

# Baker 8 Traits at Home

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## Self-Control

### I think. I decide. I act.

#### What does Self Control mean?

Self-Control is the ability to understand and change your behavior to avoid undesirable behaviors, increase desirable ones, and achieve long-term goals. Research has shown that possessing self-control can be important for health and well-being.

Common goals such as losing weight, exercising regularly, eating healthy, not procrastinating, giving up bad habits, and saving money are just a few worthwhile ambitions that people believe require self-control.

#### What does the research say?

Researchers found that children who were able to delay gratification to receive a greater reward were also more likely to have better academic performance than the kids who gave in to temptation immediately.

**Students can learn self-control when we use the language at home and connect self-control with everyday activities and things that are happening in their lives.**

#### Breathing Strategies

Practicing breathing strategies and mindfulness is a great way to develop self-control. Learn each strategy by clicking the link below and watching the video.

[BEAR BREATH](#)

[FIVE FINGER BREATH](#)

[SNAKE BREATH](#)

[BEE BREATH](#)

[BUNNY BREATH](#)

[ELEPHANT BREATH](#)

[RAINBOW BREATH](#)

[BUBBLE BREATH](#)

#### Language to Use at Home

Thank you for keeping your hands to yourself, \_\_\_\_\_.

Great job being quiet, \_\_\_\_\_.

\_\_\_\_\_, I like that you are sharing your materials with \_\_\_\_\_.

Great job waiting your turn.

Thank you for \_\_\_\_\_ (name specific action.)



#### RESOURCES

[Click here for video of our school's Self Control Saying and Gesture.](#)

[Click here for directions on making an at home calming jar.](#)

This Social Emotional newsletter is brought to you by the SEL teacher team at Baker. We hope you can use these tips to practice the Baker 8 traits at home.