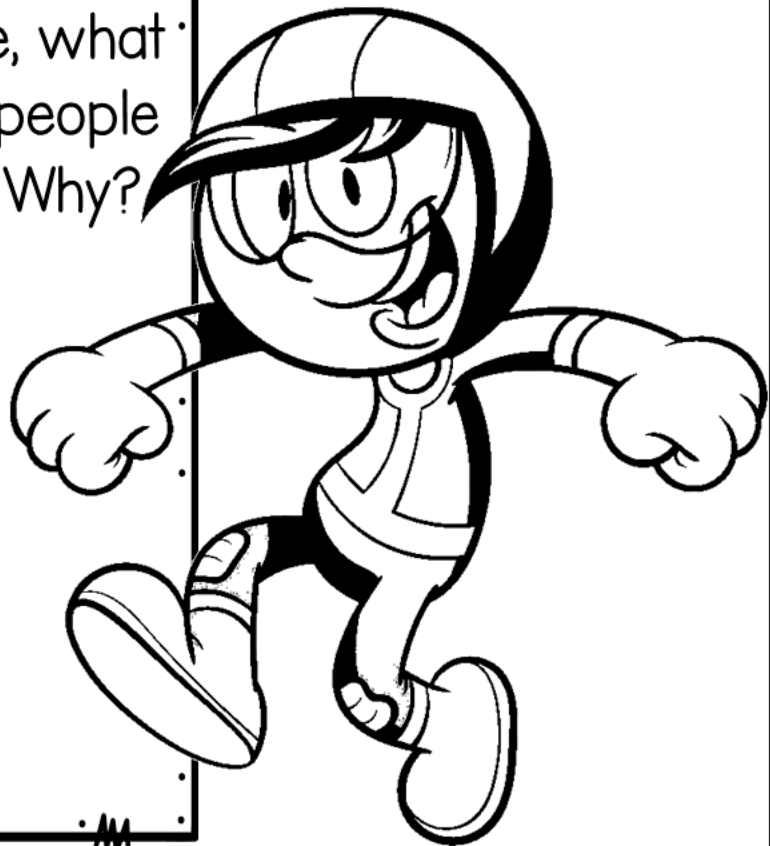
# SELF-CONTROL

## A WORLD WITH SELF-CONTROL

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Let's time travel to the future, what is one way you would want people to show self-control more? Why?



Let's time travel to the past, what is one way you would have wanted people to show self-control more? Why?



# SELF-CONTROL

## SELF-REFLECTION

Name: \_\_\_\_\_

Date: \_\_\_\_\_

We all make mistakes, that is how we learn! Think of one example of a time where you did NOT show self-control.

I was NOT showing self-control when I...

○

○

.

What I learned...

○

○

.

This is how I will be show self-control...

○

○

.

# SELF-CONTROL

## SELF-REFLECTION

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Think about what self-control means to you and how you like to show self-control or have others show self-control to you.

One way I would like to show self-control



	<p>• •</p> <p>•</p> <p>• •</p>
--	--------------------------------

One way I would want self-control shown to me



	<p>• •</p> <p>•</p> <p>• •</p>
--	--------------------------------

Self-control is important to me because



	<p>• •</p> <p>•</p> <p>• •</p>
--	--------------------------------

# SELF-CONTROL

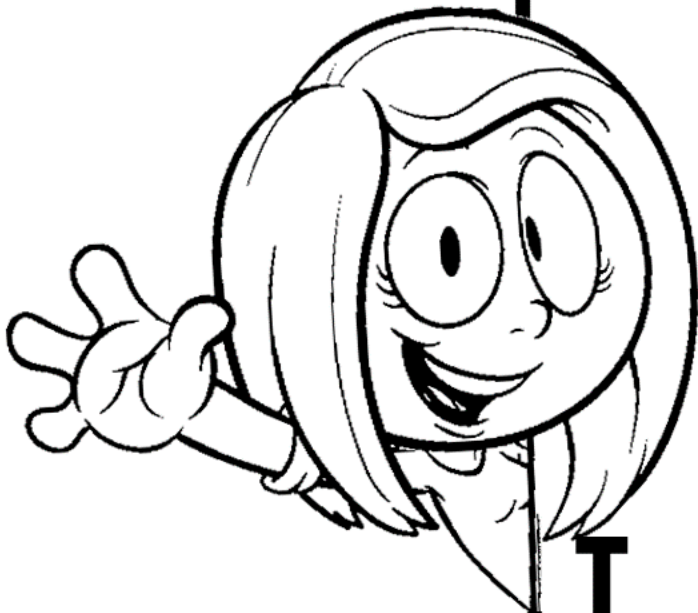
## SELF-REFLECTION

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Think about the ways you show self-control, pick one that you feel you are consistent in doing and reflects your good character.

I show self-control by:



**I  
SHOW  
SELF-CONTROL**



# SELF-CONTROL

## SELF-REFLECTION

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Think about the ways you show self-control, pick one that you feel you are consistent in doing and reflects your good character.

I show self-control by:



**I  
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# SELF-CONTROL

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# SELF-CONTROL

## SELF-REFLECTION

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Think about the ways you show self-control, pick one that you feel you are consistent in doing and reflects your good character.

I show self-control by:

**I  
SHOW  
SELF-CONTROL**



# SELF-CONTROL

## TASK CARDS

# TASK

## THINK & DISCUSS

# CARDS



### TIPS FOR USING TASK CARDS

- Encourage students to think about each question and share their response.
- Pair students together to have them take turns answering the task cards.
- Use the task cards as a center activity.
- To make it a writing activity, have students write their responses on paper.
- To make it a class wide activity, read the card out loud and encourage student responses. (see included PowerPoint slides to display on board)

### DIG DEEPER QUESTIONS

- Are there multiple answers that could be considered decisions showing self-control?
- How are your responses different or similar to other students?
- Why are some of our responses similar or different?
- What impacts our decision to show self-control or not?
- Does one out of control decision make you a person with no self-control?
- What will happen if you repeatedly make decisions that show no self-control?

# SELF-CONTROL



**THINK & DISCUSS**

What are some strategies to show self-control?

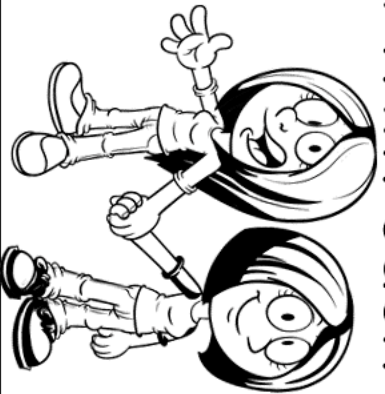


# SELF-CONTROL



**THINK & DISCUSS**

How do friends show self-control with each other?



# SELF-CONTROL



**THINK & DISCUSS**

How can you show emotional self-control?

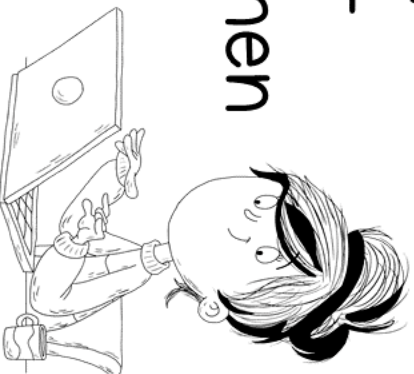


# SELF-CONTROL



**THINK & DISCUSS**

How can you show self-control when you are online?





# SELF-CONTROL

How does someone look when they do not have self-control?



**THINK & DISCUSS**



# SELF-CONTROL

What are ways to show self-control as a student?



**THINK & DISCUSS**



# SELF-CONTROL

What are ways to show self-control as a family member?



**THINK & DISCUSS**



# SELF-CONTROL

Think of someone who shows self-control. How do they show it?



**THINK & DISCUSS**

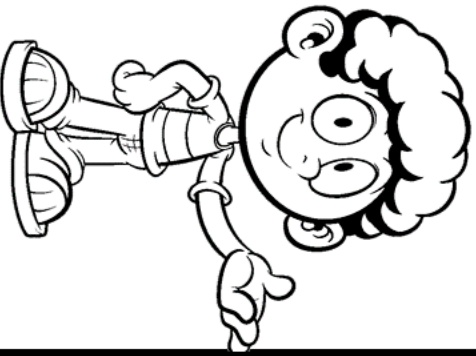


# SELF-CONTROL

What is one  
way you show  
self-control?



**THINK & DISCUSS**



# SELF-CONTROL

What are some  
ways to control  
your thoughts?



**THINK & DISCUSS**

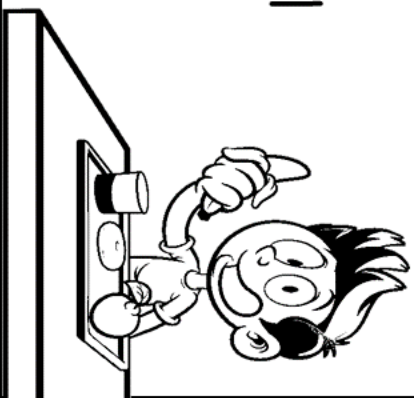


# SELF-CONTROL

How can  
you show  
self-control  
in the  
cafeteria?



**THINK & DISCUSS**



# SELF-CONTROL

What are  
some ways to  
control your  
behavior?

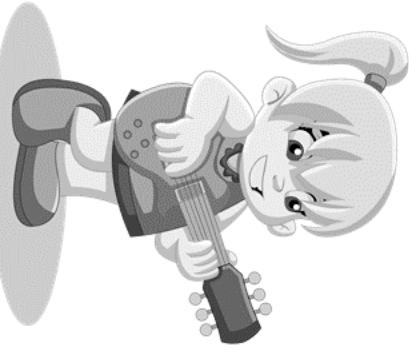


**THINK & DISCUSS**



# SELF-CONTROL

How can  
you show  
self-control  
in the music  
room?



THINK & DISCUSS

# SELF-CONTROL

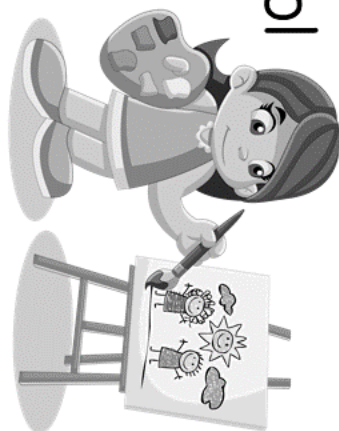
How can  
you show  
self-control  
in the  
library?



THINK & DISCUSS

# SELF-CONTROL

How can  
you show  
self-control  
in the art  
room?



THINK & DISCUSS

# SELF-CONTROL

How can you  
show self-  
control on the  
playground?



THINK & DISCUSS

# SELF-CONTROL

How can you show self-control at P.E.?



THINK & DISCUSS

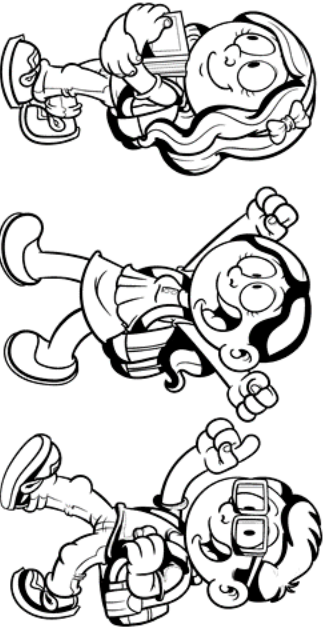


# SELF-CONTROL

How can you show self-control in the school hallway?



THINK & DISCUSS



# SELF-CONTROL

How can you show self-control at Recess?



THINK & DISCUSS

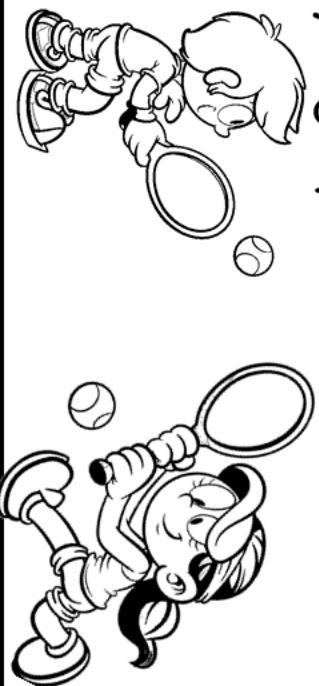


# SELF-CONTROL

How can you show self-control when you are playing sports?



THINK & DISCUSS





# SELF-CONTROL



**THINK & DISCUSS**

What are the easiest ways to show self-control?

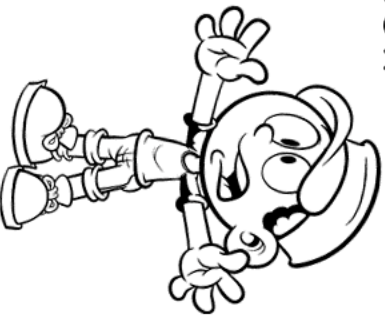


# SELF-CONTROL



**THINK & DISCUSS**

What are the hardest ways to show self-control?



# SELF-CONTROL



**THINK & DISCUSS**

Is blurting out something showing self-control? Why?

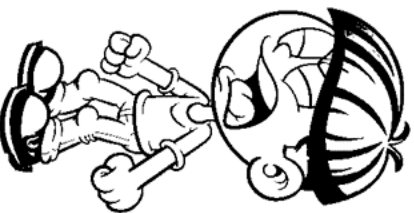


# SELF-CONTROL



**THINK & DISCUSS**

Is losing your temper showing self-control? Why?





# SELF-CONTROL

What happens  
when you don't  
show self-  
control?



THINK & DISCUSS

# SELF-CONTROL

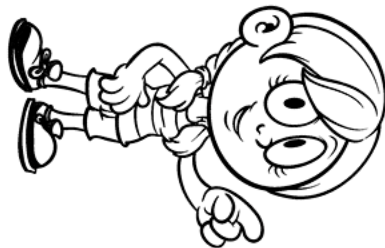
Are you showing  
self-control if  
you raise your  
hand and wait to  
speak? Why?



THINK & DISCUSS

# SELF-CONTROL

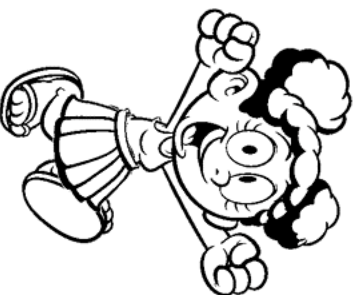
Is thinking  
before you say  
something  
showing self-  
control?  
Why?



THINK & DISCUSS

# SELF-CONTROL

Are you showing self-  
control if you wait your  
turn?  
How?



THINK & DISCUSS

# SELF-CONTROL

## THINK & DISCUSS

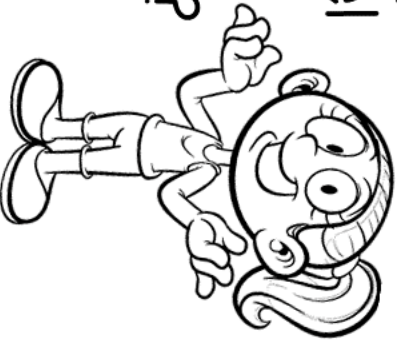
Are you showing self-control if get frustrated and give up? Why?



# SELF-CONTROL

## THINK & DISCUSS

Are you showing self-control if you wait till you feel calmer to respond? Why?



# SELF-CONTROL

## THINK & DISCUSS

Are you showing self-control if you interrupt someone? Why?



# SELF-CONTROL

## THINK & DISCUSS

Are you showing self-control if you cut in line? Why?

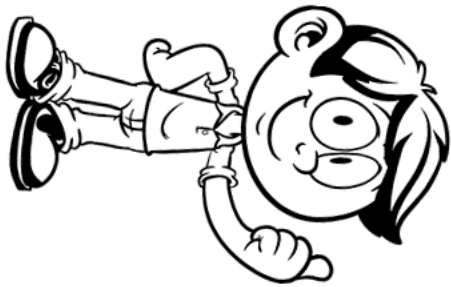


# SELF-CONTROL

How can  
showing self-  
control change  
the way that  
others view  
you?



**THINK & DISCUSS**

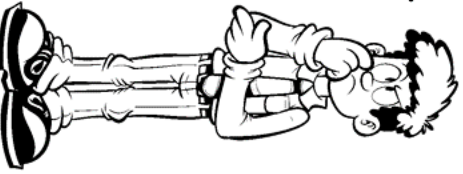


# SELF-CONTROL

What could happen to  
adults if they do not  
show self-control?



**THINK & DISCUSS**



# SELF-CONTROL

When someone  
shows no self-  
control  
frequently  
how do others  
view them?



**THINK & DISCUSS**



# SELF-CONTROL

Is show self-control an  
important character trait  
to have in a friend?

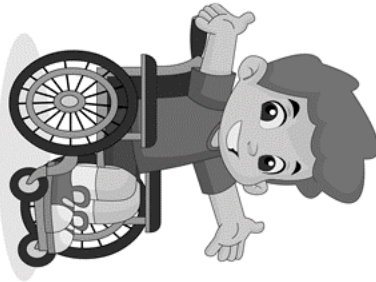


**THINK & DISCUSS**



# SELF-CONTROL

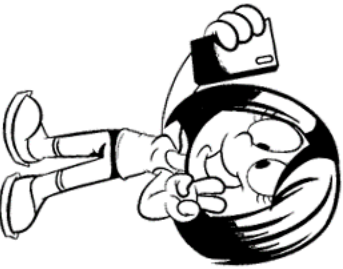
Is showing self-control an important character trait for a leader to have?



THINK & DISCUSS

# SELF-CONTROL

Is showing self-control an important character trait to have when using a phone or computer?



THINK & DISCUSS

# SELF-CONTROL

Is showing self-control an important character trait for a student to have?



THINK & DISCUSS

# SELF-CONTROL

Is showing self-control an important character trait to show working in a career?



THINK & DISCUSS



# SELF-CONTROL

## SITUATION CARDS

© Heart & Mind Teaching

# SITUATION

## WHAT WOULD YOU DO?

# CARDS

### TIPS FOR USING CARDS



- Encourage students to think about each scenario and what they would do.
- Pair students together to have them take turns answering the task cards.
- Use the task cards during centers having students answer in small groups.
- To make it a writing activity, have students write their responses on paper or in their journals.
- For a class wide activity or morning meeting, use the included PowerPoint slides

### DIG DEEPER QUESTIONS

- What is the self-controlled thing to do and why?
- What are the possible consequences of this decision?
- What are the possible positive results of this decision?
- What would happen if an alternative decision was made?
- Does your decision help or hurt others?
- Is what you want to do different than the self-controlled thing to do? Why?
- What are all the different decisions that could be made?



# SELF-CONTROL

## WHAT WOULD YOU DO?

You just thought of something you want to say but your friend is in the middle of speaking.

How can you show self-control?



# SELF-CONTROL

## WHAT WOULD YOU DO?

You haven't finished your homework yet but you really want to play outside.

How can you show self-control?



# SELF-CONTROL

## WHAT WOULD YOU DO?

Your class is having a pizza party, you rarely get to have pizza and want to eat as many slices as you can.

How can you show self-control?



# SELF-CONTROL

## WHAT WOULD YOU DO?

You really want a toy at the store but your mom said no, you are very upset.

How can you show self-control?



# SELF-CONTROL

## WHAT WOULD YOU DO?

You are supposed to wait 20 minutes before swimming after you eat, but you really want to jump in the pool.

How can you show self-control?



# SELF-CONTROL

## WHAT WOULD YOU DO?

Your mom says you can eat an apple for a snack, you see some chips that you would like instead.

How can you show self-control?



# SELF-CONTROL

## WHAT WOULD YOU DO?

Your teacher asks the class a question and you know the answer and want to blurt it out.

How can you show self-control?



# SELF-CONTROL

## WHAT WOULD YOU DO?

A classmate pushes you at recess, you want to push him back.

How can you show self-control?



# SELF-CONTROL

## WHAT WOULD YOU DO?

The referee at your soccer game makes a call that you feel is unfair.

How can you show self-control?

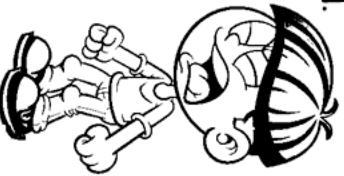


# SELF-CONTROL

## WHAT WOULD YOU DO?

You are frustrated because a classmate refuses to share the computer with you.

How can you show self-control?

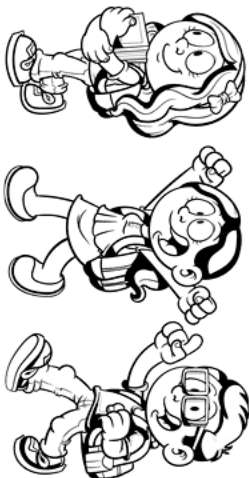


# SELF-CONTROL

## WHAT WOULD YOU DO?

You are waiting in line for the water fountain and the line is really long. You want to cut in front of others.

How can you show self-control?



# SELF-CONTROL

## WHAT WOULD YOU DO?

You are having so much fun playing, you want to stay up late and keep playing.

How can you show self-control?





# SELF-CONTROL

## WHAT WOULD YOU DO?

This assignment is really hard and taking too long to finish, you want to give up.

How can you show self-control?



# SELF-CONTROL

## WHAT WOULD YOU DO?

A kid on the playground calls you a mean name, you want to call him one back.

How can you show self-control?



# SELF-CONTROL

## WHAT WOULD YOU DO?

You are playing a game and you want to go next but it's not your turn.

How can you show self-control?



# SELF-CONTROL

## WHAT WOULD YOU DO?

Your brother is playing on the tablet right now and you are waiting your turn, but it is taking a while.

How can you show self-control?



# SELF-CONTROL

## WHAT WOULD YOU DO?

You see something that your classmate has in their desk that you want, you want to borrow it without asking.

How can you show self-control?



# SELF-CONTROL

## WHAT WOULD YOU DO?

You want to keep playing outside but you feel overly hot and dizzy.

How can you show self-control?



# SELF-CONTROL

## WHAT WOULD YOU DO?

You are goofing off in class and you have already been warned once to stop by your teacher.

How can you show self-control?



# SELF-CONTROL

## WHAT WOULD YOU DO?

You are only allowed to be on the phone for an hour and time is up but you are in the middle of telling an important story.

How can you show self-control?



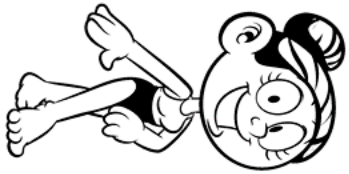


# SELF-CONTROL

## WHAT WOULD YOU DO?

You are trying to learn a new gymnastics move but you can't seem to get it and you are discouraged.

How can you show self-control?

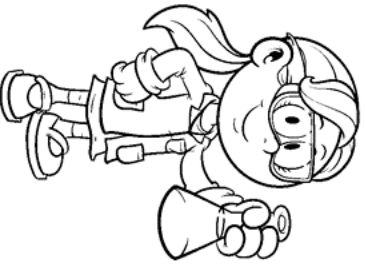


# SELF-CONTROL

## WHAT WOULD YOU DO?

You have a big science project due soon, but you don't feel like working on it.

How can you show self-control?



# SELF-CONTROL

## WHAT WOULD YOU DO?

You have been listening to music for hours and lost track of time.

How can you show self-control?



# SELF-CONTROL

## WHAT WOULD YOU DO?

You have been trying to learn how to play an instrument but you aren't very good at it and you want to quit.

How can you show self-control?

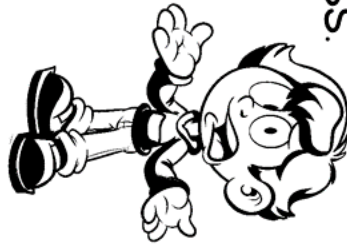


# SELF-CONTROL

## WHAT WOULD YOU DO?

The math lesson is boring and you start daydreaming in class.

How can you show self-control?



# SELF-CONTROL

## WHAT WOULD YOU DO?

You notice your friend got braces on his teeth and they look terrible.

How can you show self-control?



# SELF-CONTROL

## WHAT WOULD YOU DO?

You think of a crazy idea to try and want to try it without thinking it through.

How can you show self-control?

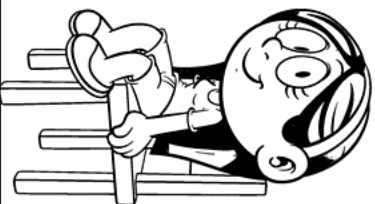


# SELF-CONTROL

## WHAT WOULD YOU DO?

You want to jump out of your seat because you have so much energy but you are supposed to stay in your seat.

How can you show self-control?



# SELF-CONTROL

## WHAT WOULD YOU DO?

The singer at the talent show is terrible and you feel like laughing at them.

How can you show self-control?

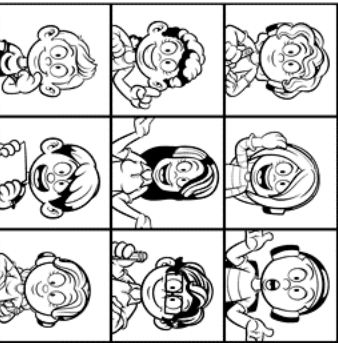


# SELF-CONTROL

## WHAT WOULD YOU DO?

You are in your online class and think of a funny joke you want to tell in the middle of the lesson.

How can you show self-control?

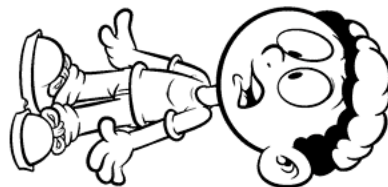


# SELF-CONTROL

## WHAT WOULD YOU DO?

You feel yourself getting stressed out with all the work you need to do.

How can you show self-control?



# SELF-CONTROL

## WHAT WOULD YOU DO?

You are angry because you messed up on your art assignment and you want to rip it up.

How can you show self-control?



# SELF-CONTROL

## WHAT WOULD YOU DO?

You really want to ride the big rollercoaster at the fair, but the last time you did you got sick.

How can you show self-control?



# SELF-CONTROL

## WHAT WOULD YOU DO?

You want to eat your entire bag of Halloween candy.

How can you show self-control?



# SELF-CONTROL

## WHAT WOULD YOU DO?

You really want to win the race, you think about starting early to get a head start on the others.

How can you show self-control?

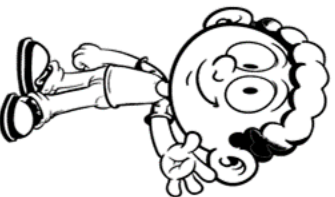


# SELF-CONTROL

## WHAT WOULD YOU DO?

Something pops into your head and you are about to say it but you notice that your parents are in the middle of a conversation.

How can you show self-control?





# SELF-CONTROL

## WHAT WOULD YOU DO?

You want to be the line leader today but your teacher said no, you think that is unfair because it's your turn.

How can you show self-control?



# SELF-CONTROL

## WHAT WOULD YOU DO?

You need to wake up earlier to get to school on time but you are really tired.

How can you show self-control?



# SELF-CONTROL

## WHAT WOULD YOU DO?

Your friend has a balloon and you really want to pop it.

How can you show self-control?

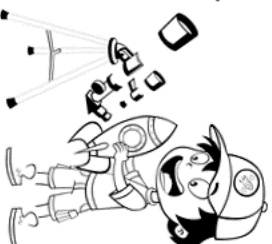


# SELF-CONTROL

## WHAT WOULD YOU DO?

You see your dad's expensive telescope that you are not allowed to use. You really want to play with it.

How can you show self-control?





**SELF-CONTROL**  
**THE ABILITY TO**  
*regulate YOUR*  
**EMOTIONS,**  
**THOUGHTS, AND**  
*actions.*

CHARACTER EDUCATION

# SELF-CONTROL

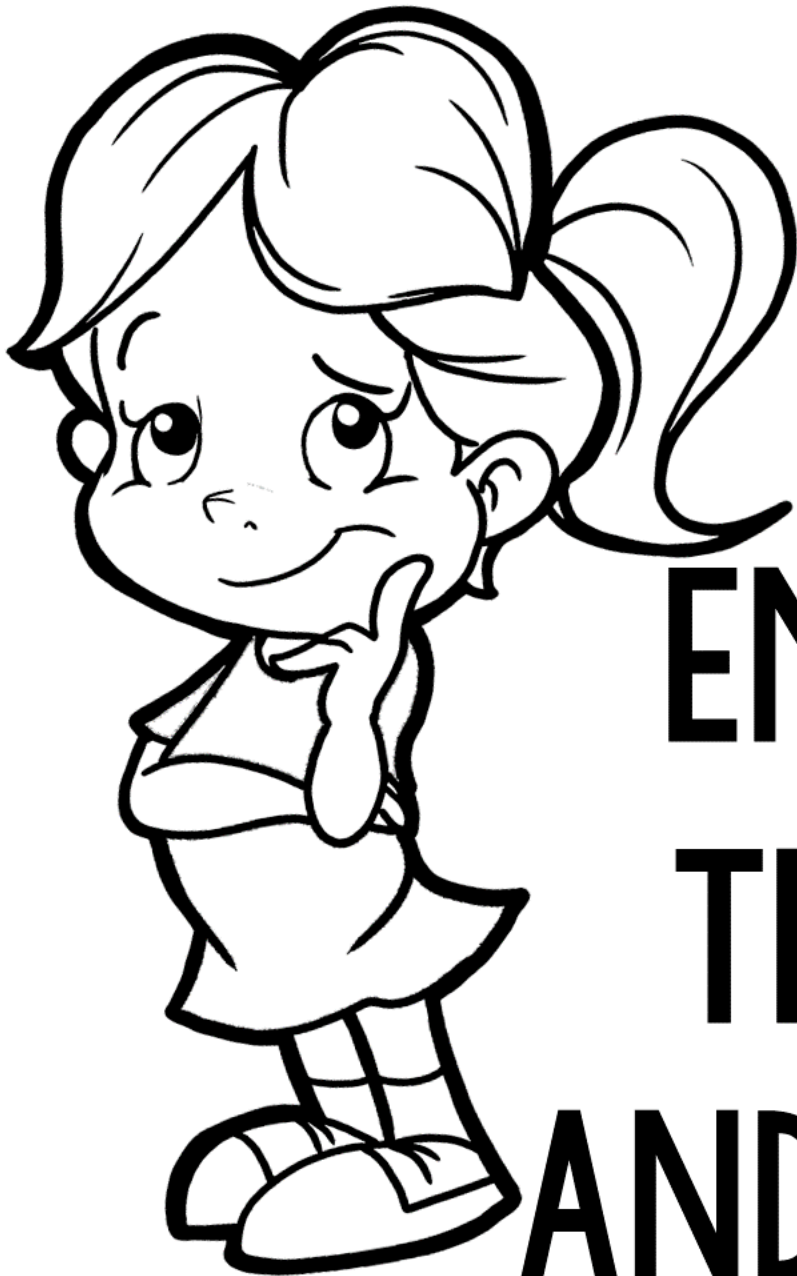
## THE ABILITY TO

*regulate*  
**YOUR**

## EMOTIONS,

## THOUGHTS,

## AND *actions.*



CHARACTER EDUCATION

# SELF-CONTROL

THE ABILITY TO  
*regulate*  
YOUR EMOTIONS,  
THOUGHTS,  
AND  
*actions.*



CHARACTER EDUCATION

# SELF-CONTROL

THE ABILITY TO *regulate* YOUR EMOTIONS,  
THOUGHTS, AND *actions*.



Be patient.

Raise my hand  
if I need  
something.

Think before  
I act.

Take turns.

Practice good habits.

Take deep  
breaths.

CHARACTER EDUCATION

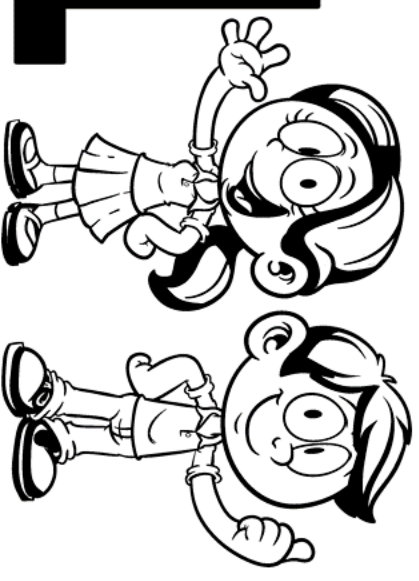
**QUOTE ABOUT**

**SELF-CONTROL**  
“YOU HAVE POWER OVER YOUR MIND,  
NOT OUTSIDE EVENTS. REALIZE  
THIS, AND YOU WILL FIND  
STRENGTH.”

- MARCUS AURELIUS



# STUDENTS WITH SELF-CONTROL



THINK ABOUT THE CONSEQUENCES OF THEIR  
BEHAVIOR BEFORE THEY DO SOMETHING.

- ✱ Take turns and wait patiently.
- ✱ Don't give up.
- ✱ Stay on topic and focused.
- ✱ Use calming strategies when frustrated.

# CAREERS WITH

# SELF-CONTROL



A chef oversees a restaurant's kitchen by planning the menu, maintaining the budget, pricing menu items, preparing food, purchasing supplies, ensuring quality, and managing staff. Chefs ensure the meals are cooked and seasoned properly and are pleasing to the eye. A kitchen depends on a cooperative team effort, so the chef encourages staff to have mutual respect and trust for each other. This occupation is very fast-paced and requires you to be around food without eating it yourself. It often deals with customer's opinions on the food you create and accommodating their requests without complaint, which takes a high amount of self-control.

# LEADERS WITH SELF-CONTROL

## LEONARDO DA VINCI



Leonardo da Vinci was an Italian painter, engineer, scientist, and architect. He is considered one of the greatest painters in the history of art. His painting of the Mona Lisa is one of the most valuable paintings in the world, insured at \$870 million dollars. It took Da Vinci four years to paint the Mona Lisa, focusing on every little detail to capture what he was looking to achieve. Leonardo also set out to write the first explanations of how machines work. His talents as an illustrator allowed him to draw his mechanical ideas with exceptional precision. Five hundred years after they were put on paper, his sketches can easily be used as blueprints to create perfect working models. His work took a great deal of focus and patience. He once said, *"You will never have a greater or lesser dominion than that over yourself...the height of a man's success is gauged by his self-mastery."*

## CHARACTER EDUCATION

# DIGITAL

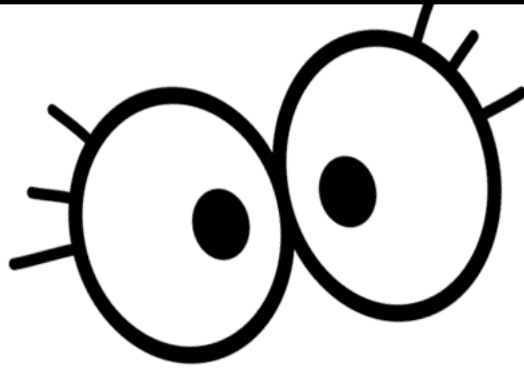
# SELF-CONTROL



**THINK ABOUT WHAT THEY ARE DOING AND HOW  
IT WILL IMPACT THEMSELVES AND OTHERS.**

- \*Before you press send, think, is it necessary?**
- \*When angry, wait to send a response  
until you are calm.**
- \*Keep track and limit how much time is  
spent on a device.**

# SELF-CONTROL LOOKS LIKE



- \* I wait my turn.
- \* I think before I act.
- \* I use calming strategies when I am frustrated.
- \* I am patient.
- \* I ask before I leave my seat.
- \* I make healthy and safe choices.



# SELF-CONTROL

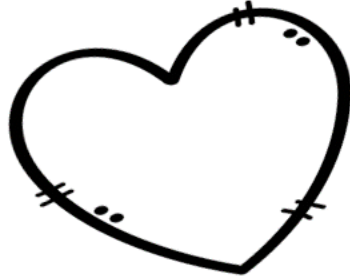
## SOUNDS LIKE



- \* I ask for permission before I take something.
- \* I wait my turn to speak.
- \* I think about how my words will impact others.
- \* I raise my hand when I want to say something.
- \* I let others have a chance to speak.

# SELF-CONTROL

## FEELS LIKE



- \* I feel calm.
- \* I feel in control of myself.
- \* I am responsible.
- \* I feel capable.
- \* I make good choices.
- \* I feel safe and healthy.
- \* I don't give up.
- \* I set goals and work hard to make them.

# MY SELF-CONTROL PLEDGE

This is how I am going to show Self-Control:

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Pledge by: \_\_\_\_\_

# MY SELF-CONTROL PLEDGE

This is how I am going to show Self-Control:

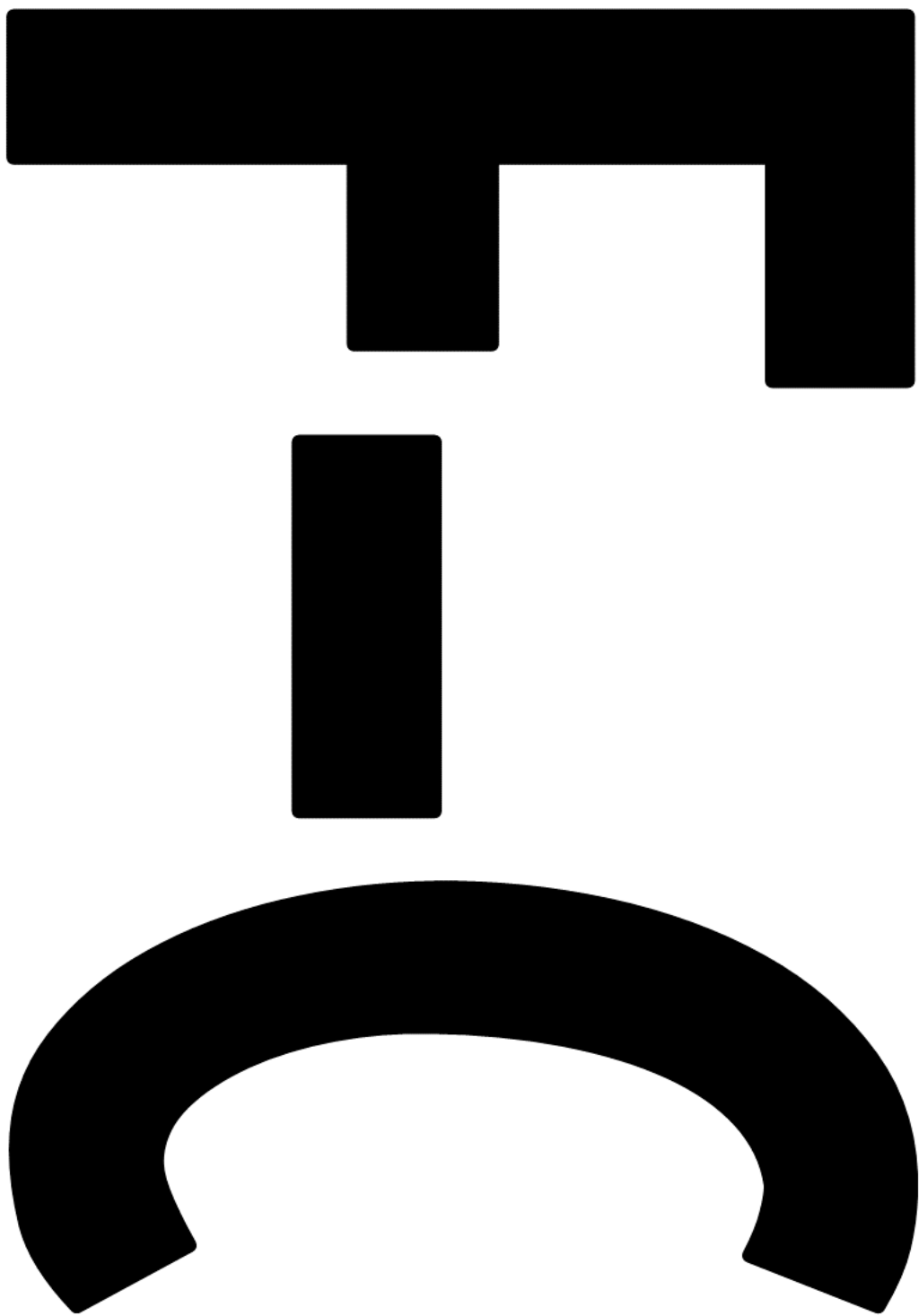
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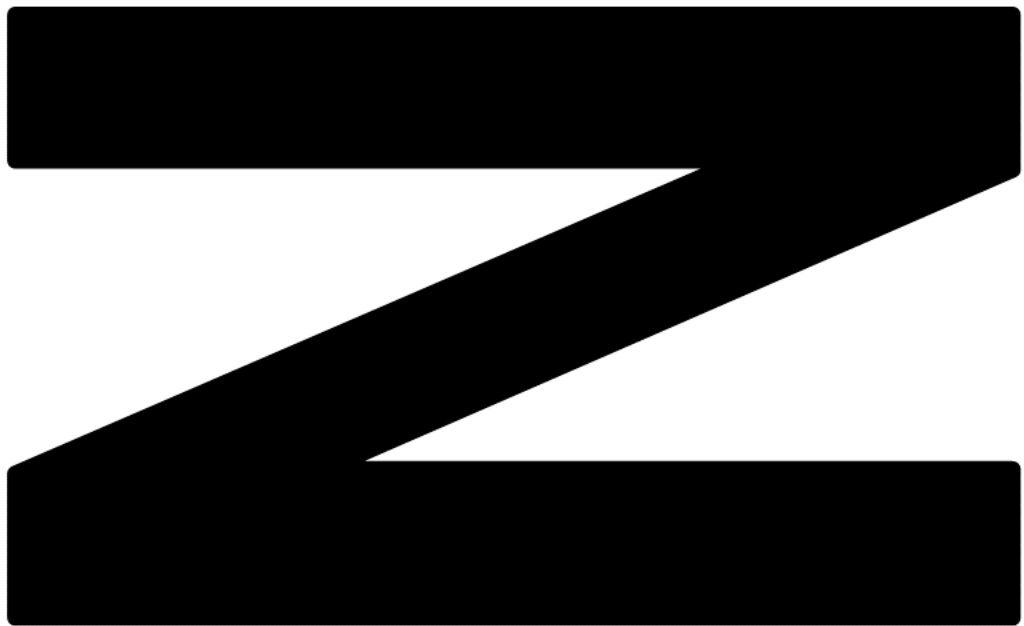
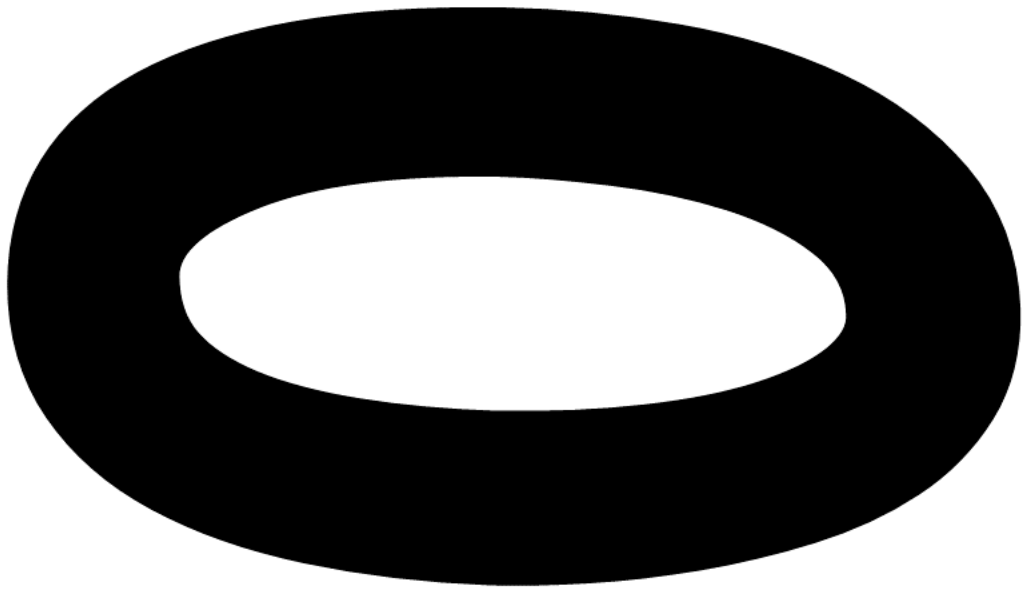


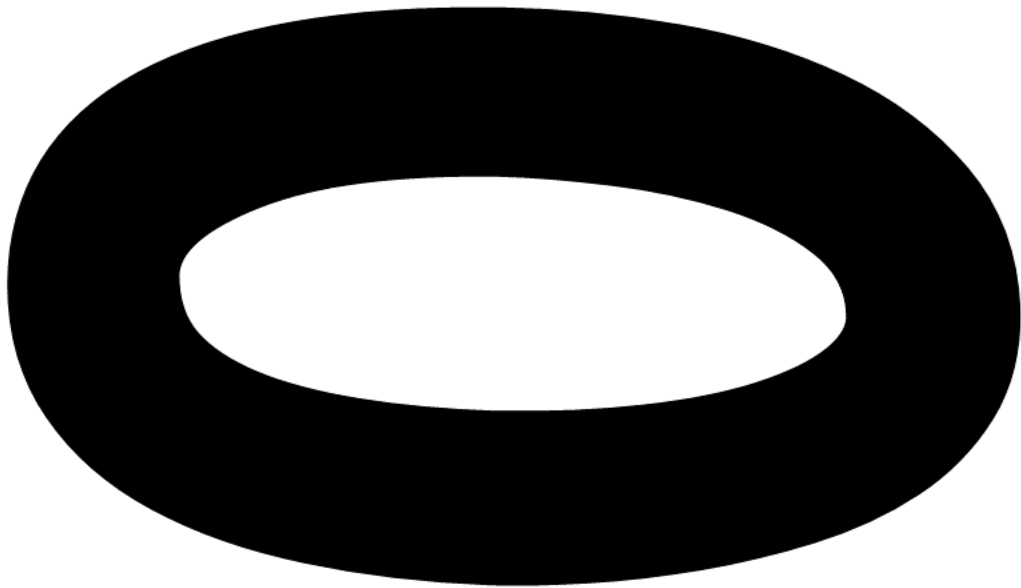
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# GOOGLE SLIDES

Your resource comes with a digital version for use in Google Slides via Google Classroom. Follow these steps to upload your resource.

**1** Click here  [Character Education: Self-Control](#)

**2** You will be prompted to make a copy of the resource. Click on the blue box that says “Make a copy” and the resource will go directly into your Google drive.

Google Drive

Copy document

Would you like to make a copy of Career Interest Inventory?

Make a copy



**3** Go to your Google Drive and locate the copy of the file. You can rename the file at this point or add/delete slides.

**4** Next, go to your Google Classroom and add an assignment. Select the Google Drive Symbol and select the resource you want to assign.

**5** From here, you should see a grey box that says “Students can view file.” Click the grey box. A dropdown menu should appear. Select, “Make a copy for each student.”

**YOU HAVE TO MAKE A COPY FOR EACH STUDENT!**

Otherwise they will all be editing the same file.

Click “Assign” in the top right corner if you’re ready to post!

This product is meant to be used in “edit” mode (not “presentation” mode). Edit mode is the only mode that allows drag & drop and writing in text boxes.

Helpful links for using Google Classroom:

[Teacher Tips for using Google Classroom \(TPT blog\)](#)

[Getting Started with Google Classroom \(youtube video\)](#)



**Thank you for supporting my little shop!**

Hi there! I'm Ashley- a School Counselor, curriculum developer, blogger, and mama to two young boys. I have a passion for creating fun and engaging resources for Counseling and Social Emotional Learning.

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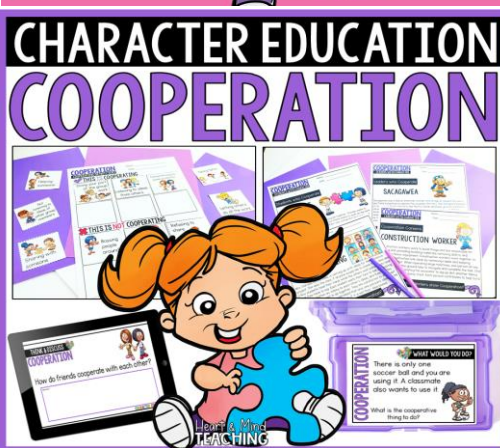
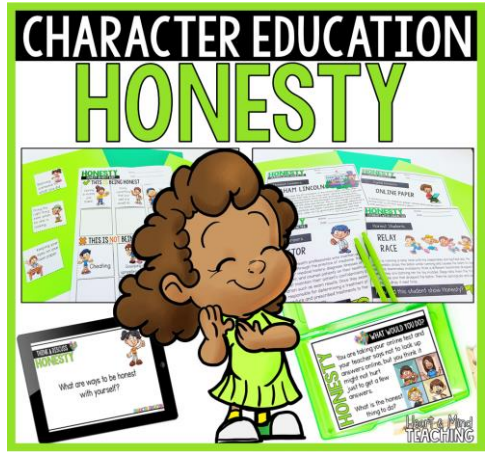


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\*Also available as [BOOM CARDS](#)





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HeartandMindTeaching@gmail.com



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[Gayle McGlaulin](#)