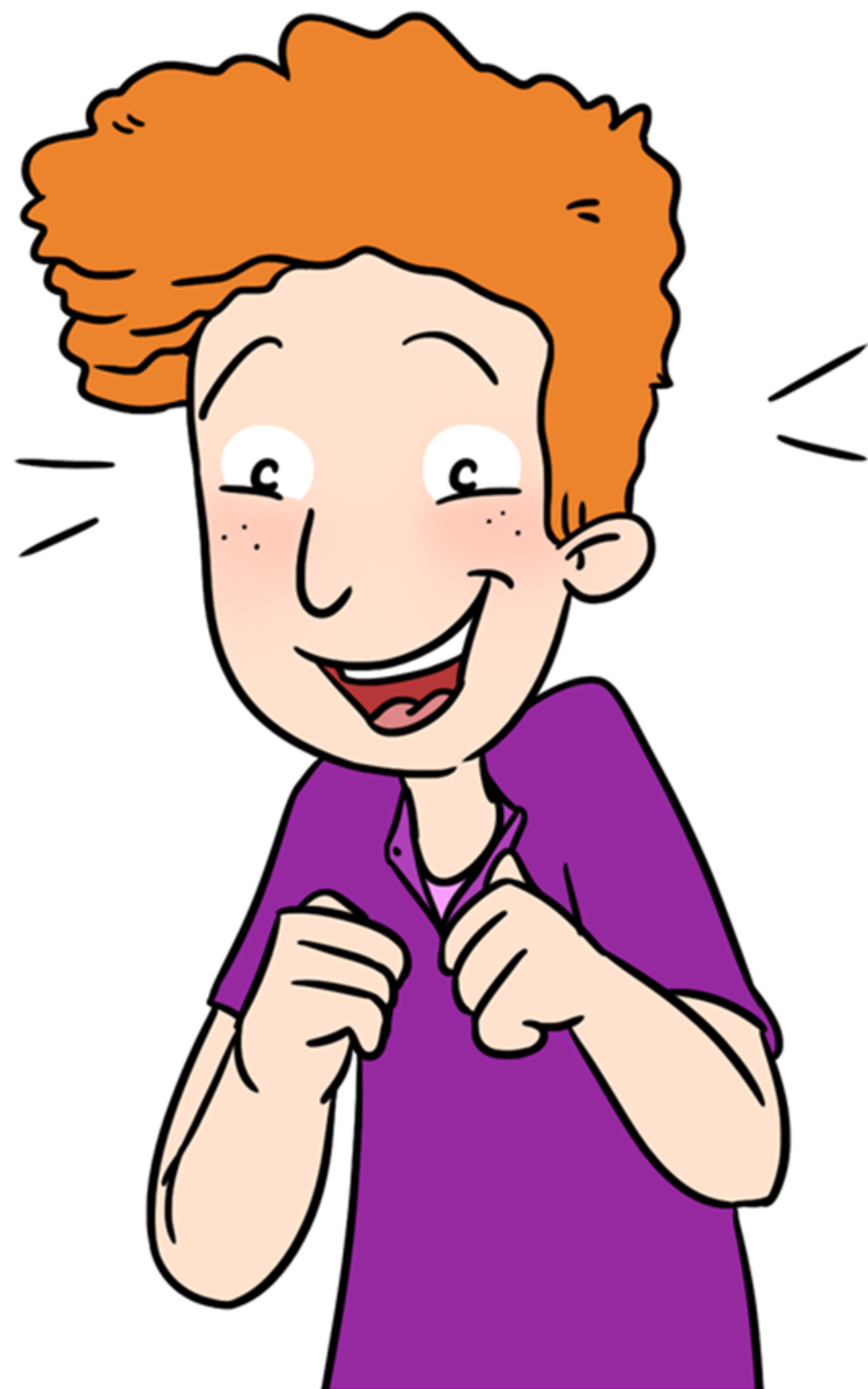


CHARACTER EDUCATION

SELF-CONTROL



SELF-CONTROL



TABLE OF CONTENTS

FORMS & SUPPLEMENTS

Parent Letter.....	3
Writing Prompts & Recommended Read Alouds.....	4
Morning Announcements.....	5
Reward Tags and Bookmarks.....	6-7
Pre and Post Survey.....	8-9
Certificate.....	10-11

ACTIVITIES

Ways to show Self-control.....	12-14
Students/Leaders/Careers/Digital Self-control.....	15-18
Think and Respond.....	19-24
Multiple Choice.....	25-30
A World with Self-control.....	31-39
Self-reflection.....	40-42
Task Cards: Think and Discuss.....	43-49
Situation Cards: What would you do?	50-56

BULLETIN BOARD/DÉCOR ELEMENTS & GOOGLE LINK

Definition & Quote Posters.....	57-61
Students/Careers/Leaders/ Digital Posters.....	62-65
Self-control Pledge.....	66-67
Bulletin Board Letters.....	68-71
Binder Spines.....	72
Google Slides Link & Instructions.....	73

SELF-CONTROL

PARENT LETTER

Dear Parents and Guardians,

As students grow during the middle school years, they are learning how to manage stronger emotions, increased responsibilities, and more independence. One important skill that supports success at school and in life is self-control—the ability to pause, think, and make positive choices even when emotions run high.

At school, we encourage students to practice self-control by managing their reactions, using coping strategies when frustrated, and thinking through the consequences of their actions before responding. These skills help students build healthy relationships, stay focused on learning, and handle challenges in respectful ways.

You can support self-control at home by:

- Modeling calm responses** during stressful situations so students see how to pause and regulate emotions.
- Encouraging breaks and coping strategies**, such as deep breathing, movement, or stepping away from a situation.
- Setting clear expectations and routines** that help students practice responsibility and decision-making.
- Talking through choices and consequences**, helping your child reflect on how their actions affect themselves and others.

When students practice self-control consistently at home and school, they develop confidence, emotional awareness, and better problem-solving skills. Thank you for partnering with us to support your child's growth and well-being.

SELF-CONTROL

WRITING PROMPTS

1. Describe a time when you felt really frustrated or angry. How did you show self-control, or how could you handle it better next time?
2. Why is it important to pause and think before reacting in the moment? Give an example.
3. Write about a situation at school where self-control helps you make a better choice.
4. How does self-control affect friendships and relationships with others?
5. Write about a time when you acted without self-control. What was the outcome, and what did you learn?
6. How can practicing self-control now help you in the future, such as in high school or adulthood?

SELF-CONTROL

SAMPLE ROLE PLAY SCENARIOS

1. **Scenario:** Someone posts a rude comment about your opinion in an online discussion.

Role-play: Practice pausing before responding and choosing a respectful or calm response instead of reacting angrily.

2. **Scenario:** A group member isn't doing their part of a project.

Role-play: Show how to manage frustration and talk calmly to solve the problem.

3. **Scenario:** You lose a competitive game during PE or recess and feel angry.

Role-play: Practice using self-control to handle the loss respectfully.

4. **Scenario:** You want to check your phone or game while you're supposed to be working.

Role-play: Show how to use self-control to stay focused and make a responsible choice.

5. **Scenario:** A sibling takes something of yours without asking.

Role-play: Practice calming down and addressing the problem without arguing or reacting impulsively.

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

I CAN
SELF-CONTROL

BY
regulating
MY

EMOTIONS,
THOUGHTS,

AND

actions.



CHARACTER EDUCATION

I CAN
SELF-CONTROL

BY
regulating
MY

EMOTIONS,
THOUGHTS,

AND

actions.



CHARACTER EDUCATION

I CAN
SELF-CONTROL

BY
regulating
MY

EMOTIONS,
THOUGHTS,

AND

actions.



CHARACTER EDUCATION

SELF-CONTROL

PRE-SURVEY

Name: _____

Date: _____

I am learning to use self-control.



Always



Sometimes



Hardly



Never

I can pause and think before reacting when I feel upset.				
I can manage strong emotions using healthy coping strategies.				
I can use respectful words and actions during disagreements.				
I can stay focused on tasks and limit distractions.				
I can follow rules and expectations even when I don't feel like it.				
I can think about consequences before making choices.				
I can walk away or take a break when a situation feels overwhelming.				

SELF-CONTROL

POST-SURVEY

Name: _____

Date: _____

I am learning to use self-control.



Always



Sometimes



Hardly



Never

I can pause and think before reacting when I feel upset.				
I can manage strong emotions using healthy coping strategies.				
I can use respectful words and actions during disagreements.				
I can stay focused on tasks and limit distractions.				
I can follow rules and expectations even when I don't feel like it.				
I can think about consequences before making choices.				
I can walk away or take a break when a situation feels overwhelming.				

SELF-CONTROL GOOD CHARACTER AWARD

Presented to:

Teacher



Date

SELF-CONTROL GOOD CHARACTER AWARD

Presented to:



Teacher

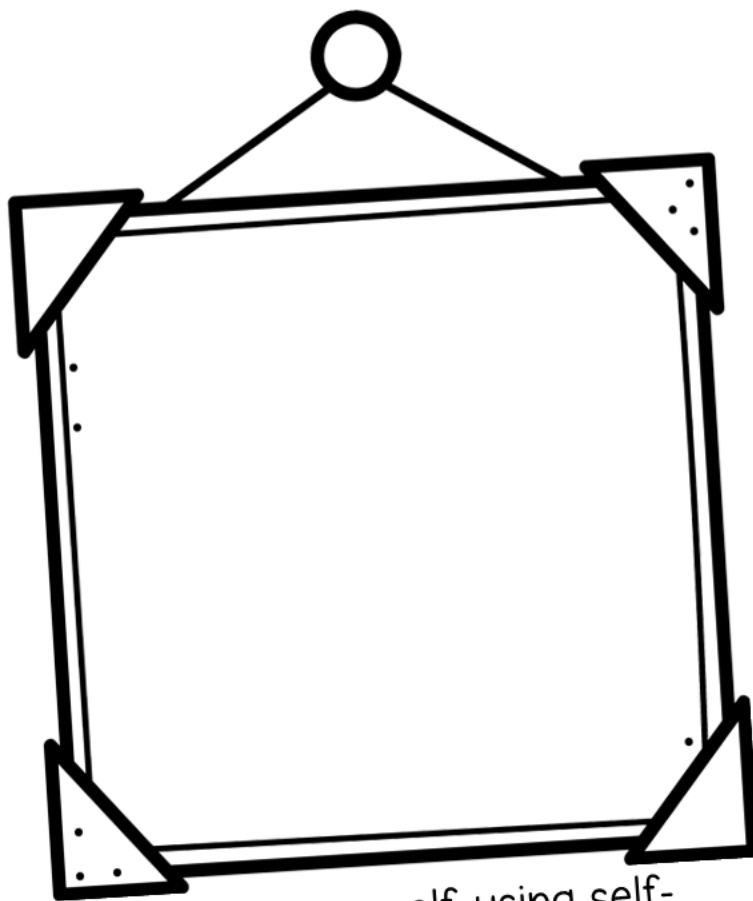
Date

SELF-CONTROL

WAYS TO SHOW SELF-CONTROL

Name: _____

Date: _____

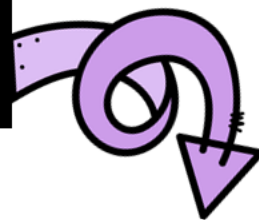


Draw yourself using self-control.

I can show self-control by...



What does Self-Control mean to me?



SELF-CONTROL

WAYS TO SHOW SELF-CONTROL

Name: _____

Date: _____

Ways I can show self-control at School



- Pause and think before reacting to classmates or teachers
- Use respectful language during disagreements
- Stay focused on classwork and resist distractions
- Follow classroom rules even when frustrated
- Accept feedback without arguing
- Wait their turn to speak or participate
- Use coping strategies when feeling overwhelmed.
- Follow digital rules during class technology use

Ways I can show self-control at Home



- Manage emotions during family disagreements
- Follow routines and expectations without arguing
- Take breaks or use calming strategies when upset
- Think before speaking to siblings or caregivers
- Accept "no" or changes in plans calmly
- Complete responsibilities before leisure activities
- Manage screen time responsibly
- Practice patience with siblings
- Accept feedback or corrections respectfully

Ways I can show self-control in my Community



- Use polite language with others in public places
- Follow rules in stores, parks, or activities
- Handle disappointment calmly when things don't go as planned
- Respect others' space and property
- Walk away from conflicts instead of escalating
- Make safe, responsible choices with friends
- Make safe choices when unsupervised

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: _____

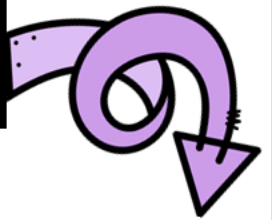
Students with Self-control

GROUP WORK



During group work in class, Lena began to feel frustrated when a classmate repeatedly interrupted her ideas and talked over her. She could feel herself getting upset and wanted to snap back or roll her eyes, but instead she paused and took a deep breath. Lena reminded herself that reacting angrily would only make the situation worse. She waited patiently for a break in the conversation and raised her hand to share her thoughts calmly and clearly. When the group still didn't immediately agree with her idea, Lena listened carefully to their feedback instead of arguing. She asked a clarifying question and suggested a compromise that combined everyone's ideas.

How did this student show Self-Control?



SELF-CONTROL

LEADERS WITH CHARACTER

Name: _____

Date: _____

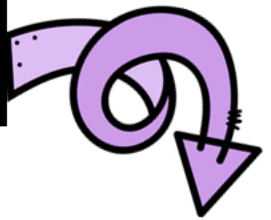
Leaders with Self-control

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?



SELF-CONTROL

CAREERS WITH CHARACTER

Name: _____

Date: _____

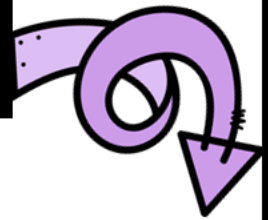
Careers with Self-control

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?



SELF-CONTROL

DIGITAL CHARACTER

Name: _____

Date: _____

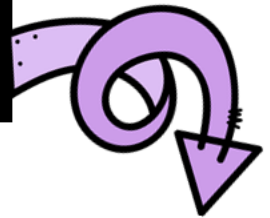
Digital Self-Control

ONLINE DISAGREEMENT



During an online class discussion, Ethan read a comment from a classmate that disagreed with his opinion and made him feel irritated. His first instinct was to respond right away with a sarcastic message, but instead he paused and took a deep breath. Ethan reread the comment and reminded himself that reacting emotionally could make the situation worse. He thought about how his words might affect others and decided to respond respectfully by explaining his viewpoint in a calm and appropriate way.

How did he show digital Self-Control?



SELF-CONTROL

THINK AND RESPOND

Name: _____

Date: _____

Read the questions about self-control and respond.

Describe a time you used self-control and felt proud of yourself.

What is one self-control strategy you want to practice more often?

How can self-control help you reach long-term goals?

SELF-CONTROL

THINK AND RESPOND

Name: _____

Date: _____

Read the questions about self-control and respond.

What role does self-control play when using technology or social media?

How does self-control help during disagreements or conflicts?

What could happen if someone doesn't practice self-control?

SELF-CONTROL

THINK AND RESPOND

Name: _____

Date: _____

Read the questions about self-control and respond.

Why is walking away sometimes the best choice?

How can taking a break help you regain self-control?

What situations make it hardest for you to use self-control?

SELF-CONTROL

THINK AND RESPOND

Name: _____

Date: _____

Read the questions about self-control and respond.

How does self-control help you succeed in school?

Why is it important to think about consequences before acting?

What is the difference between reacting and responding?

SELF-CONTROL

THINK AND RESPOND

Name: _____

Date: _____

Read the questions about self-control and respond.

How does self-control affect friendships and relationships?

What are some healthy ways to calm yourself when you feel upset?

What emotions are hardest for you to manage, and why?

SELF-CONTROL

THINK AND RESPOND

Name: _____

Date: _____

Read the questions about self-control and respond.

How does pausing
before reacting help
you make better
choices?

Why is self-control
important for middle
school students?

What does self-
control mean in your
own words?

SELF-CONTROL

MULTIPLE CHOICE

Name: _____

Date: _____

SELF-CONTROL: COLOR THE CHECKMARK OF YOUR ANSWER.

You feel angry when a classmate interrupts you.

Yell at them

Pause and calmly ask to finish speaking

Walk away without saying anything

You want to check your phone during class.

Keep it put away and focus on the lesson

Use it under your desk

Sneak a quick look

A friend posts something online that upsets you.

Respond immediately while angry

Post something mean back

Pause and think before replying

SELF-CONTROL

MULTIPLE CHOICE

Name: _____

Date: _____

SELF-CONTROL: COLOR THE CHECKMARK OF YOUR ANSWER.

You lose a game and
feel embarrassed.

Throw the equipment

Congratulate others and
calm down

Blame teammates

A teacher corrects
your behavior in
class.

Argue back

Ignore the teacher

Listen and respond
respectfully

You feel frustrated
during a group
project.

Blame others

Take a breath and
communicate calmly

Stop participating

SELF-CONTROL

MULTIPLE CHOICE

Name: _____

Date: _____

SELF-CONTROL: COLOR THE CHECKMARK OF YOUR ANSWER.

You want to say something mean during an argument.

Pause and choose respectful words

Say it anyway

Post about it online

You're feeling overwhelmed with homework.

Ignore all assignments

Break work into smaller steps

Stay up all night stressing

A sibling takes something without asking.

Calmly explain how you feel

Take something from them

Yell immediately

SELF-CONTROL

MULTIPLE CHOICE

Name: _____

Date: _____

SELF-CONTROL: COLOR THE CHECKMARK OF YOUR ANSWER.

You feel impatient
waiting your turn.

Interrupt

Wait calmly

Complain out loud

You get a low grade
on a test.

Tear it up

Ask how to improve

Blame the teacher

Someone teases you
to get a reaction.

Stay calm and walk
away

Tease them back

Argue

SELF-CONTROL

MULTIPLE CHOICE

Name: _____

Date: _____

SELF-CONTROL: COLOR THE CHECKMARK OF YOUR ANSWER.

You're tempted to break a rule because others are doing it.

Join them

Hide what you're doing

Stick to the rule anyway

You feel angry during an online game.

Trash-talk other players

Take a break or mute chat

Quit angrily

You make a mistake in front of others.

Laugh it off loudly

Get defensive

Stay calm and keep going

SELF-CONTROL

MULTIPLE CHOICE

Name: _____

Date: _____

SELF-CONTROL: COLOR THE CHECKMARK OF YOUR ANSWER.

A friend disagrees strongly with your opinion.

Raise your voice

End the friendship

Listen and respond respectfully

You feel tired and easily annoyed.

Use a coping strategy like a break or breathing

Take it out on others

Complain nonstop

You want to react quickly when upset.

Say the first thing that comes to mind

Pause, think, then respond

Send an angry message

SELF-CONTROL

A WORLD WITH SELF-CONTROL

Name: _____

Date: _____

SELF-CONTROL SELF-TALK



Rewrite each thought using self-control.

"I'm so mad, I don't care." → _____

"I have to say something back." → _____

"This is unfair." → _____

"I need to say something now." → _____

"They're being so unfair to me." → _____

"I can't stay calm." → _____

"This is so annoying." → _____

"I'm going to lose it." → _____

"I don't care what happens next." → _____

"Everyone is watching me mess up." → _____

"I can't wait my turn." → _____

"I have to respond to that message." → _____

"This is taking too long." → _____

"I can't focus." → _____

"They made me mad on purpose." → _____

"I'm too upset to think." → _____

"I should just yell." → _____

"I don't want to follow this rule." → _____

SELF-CONTROL

A WORLD WITH SELF-CONTROL

Name: _____

Date: _____

PAUSE-THINK-CHOOSE

Read each situation. Then pause, think it through, and choose a self-controlled response.

SITUATION	WHAT I FEEL	PAUSE STRATEGY	BEST CHOICE
Arguing with a friend.			
You are told "no" when you really wanted a "yes"			
You lose a game or competition and feel embarrassed			
Someone teases you to get a reaction			
You feel impatient waiting your turn			
A sibling takes something without asking			
You want to say something sarcastic or mean			



SELF-CONTROL

A WORLD WITH SELF-CONTROL

Name: _____

Date: _____

PAUSE-THINK-CHOOSE: DIGITAL

Read each digital situation. Then pause, think it through, and choose a self-controlled response.

SITUATION	WHAT I FEEL	PAUSE STRATEGY	BEST CHOICE
You read a comment online that makes you feel angry or upset.			
You are supposed to work on a school assignment, but games or social media tabs are open.			
Friends are sending messages nonstop while you're trying to sleep or do homework.			
You feel angry after losing a game or reading rude messages in the chat.			
You want to post a photo, but you're not sure how others might react.			
Someone shares a screenshot or rumor about another student in a group chat.			
It's late at night, and you want to keep scrolling or gaming even though you're tired.			



SELF-CONTROL

A WORLD WITH SELF-CONTROL

Name: _____

Date: _____

REACT VS. RESPOND

Read each situation and fill in both responses.

Someone says something rude to you.

Reacting looks like:

Responding with self-control looks like:



.

.

A classmate laughs when you make a mistake.

Reacting looks like:

Responding with self-control looks like:



.

.

You are told to put your phone away and you feel annoyed.

Reacting looks like:

Responding with self-control looks like:



.

.

A friend disagrees with you and raises their voice during a conversation.

Reacting looks like:

Responding with self-control looks like:



.

.

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.

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

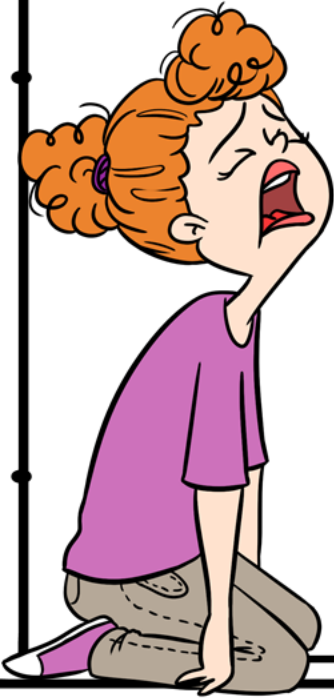
SELF-CONTROL

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?



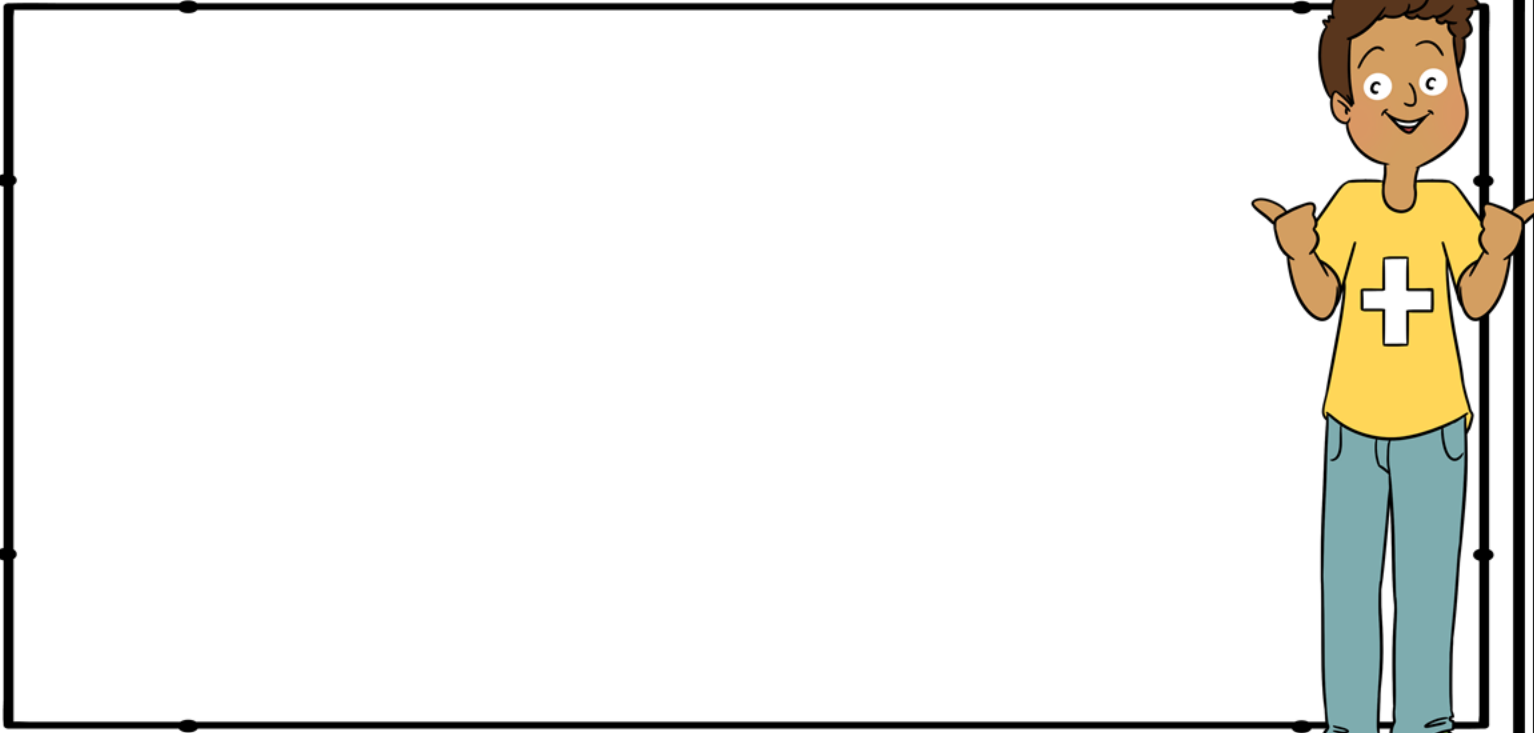
SELF-CONTROL

A WORLD WITH SELF-CONTROL

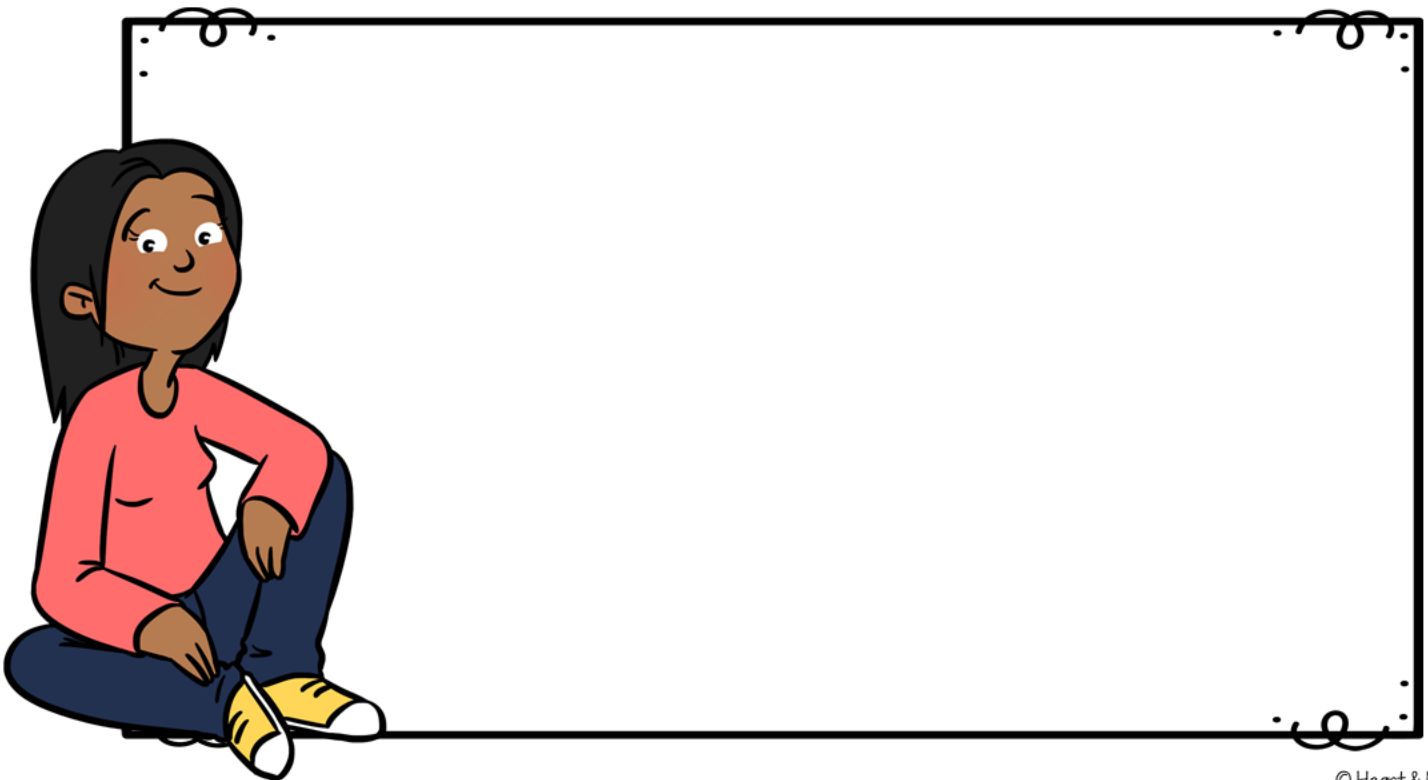
Name: _____

Date: _____

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

A large rectangular box with a black border, intended for a drawing. On the right side of the box, a cartoon boy with brown skin, curly brown hair, and a friendly expression is standing. He is wearing a yellow t-shirt with a white plus sign on the chest, light blue pants, and green sneakers. He has his hands raised in a shrugging gesture.

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

A large rectangular box with a black border, intended for writing. In the bottom left corner, a cartoon girl with dark skin and long black hair is sitting cross-legged. She is wearing a pink long-sleeved shirt, dark blue pants, and yellow sneakers. She is looking towards the right side of the box.

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

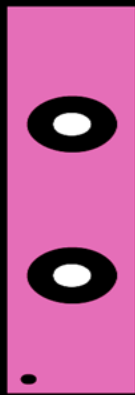
SELF-REFLECTION

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.

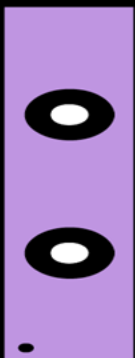
I was NOT showing self-control when I...



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.



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

Why is self-control
important during the
middle school years?



THINK & DISCUSS

SELF-CONTROL

What does self-
control mean in
your own words?



THINK & DISCUSS

SELF-CONTROL

What emotions are
hardest for you to
control, and why?



THINK & DISCUSS

SELF-CONTROL

How does pausing
before reacting help
you make better
choices?



THINK & DISCUSS

SELF-CONTROL

How can self-control
improve your
relationships with
friends?



THINK & DISCUSS

SELF-CONTROL

What strategies help you
calm down when you
feel angry or frustrated?



THINK & DISCUSS

SELF-CONTROL

How does self-
control help during
disagreements or
conflicts?



THINK & DISCUSS

SELF-CONTROL

What is the difference
between reacting and
responding?



THINK & DISCUSS

SELF-CONTROL

How does self-control help you stay focused in class?



THINK & DISCUSS

SELF-CONTROL

Why is it important to think about consequences before acting?



THINK & DISCUSS

SELF-CONTROL

How can self-control help you handle feedback from teachers or adults?



THINK & DISCUSS

SELF-CONTROL

What does self-control look like during group work or teamwork?



THINK & DISCUSS

SELF-CONTROL

What role does self-control play when using technology or social media?



THINK & DISCUSS

SELF-CONTROL

How can self-control help you manage stress or pressure?



THINK & DISCUSS

SELF-CONTROL

How does self-control help when someone annoys or teases you?



THINK & DISCUSS

SELF-CONTROL

Why is walking away sometimes a smart self-control choice?



THINK & DISCUSS

SELF-CONTROL

What are signs that you are starting to lose self-control?



THINK & DISCUSS

SELF-CONTROL

How can taking a break help you regain self-control?



THINK & DISCUSS

SELF-CONTROL

How does self-control help you reach your goals?



THINK & DISCUSS

SELF-CONTROL

Why is it important to respect rules even when you disagree with them?



THINK & DISCUSS

SELF-CONTROL

What is one situation where you wish you had used more self-control?



THINK & DISCUSS

SELF-CONTROL

How can self-control help you make responsible choices online?



THINK & DISCUSS

SELF-CONTROL

What is one self-control strategy you want to practice more often?



THINK & DISCUSS

SELF-CONTROL

How can practicing self-control now help you in the future?



THINK & DISCUSS

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?

A classmate says something that annoys you during group work.

How can you show self-control?

SELF-CONTROL



WHAT WOULD YOU DO?

You feel angry after getting a lower grade than expected.

How can you show self-control?

SELF-CONTROL



WHAT WOULD YOU DO?

Someone cuts in front of you in line.

How can you show self-control?

SELF-CONTROL



WHAT WOULD YOU DO?

You strongly disagree with a classmate's opinion in class.

How can you show self-control?

SELF-CONTROL



WHAT WOULD YOU DO?

A friend keeps interrupting you while you're talking.

How can you show self-control?

SELF-CONTROL



WHAT WOULD YOU DO?

You feel distracted by your phone while trying to work.

How can you show self-control?

SELF-CONTROL



WHAT WOULD YOU DO?

You receive feedback from a teacher that you don't like.

How can you show self-control?

SELF-CONTROL



WHAT WOULD YOU DO?

You lose a game or competition and feel embarrassed.

How can you show self-control?

SELF-CONTROL



WHAT WOULD YOU DO?

You feel overwhelmed by homework and responsibilities.

How can you show self-control?

SELF-CONTROL



WHAT WOULD YOU DO?

Someone posts something online that makes you upset.

How can you show self-control?

SELF-CONTROL



WHAT WOULD YOU DO?

A sibling borrows something of yours without asking.

How can you show self-control?

SELF-CONTROL



WHAT WOULD YOU DO?

You want to react right away to a rude comment.

How can you show self-control?

SELF-CONTROL



WHAT WOULD YOU DO?

You're feeling frustrated because you don't understand an assignment.

How can you show self-control?

SELF-CONTROL



WHAT WOULD YOU DO?

A group member isn't doing their part of a project.

How can you show self-control?

SELF-CONTROL



WHAT WOULD YOU DO?

You feel tempted to break a rule because others are doing it.

How can you show self-control?

SELF-CONTROL



WHAT WOULD YOU DO?

You're angry but need to talk to someone calmly.

How can you show self-control?

SELF-CONTROL



WHAT WOULD YOU DO?

You feel nervous and impatient while waiting your turn.

How can you show self-control?

SELF-CONTROL



WHAT WOULD YOU DO?

You accidentally make a mistake in front of others.

How can you show self-control?

SELF-CONTROL



WHAT WOULD YOU DO?

Someone teases you or pushes your buttons on purpose.

How can you show self-control?

SELF-CONTROL



WHAT WOULD YOU DO?

You feel like arguing but know it could cause trouble.

How can you show self-control?

SELF-CONTROL

How can you show
self-control?



WHAT WOULD YOU DO?

You feel stressed and
close to losing control.

SELF-CONTROL

How can you show
self-control?



WHAT WOULD YOU DO?

You want to say something
mean during an argument.

SELF-CONTROL

How can you show
self-control?



WHAT WOULD YOU DO?

You are tired, hungry, or upset
and feel easily annoyed.

SELF-CONTROL

How can you show
self-control?



WHAT WOULD YOU DO?

You are told "no" when you
really wanted a "yes."

SELF-CONTROL

THE ABILITY TO

pause, MANAGE

YOUR *emotions*

AND *actions*, AND

MAKE THOUGHTFUL

choices.

CHARACTER EDUCATION

SELF-CONTROL

THE ABILITY TO *pause*,
MANAGE YOUR *emotions*
AND *actions*,
AND MAKE
THOUGHTFUL
choices.



CHARACTER EDUCATION

SELF-CONTROL

THE ABILITY TO *pause*,
MANAGE YOUR *emotions*
AND *actions*,
AND MAKE
THOUGHTFUL
choices.



CHARACTER EDUCATION

SELF-CONTROL

THE ABILITY TO **pause**, MANAGE YOUR **emotions**
AND **actions**, AND MAKE THOUGHTFUL **choices**.

Pausing before
reacting

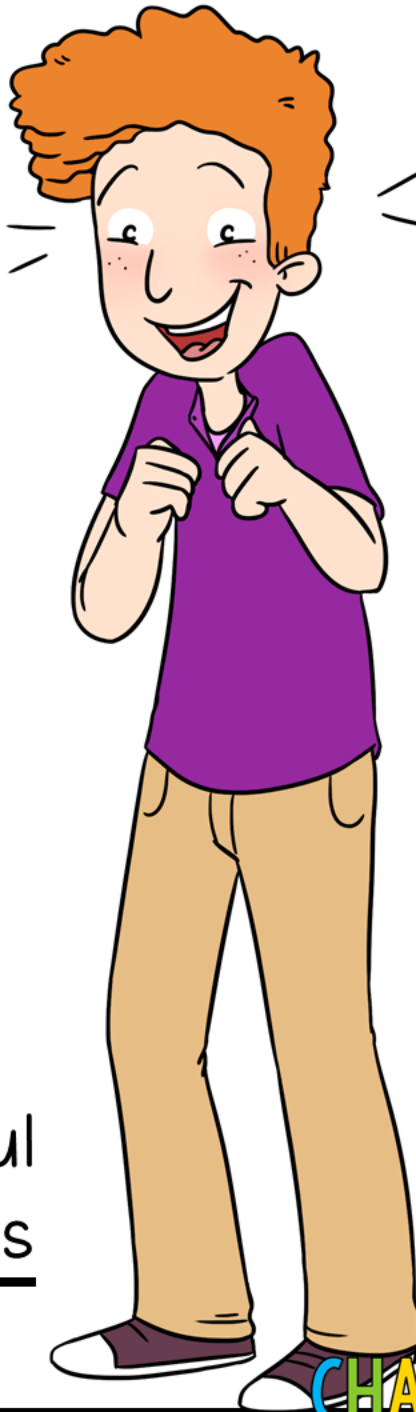
Managing
emotions using
coping strategies

Following rules
and
expectations

Thinking about
consequences
before making
choices

Using respectful
words and actions

Staying focused
on tasks



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



**PAUSING TO THINK, MANAGING THEIR EMOTIONS,
AND MAKING RESPECTFUL, RESPONSIBLE CHOICES.**

- * Pause and think before reacting.
- * Manage strong emotions using coping strategies.
- * Follow rules and expectations even when frustrated.
- * Stay focused on tasks and resist distractions.

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.

LEADERS WITH

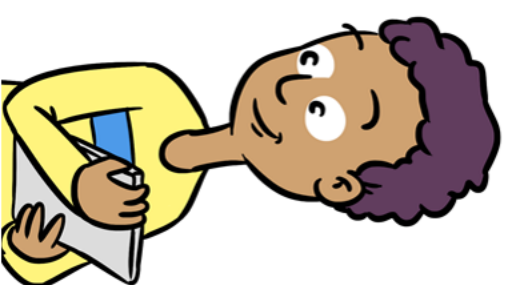
SELF-CONTROL

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."*

DIGITAL



SELF-CONTROL

**PAUSING BEFORE POSTING, MANAGING DISTRACTIONS,
AND MAKING RESPONSIBLE CHOICES ONLINE.**

- ✧ Pausing before posting or responding online, especially when emotions are strong.
- ✧ Choosing respectful language in texts, comments, and chats.
- ✧ Resisting distractions and staying focused on schoolwork during online tasks.
- ✧ Following screen-time rules and limits at school and home.

MY SELF-CONTROL PLEDGE

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

--	--	--



Pledge by: _____

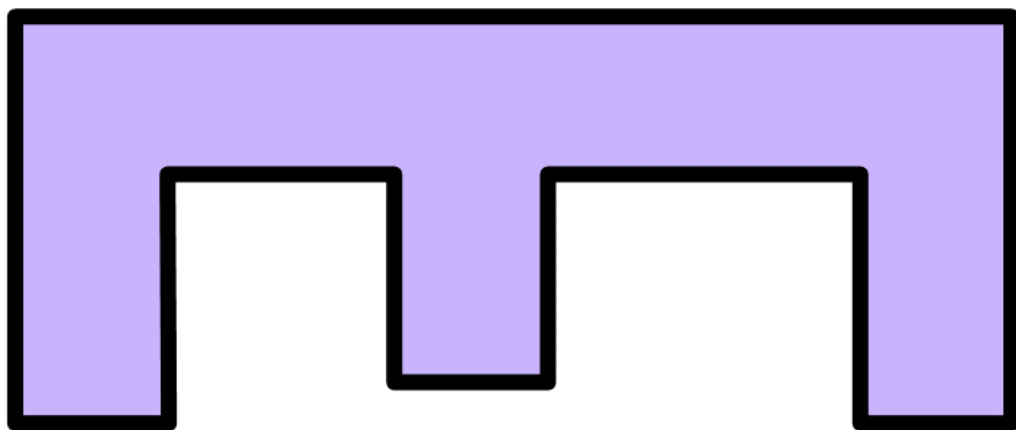
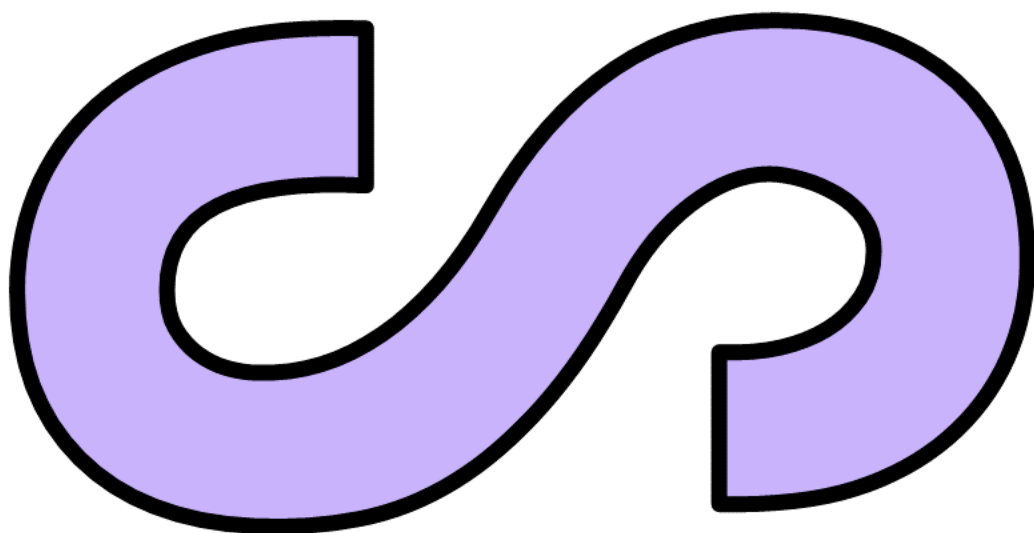
MY SELF-CONTROL PLEDGE

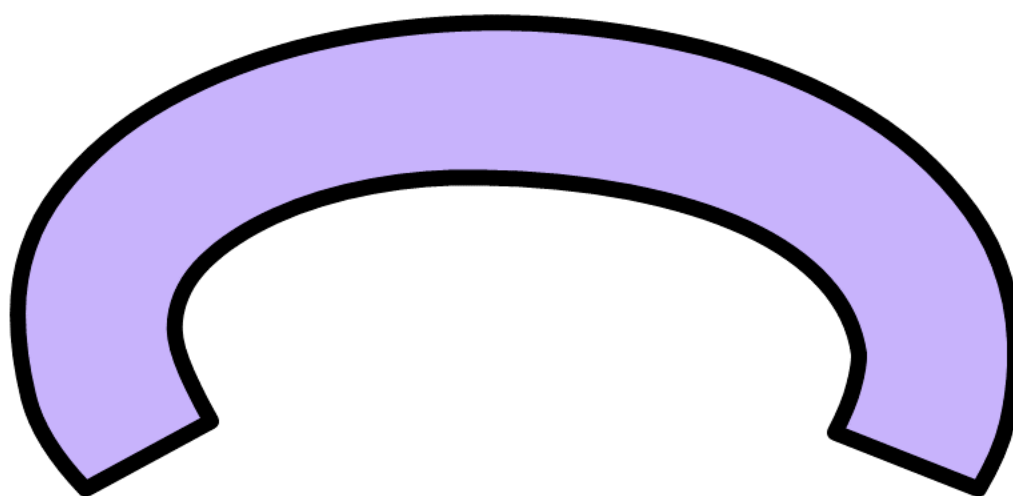
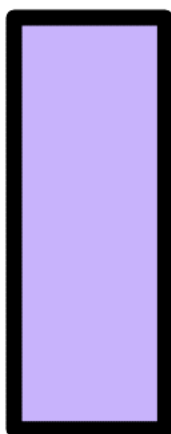
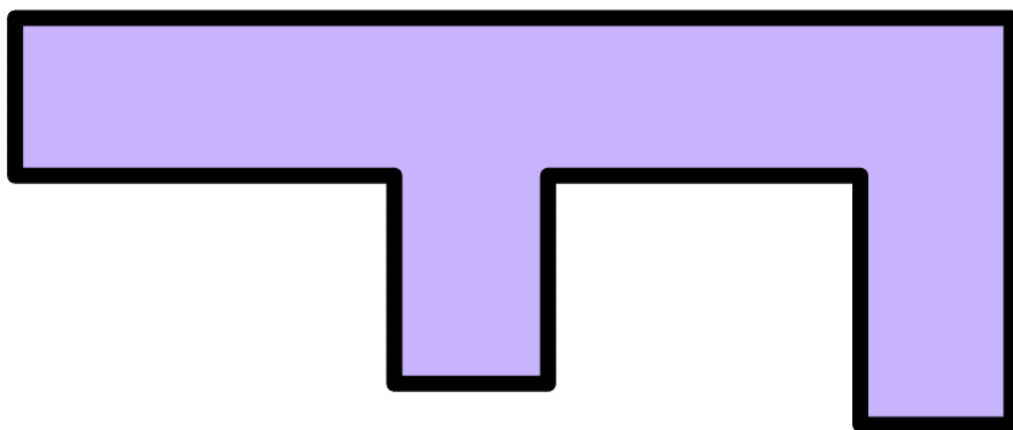
This is how I am going to show Self-Control:

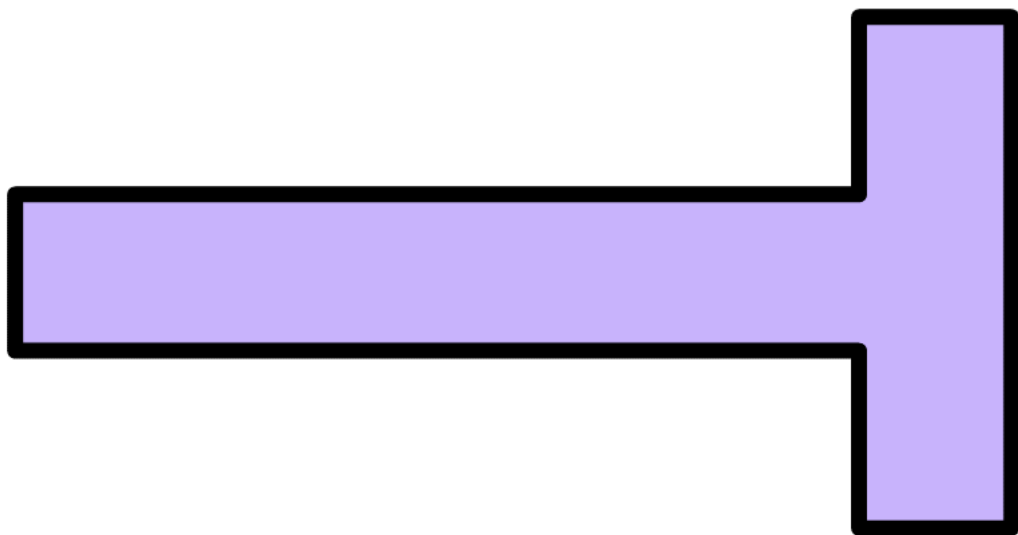
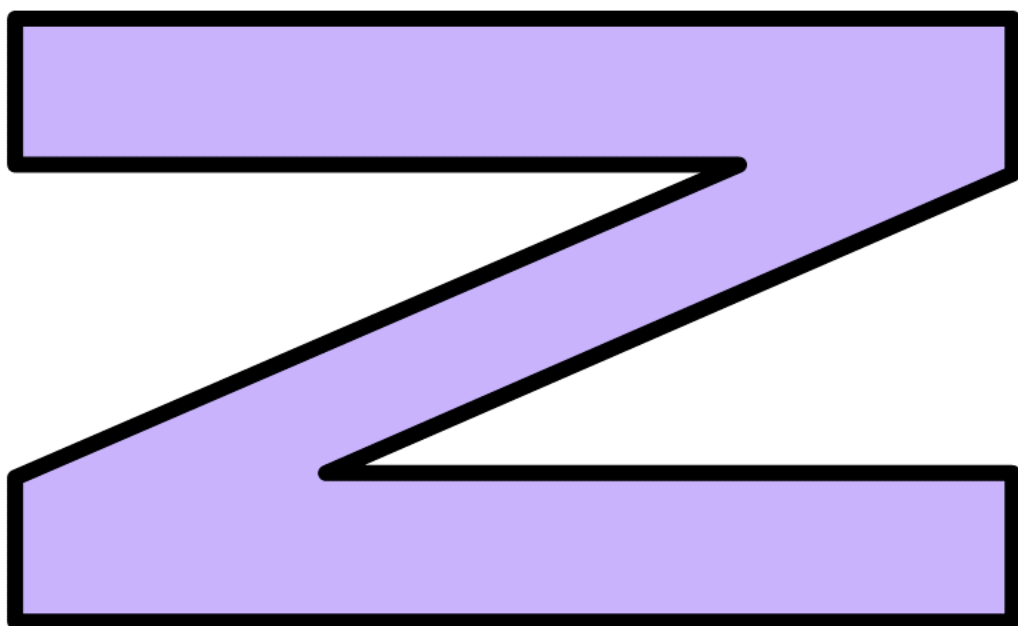
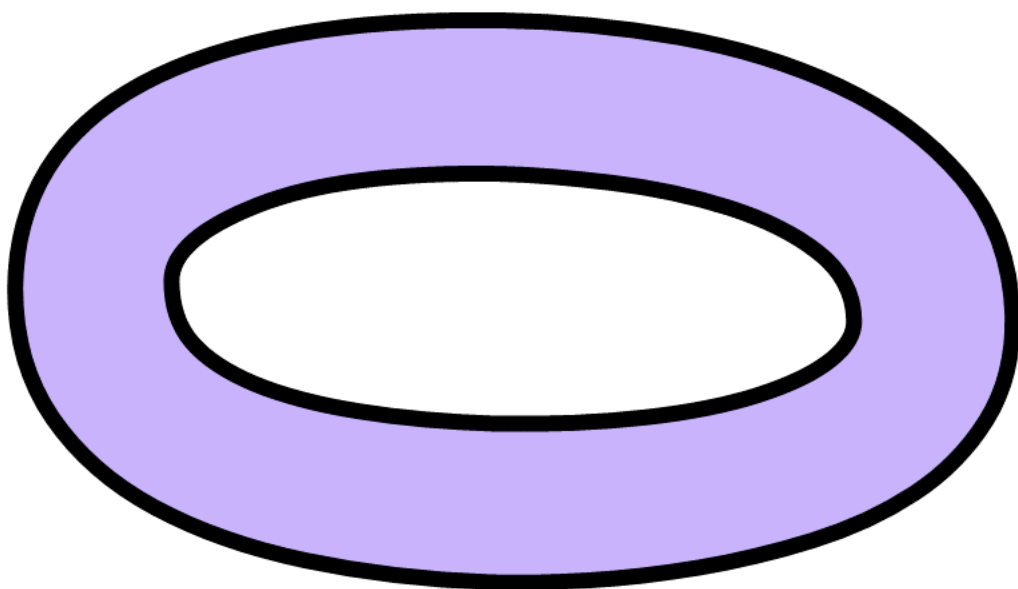
--	--	--

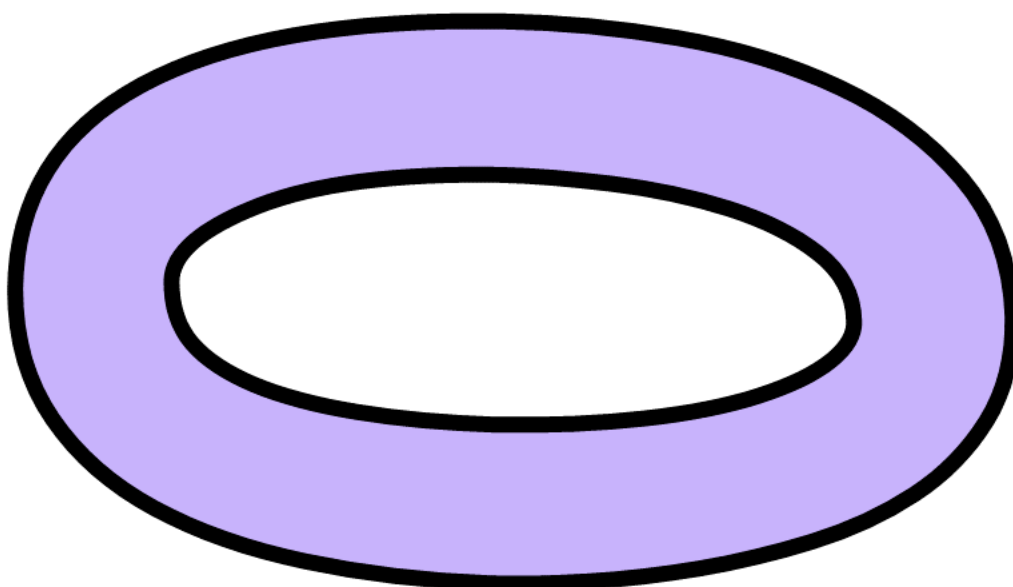
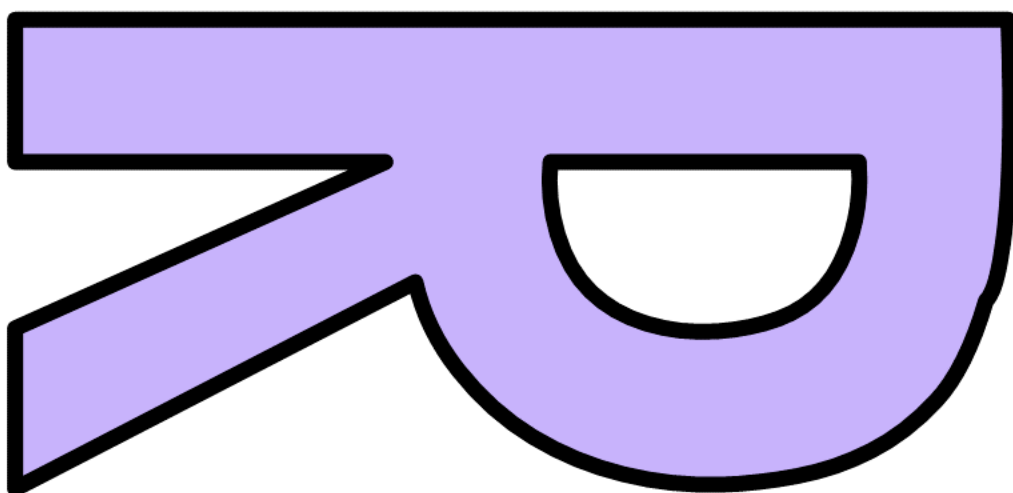


Pledge by: _____









SELF-CONTROL



CHARACTER
EDUCATION

2 INCH

SELF-CONTROL



CHARACTER
EDUCATION

1.5 INCH

SELF-CONTROL



CHARACTER
EDUCATION

1 INCH

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 \(youtube video\)](#)



Hi there, I'm **Ashley**

I'm an Elementary School Counselor,
Curriculum Author, Blogger, and
Boy mama. I specialize in all
things Counseling & SEL.



SUBSCRIBE
and get freebies!



Join my newsletter [here](#) to unlock access to freebies!

Check out my website: HeartandMindTeaching.com

Contact me: HeartandMindTeaching@gmail.com



Please consider leaving a fair review, it really helps my small business.

THANK YOU

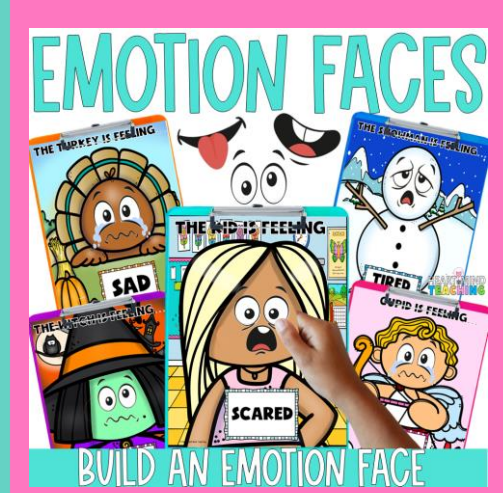
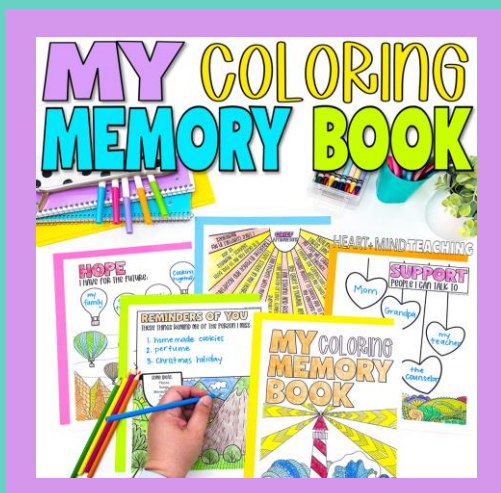
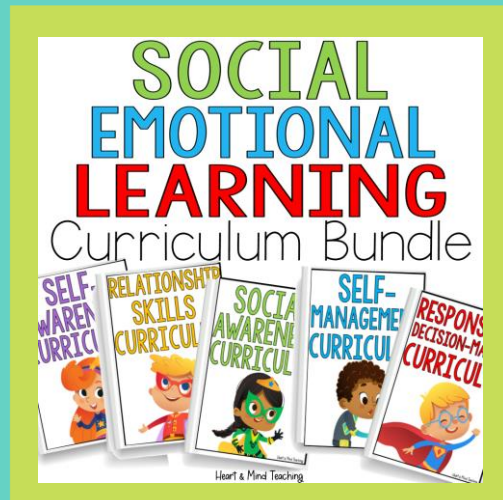
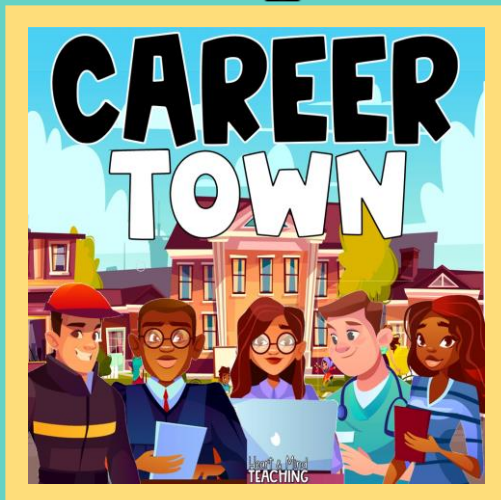
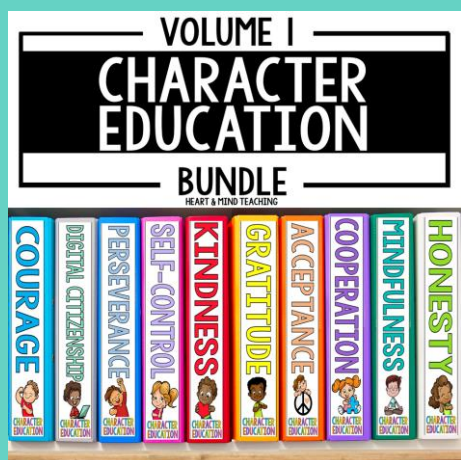
for supporting a small business



Resources made
WITH LOVE
By a real Counselor

We think you're
going to love
these too!

Best Selling Resources



THE **CURRICULUM**
*YOU HAVE BEEN
SEARCHING
FOR

www.counselorcollab.com

Counselor Collab Prek-8th grade Membership

Would you like to spend less time browsing for resources and lesson planning, and more time serving students? Let us do the work for you!



terms of use

© Heart and Mind Teaching, 2025. All rights reserved. Purchase of this item entitles the purchaser the right to reproduce for classroom, personal, and google classroom use only. Use in multiple classrooms, requires the purchase of additional licenses. Redistribution or duplication of this product is strictly forbidden without the written permission of the publisher. Copying any part of this product and placing it on a publicly accessible website is strictly forbidden and is a violation of the Digital Millennium Copyright Act (DMCA). You may post this for single-classroom use on a password protected student site such as google classroom. **You may NOT post my products on any public, for-profit, or commercial websites or entities, such as Outschool.** Please do not sell or distribute any part of this as your own. Thank you for abiding by universally accepted codes of professional ethics while using this product.



If you have any questions or concerns, please email me at:
heartandmindteaching@gmail.com

credits



[Gayle McGlaulin](#)