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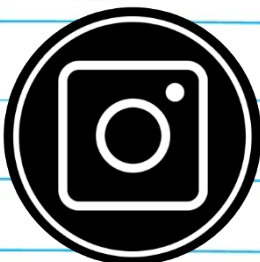
LAURA  
sathout

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# ASCA Mindsets & Behaviors:

## Category 1: Mindset Standards

- M 1: Belief in development of whole self, including a healthy balance of mental, social-emotional, and physical well-being.

## Category 2: Behavior Standards

- B-SMS 2: Demonstrate self-discipline and self-control.
- B-SMS 7: Demonstrate effective coping skills when faced with a problem.
- B-SS 2: Create positive and supportive relationships with other students.
- B-SS 9: Demonstrate social maturity and behaviors appropriate to the situation and environment.



# Printable Lesson DIRECTIONS:

**This lesson will take approximately 45 minutes to complete.**

1. Read the story Clark the Shark by Bruce Hale
2. Review the PowerPoint
3. Review the posters
4. Play the sorting game
5. Complete a coloring page or worksheet of your choice

## Sorting Game:

Full color and black/white materials are included for you so please print the pages that best match your printing needs! First, please print the sorting mat(s). If you are using this activity with a large group of students,

I recommend using the single page sorting mat and displaying it on a document camera/projector so the whole class can see it. If you are using this activity with an individual or a small group of students, you may prefer to use the set of two mats to incorporate movement into the activity. I like to put one mat on one table in my classroom and one mat on another table in my classroom and students stand up and walk over to the appropriate table to sort the card. 24 scenario cards are included so in a standard elementary class you should have enough cards for each child to have a turn. If playing with a whole class of students, I like to have students take turns coming up to the front of the room, choosing a scenario card, and reading it to the class. If they cannot read, I read it aloud for them. I like to display their card on the document camera so everyone can see it. Then, the child places the card on the "way to stay cool, Clark!" side of the mat/mat if the scenario shows Clark having self-control OR on the "it's time to cool your jets, Clark!" side if the scenario shows Clark not being in control. I like to process each question with my students and talk through either why Clark did a great job staying cool or, if he didn't, what he could do better next time.

# Posters, Worksheets, & Coloring Pages:

Posters are included that are great for instruction and for displaying in your space. 3 worksheets and 1 coloring page are also included in this document. Feel free to choose which page(s) best fit the needs and abilities of your students. I typically have students work on these papers at the very end of the lesson.

**Questions, comments, or suggestions? Feel free to reach out any time at [laura@muscitycounselor.com](mailto:laura@muscitycounselor.com). I'm here to help!**

**PS I SO appreciate when you please take a moment to leave a review on my resources on my TpT store. It earns you credits towards future purchases, helps other educators find quality resources, and helps my small business grow!**



# Posters:

When I have  
**SELF-CONTROL.**  
I handle my...



Thoughts



Feelings

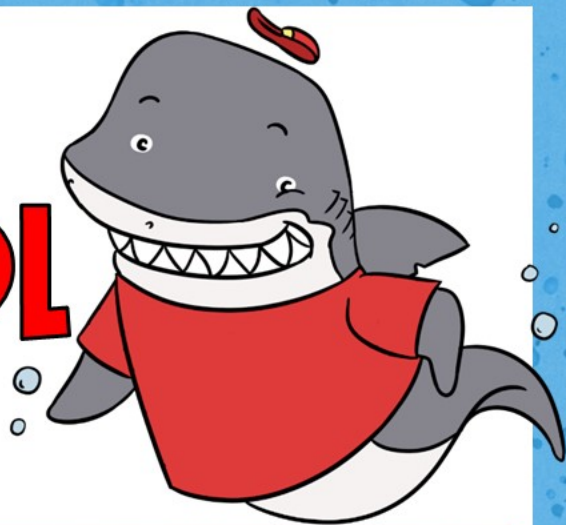


Choices





# We show **SELF-CONTROL** when we...



Wait our turn.



Use our words.



Keep a safe body.



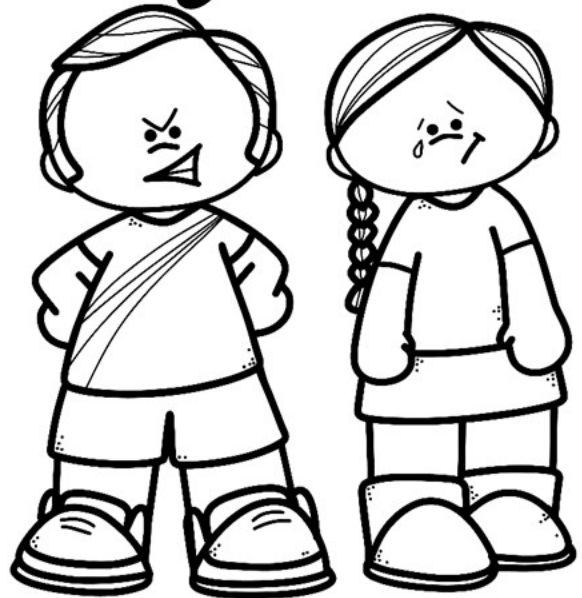
Wait, think, act.



When I have  
**SELF-CONTROL.**  
I handle my...



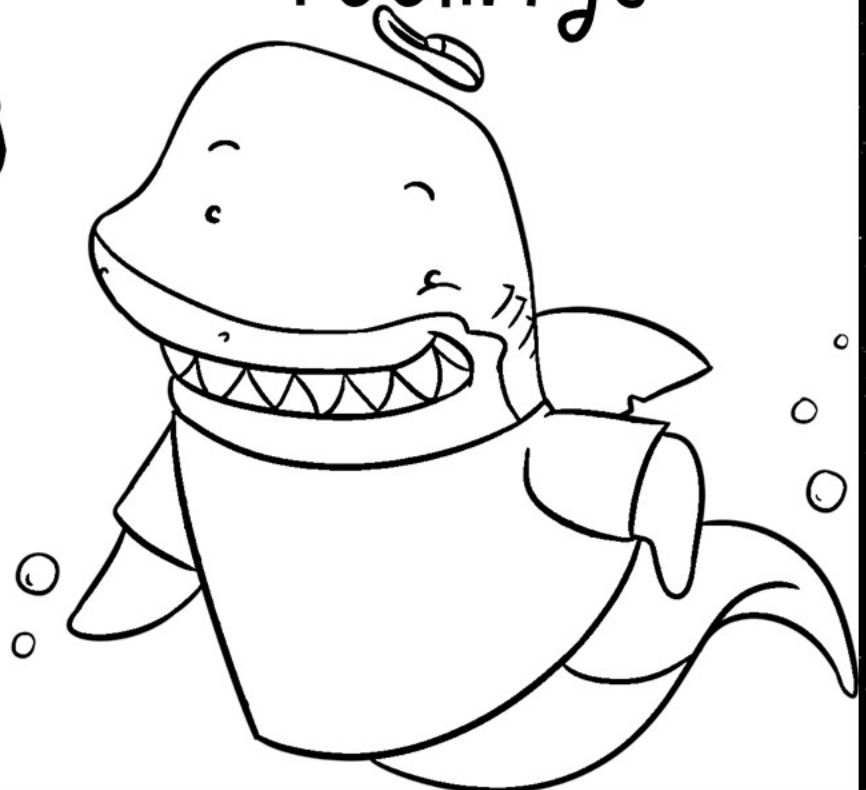
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Feelings

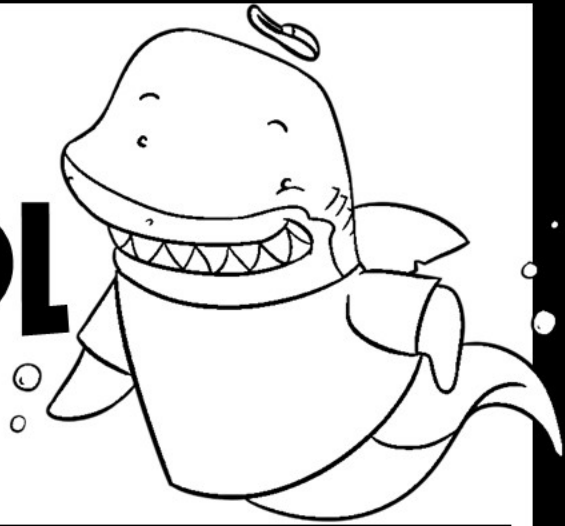


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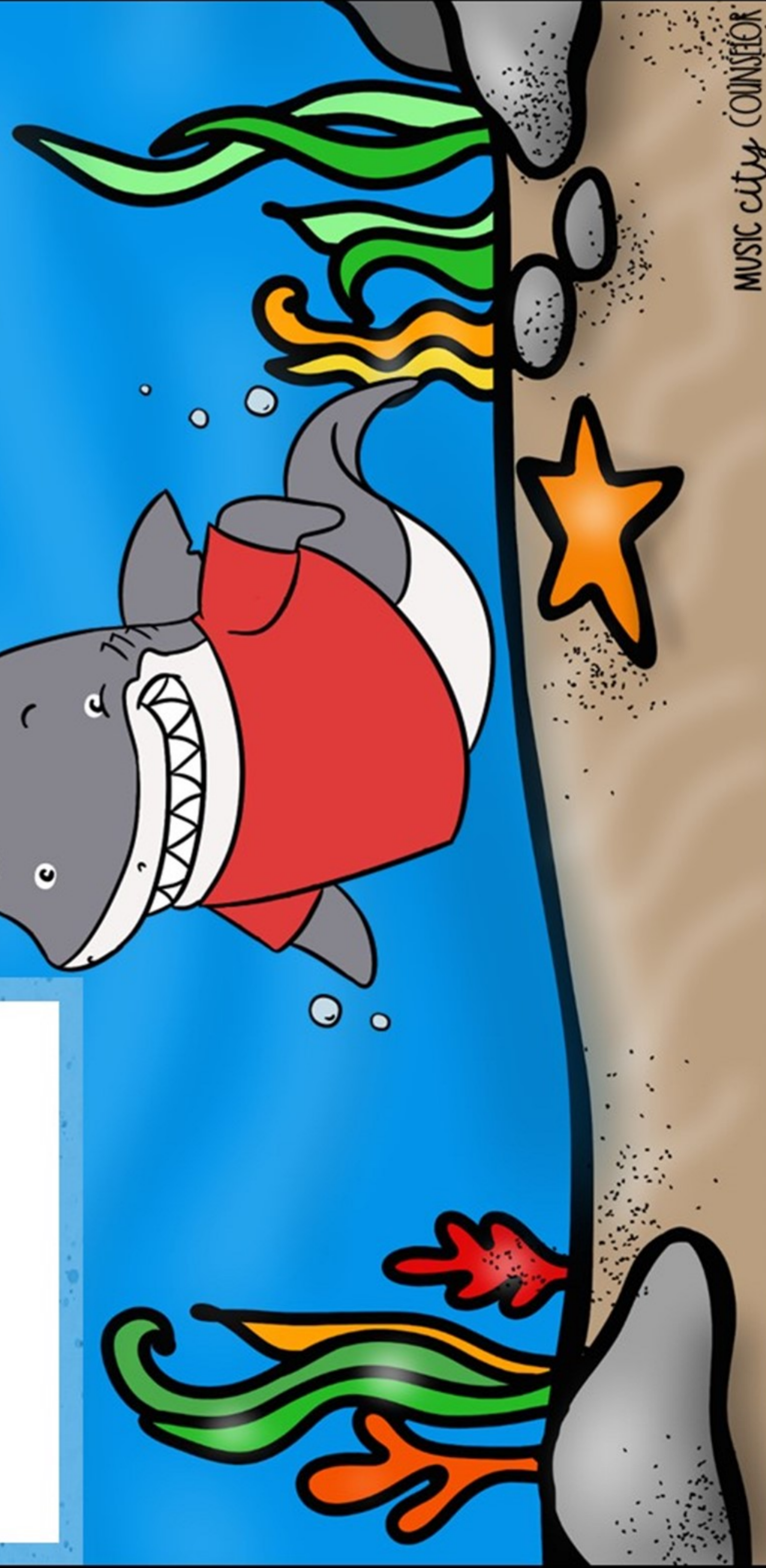
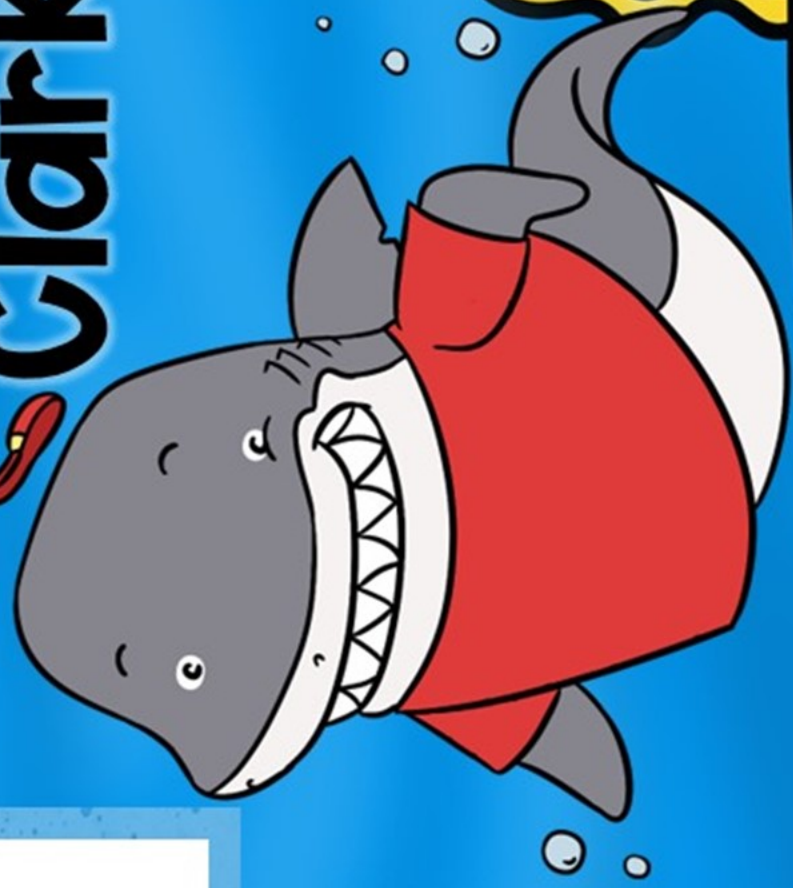
Wait, think, act.



# Sorting Game Mats:



# Way to STAY COOL! Clark!



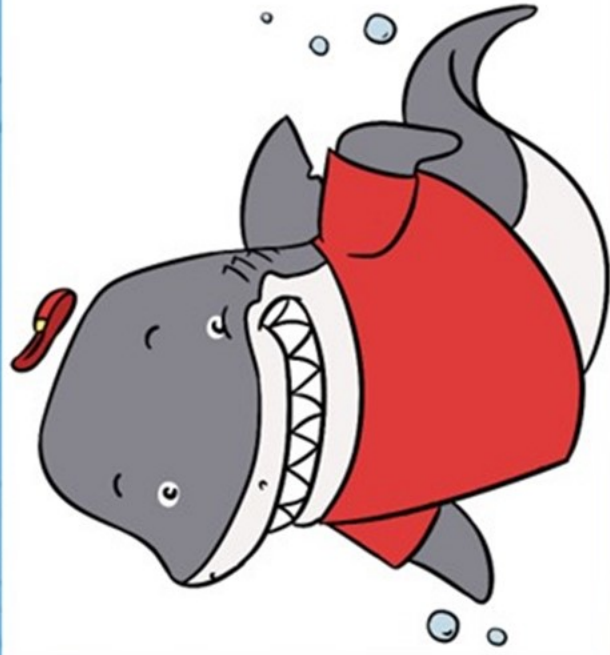


**It's time to  
cool your  
JETs!  
Clark!**

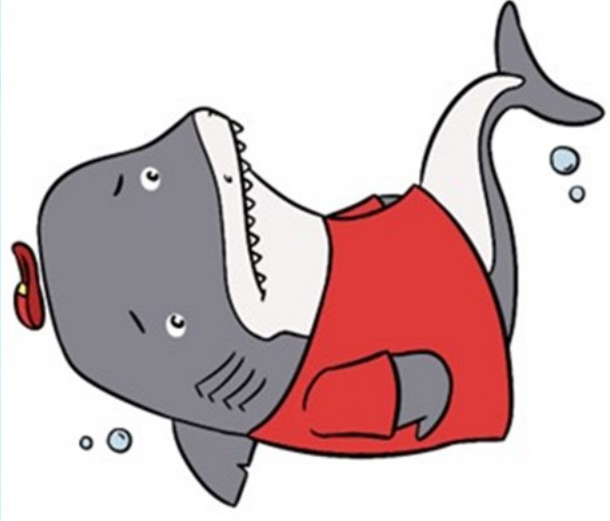




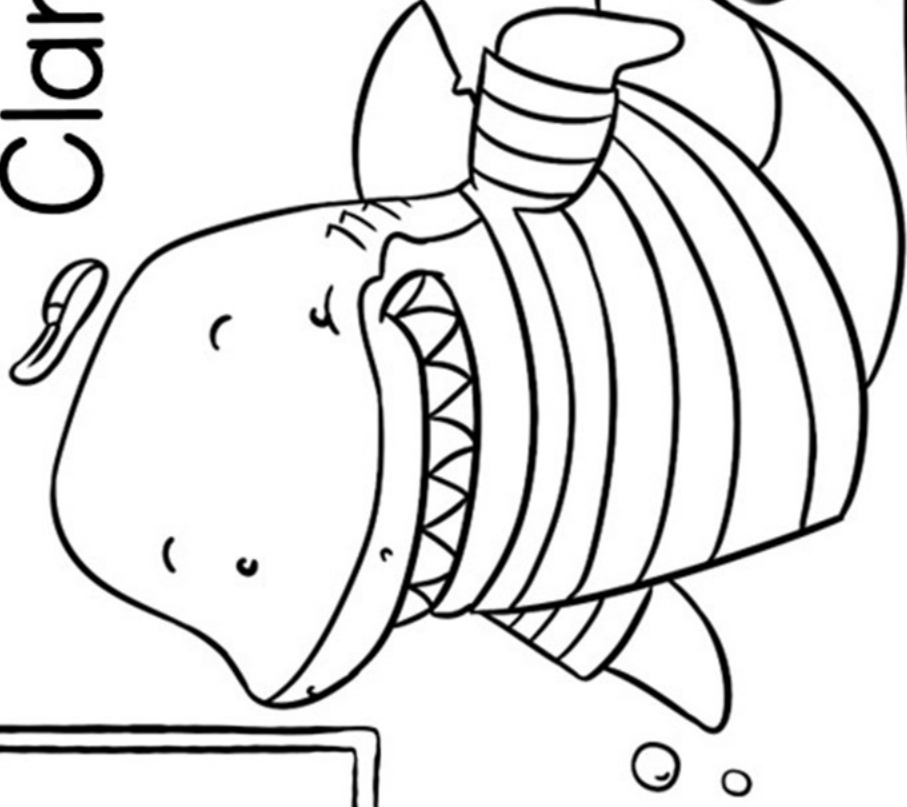
Way to  
STAY COOL,  
Clark!



It's time to  
COOL YOUR  
JETS. Clark!



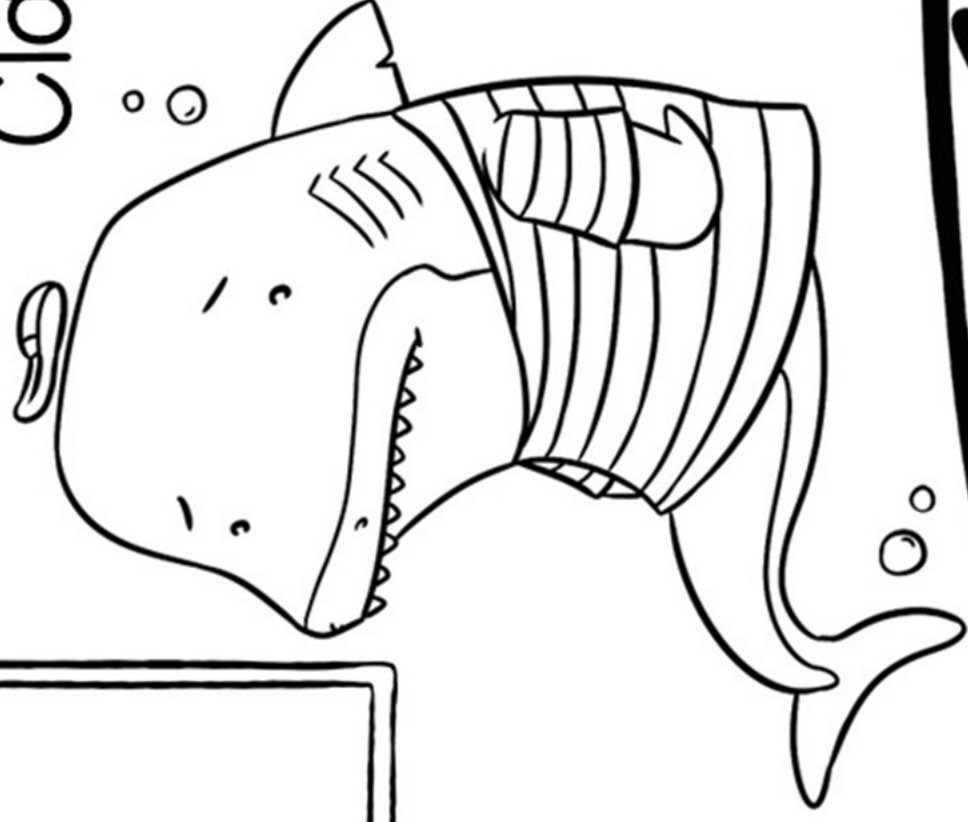
# Way to **STAY COOL,** Clark!



It's time to

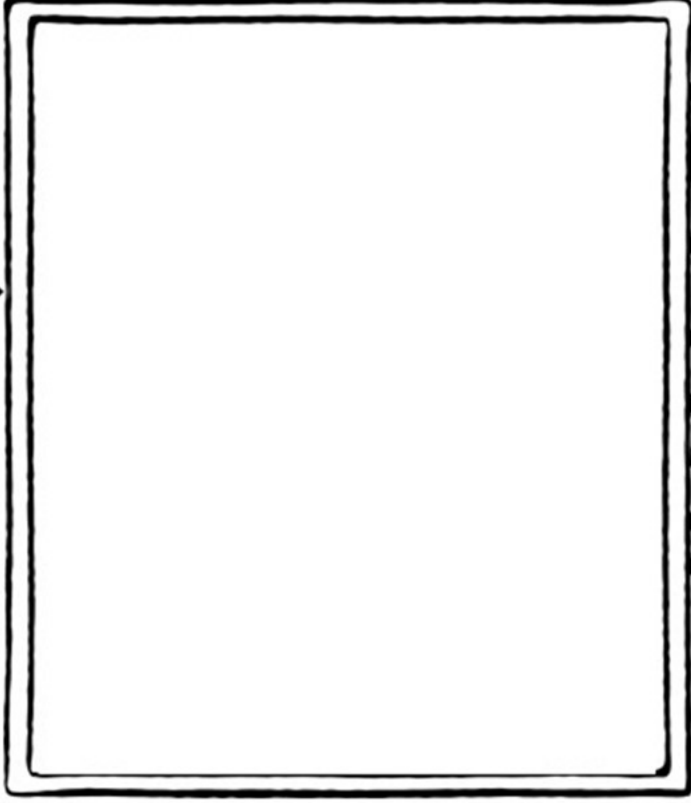
**COOL YOUR JETS,**

Clark!



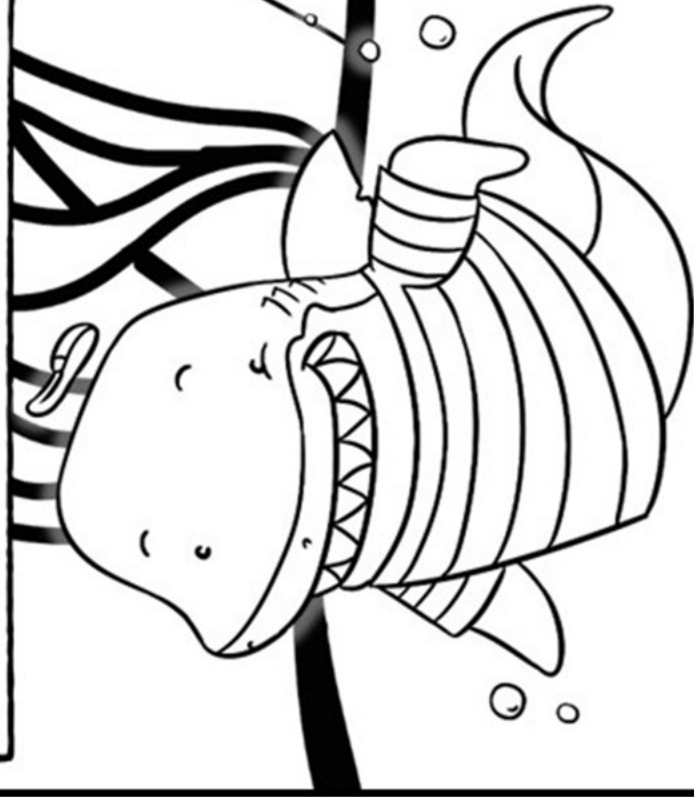
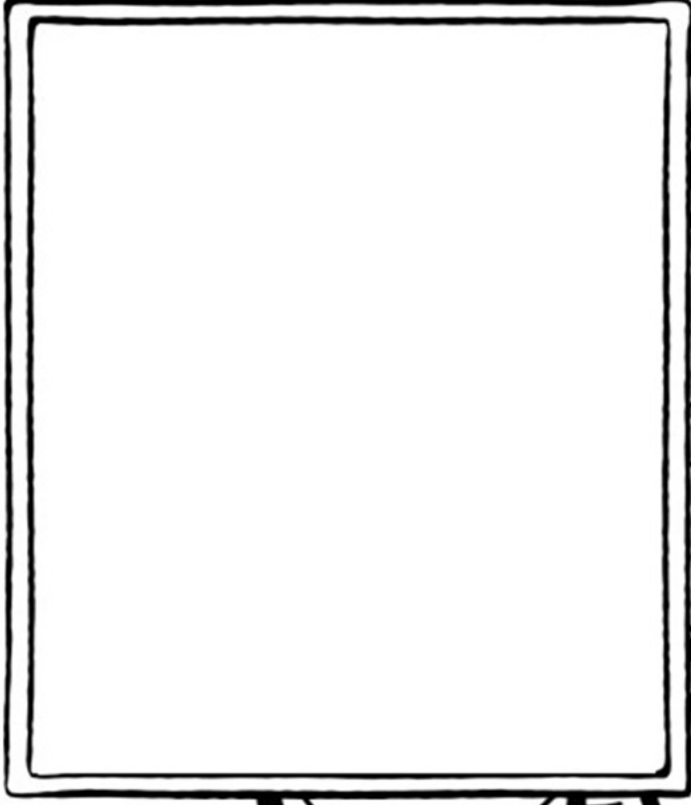


Way to  
**STAY COOL, Clark!**



It's time to

**COOL YOUR JETS, Clark!**



# Sorting Game Cards:

Josh ate his friend's food  
at lunch time.



Hank politely  
asked his  
friends to,  
"Please stop."



Taniyah  
shouted  
during quiet  
time.



Sam pushed his friend  
too hard on the swings.



When faced with a problem,  
Kaya thought, "I am smart  
enough to handle this!"



Henry chose to, "wait,  
think, and act" to solve  
his problem.





Jon, Lauren, and Ricky kept their hands and feet to themselves.



Lexi threw food at lunch time.

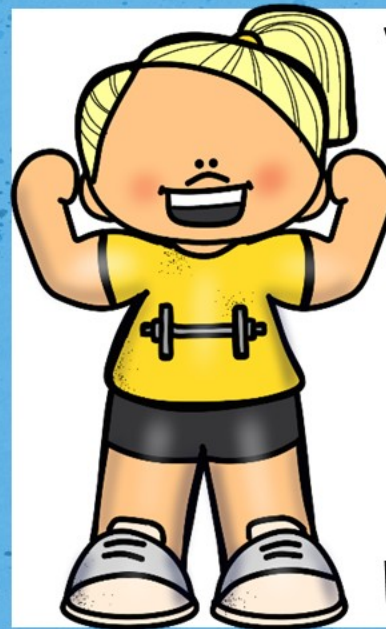
Ricky was gentle and easy with his friends on the seesaw.



Carl played drums too loudly in music class.



Juan Carlos kept talking while his teacher was talking.



When faced with a problem, Jessie thought, "I am strong enough to handle this!"



Janessa crawled under the table during guided reading.



Tara hit John when he wouldn't share the markers.



Cara waited for her own ice cream cone to be made.



Jackson pushed Lee in P.E. class.



Laura yelled, "This test is too hard! I give up!"



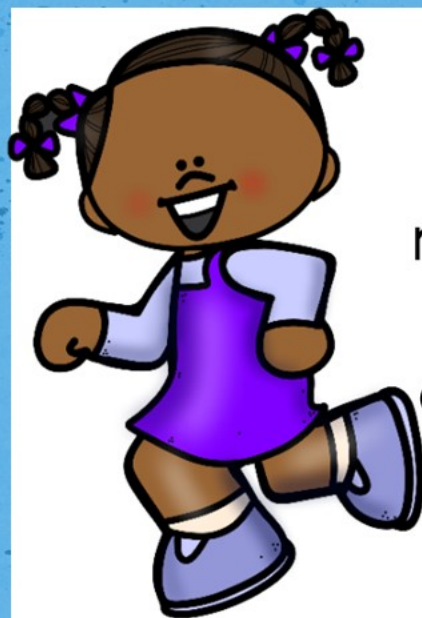
Everett threw trash on the school bus.







Hannah  
stayed quietly  
in her seat  
and listened  
to her  
teacher.



Tameka  
ran around  
the room  
during the  
lesson.

Finn missed the goal and  
yelled, "Why even try?  
I'm DONE!"



Janiyah and Addison  
stayed in their seats on  
the bus.



Carla and Jesse were  
respectful listeners during  
group work.



Ken and Sammy used their  
words to solve a problem.





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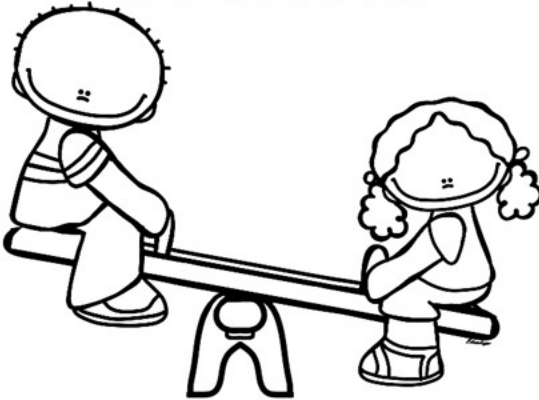


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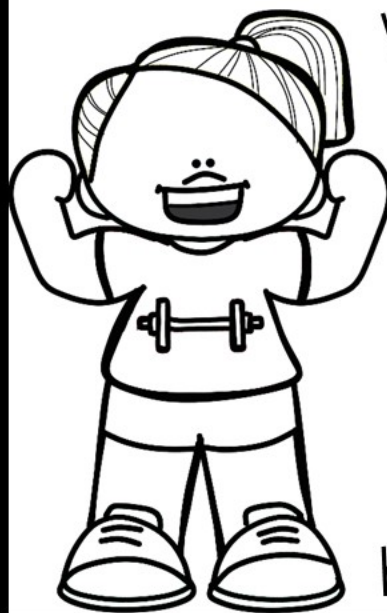
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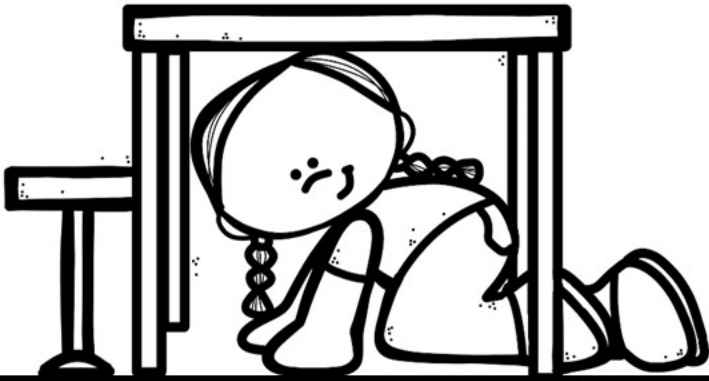
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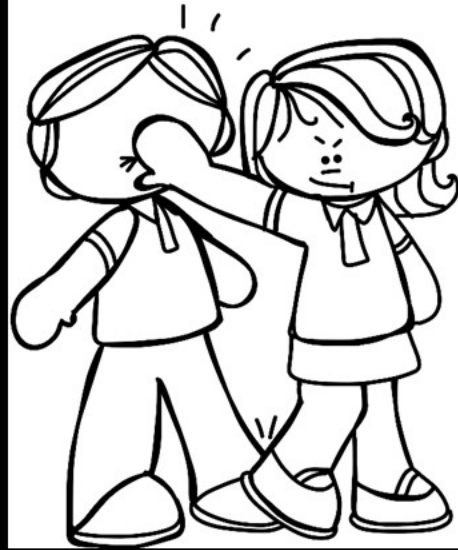
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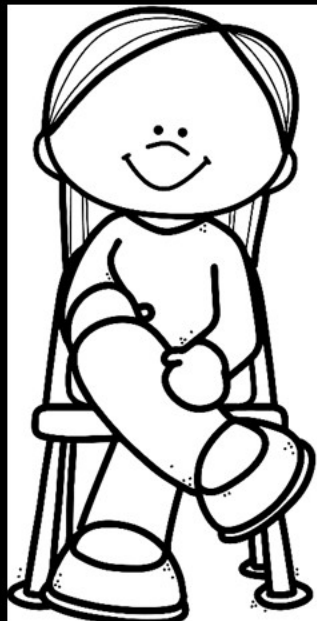


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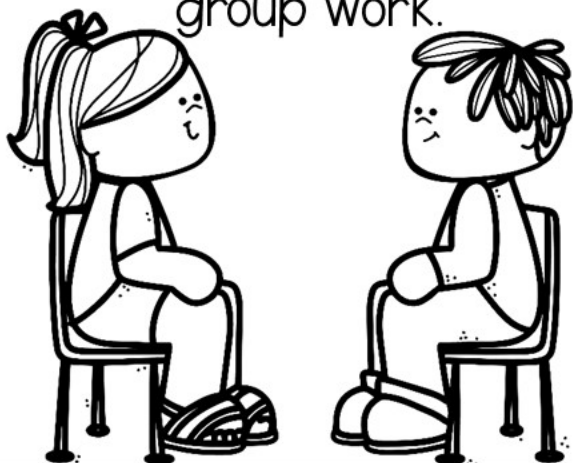
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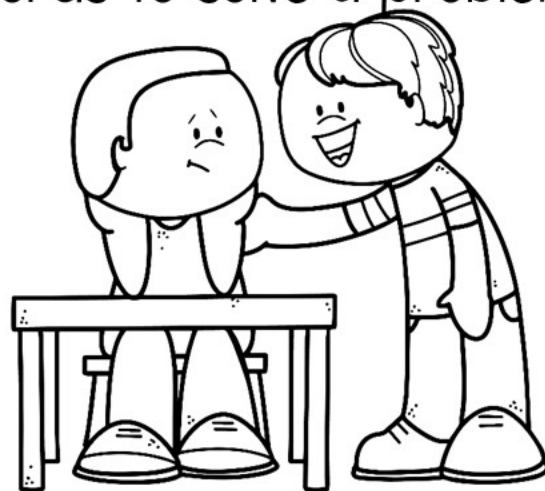
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# **Worksheets & Coloring Pages:**



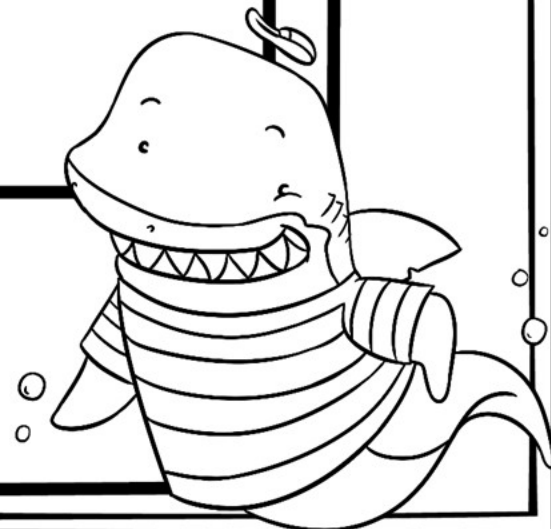
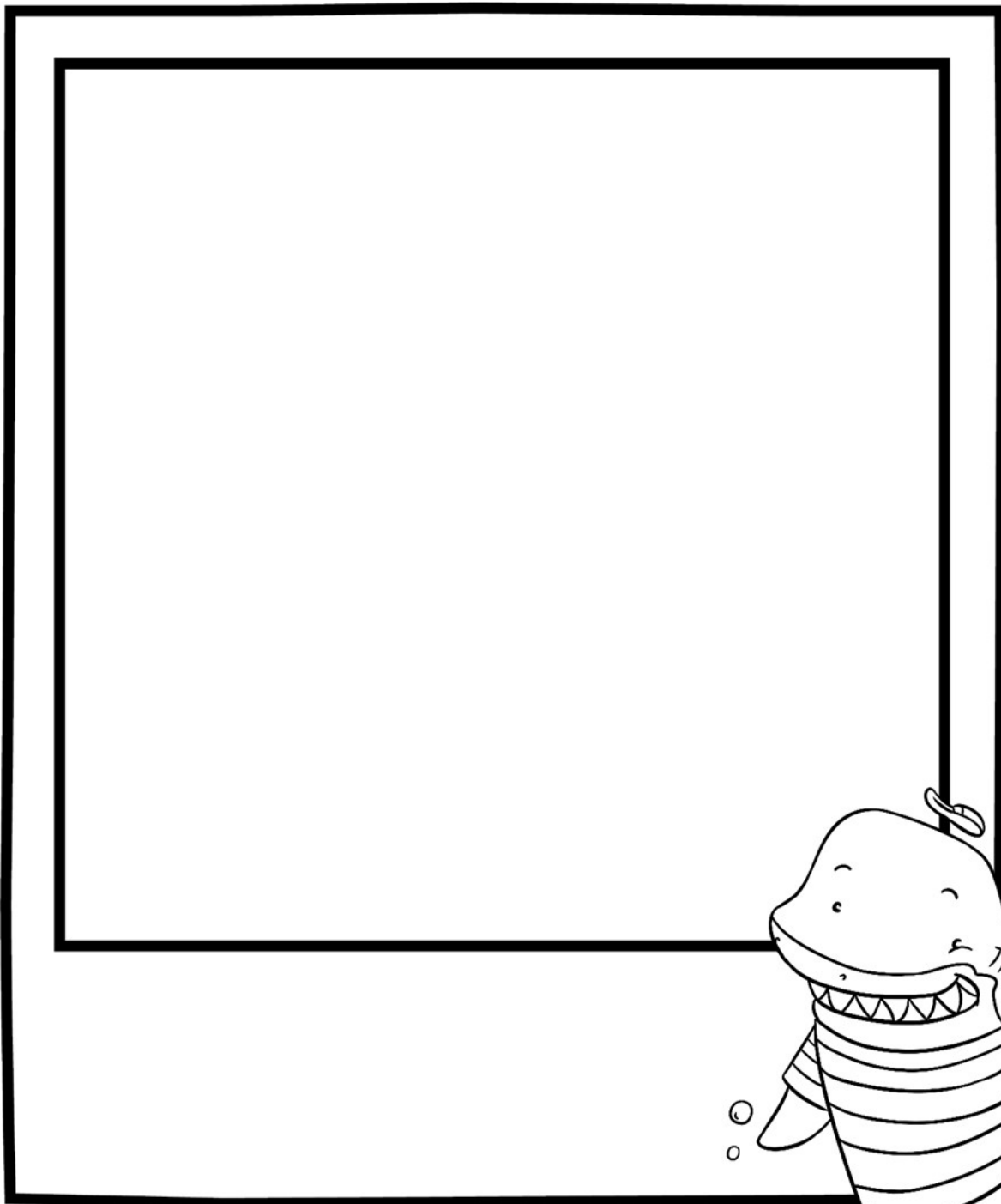
Name: \_\_\_\_\_

# I had SELF-CONTROL when I...

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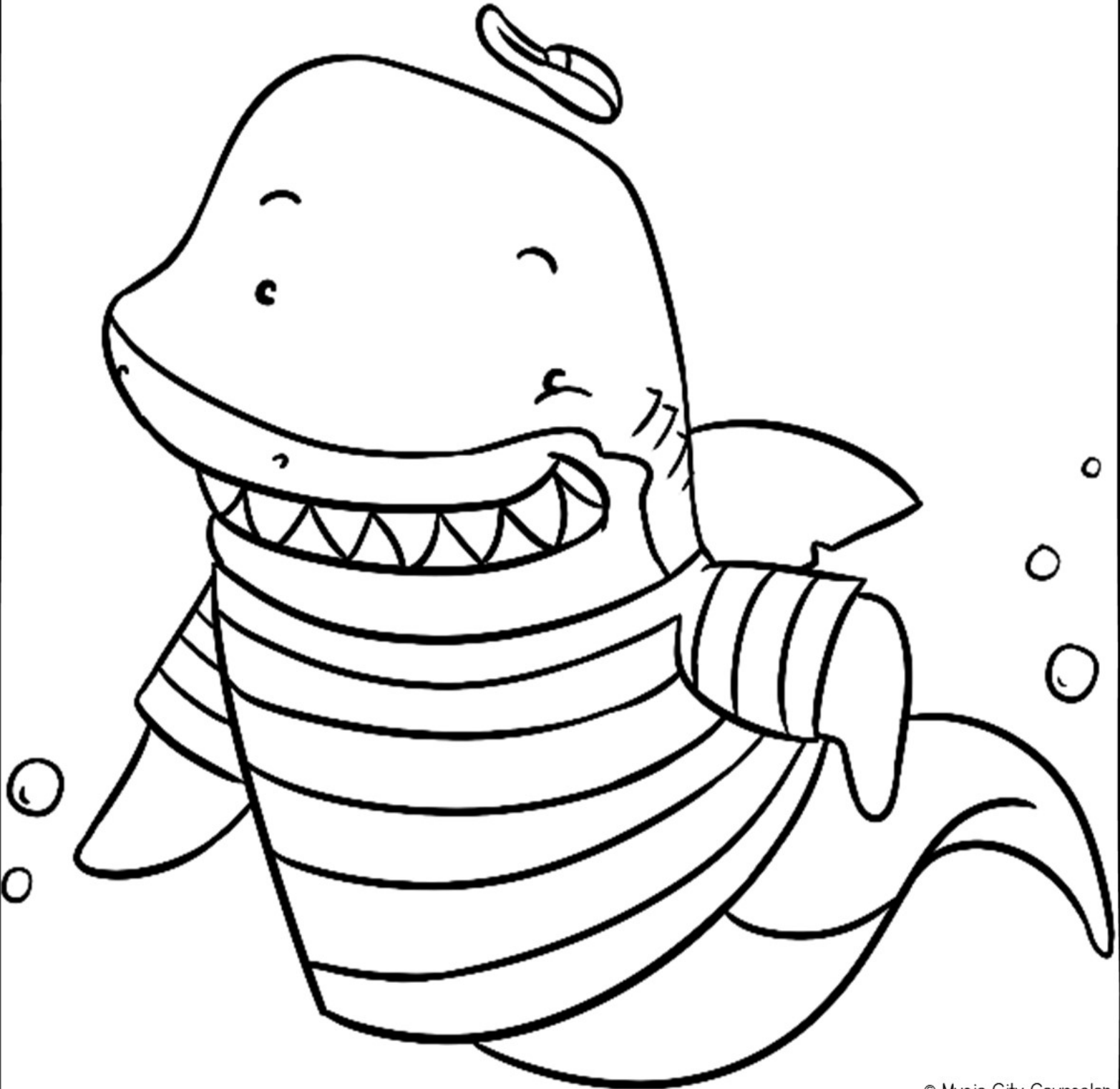
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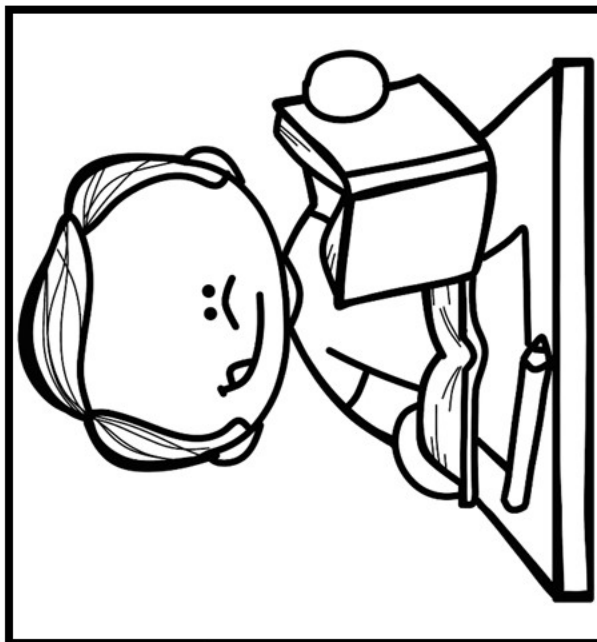
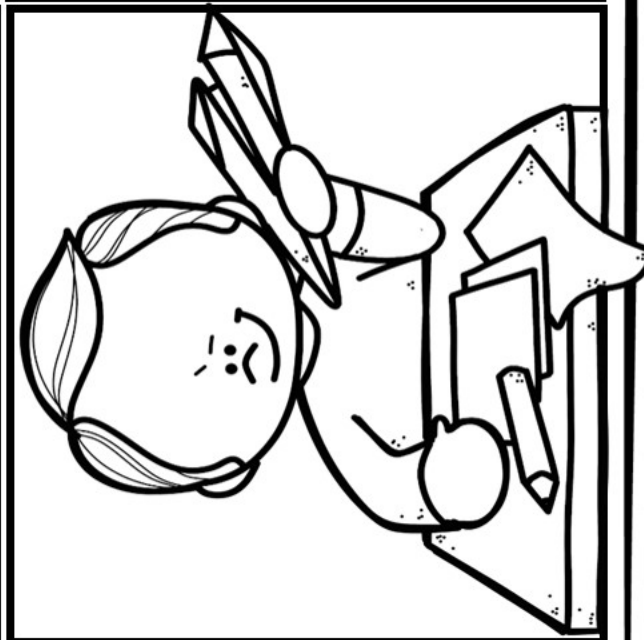
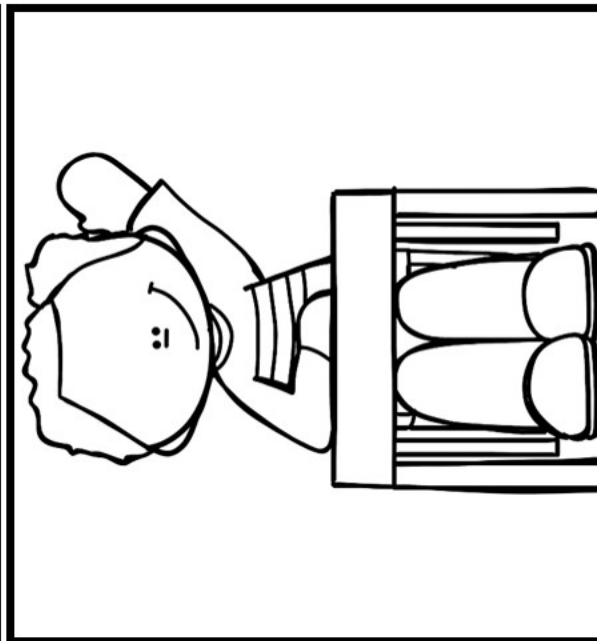
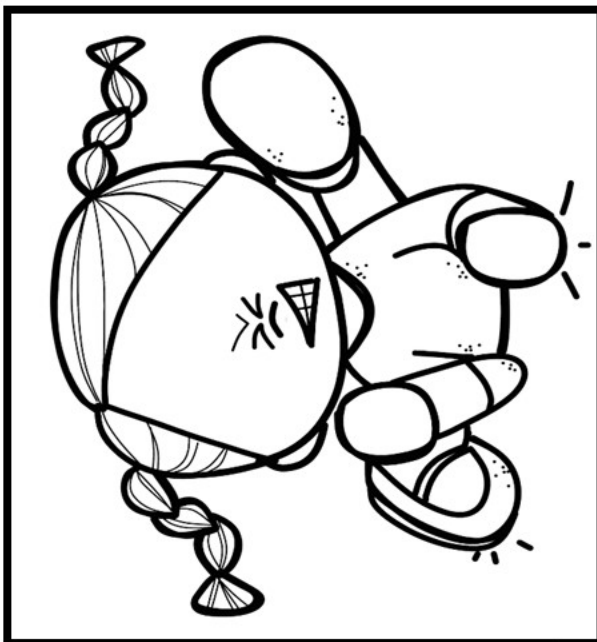
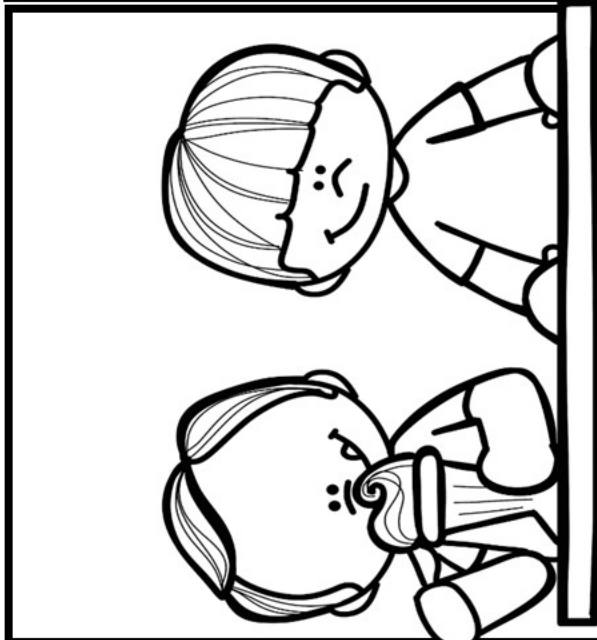
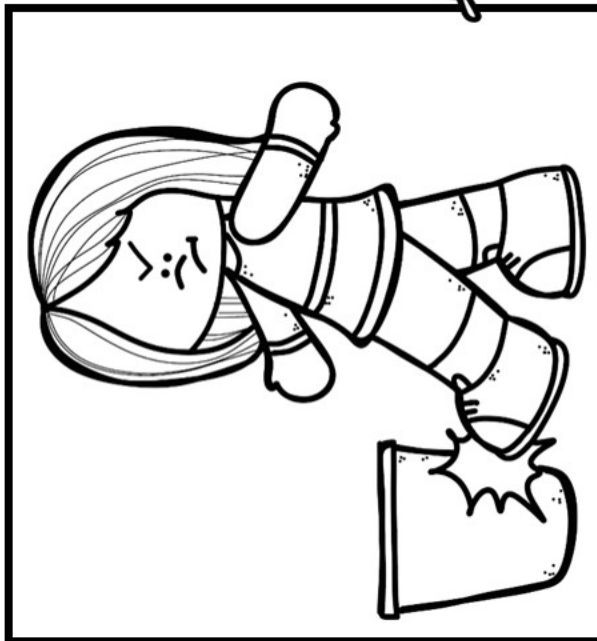
Name: \_\_\_\_\_

# I have SELF-CONTROL!



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

Color the pictures that show  
**SELF-CONTROL.**





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

# How could you show **SELF-CONTROL** in these situations?



Jessie  
laughed  
at your  
new  
haircut.

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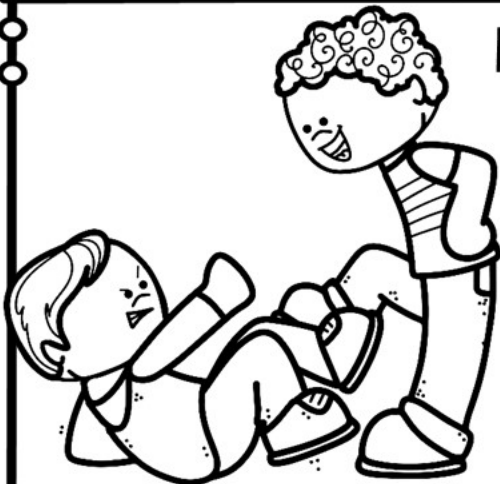
Kenny won't  
listen to  
your story  
and walked  
away.

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Keondre  
played  
too  
rough  
at  
recess.

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Your math  
assignment is  
just too hard.

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