



Dear Families,

This week our school community will be focusing on the character strength of ***Self-Control***. Self-control means you can control your emotions and behaviors. You think before you act.

Self-control is the act of managing behavior in a way that positively influences goal attainment and living up to standards. Possessing this strength protects people from destabilizing emotional extremes. Those with self-control can limit impulsive behavior. They are able to experience and navigate difficulty while remaining poised. Self-control does not mean a lack of thoughts, feelings, or impulses; it just means you have command over them.

A group's ability to demonstrate self-control often appears in the form of "self-monitoring." This means the individuals demonstrate honesty with one another about successful group practices. When things are unsuccessful, group members can adjust roles in the interest of overall group success.

To practice and encourage the character strength of self-control with your child, please visit the Positivity Project's [P2 for Families](#) (password: **P2**), where together you will watch a video, read a quote, and talk about the answers to three questions.

Have a wonderful week!