

Self Control

I can do the right thing.

Books

**Me First* by Helen Lester

Pinkerton always wants to be first, until he meets a demanding but kind witch who shows him that being first is not always best.

**It's Hard to Be Five: Learning How to Work My Control Panel* by Jamie Lee Curtis

A colorful and busy tale about the challenges that come with growing up.

**David* books by David Shannon

Excellent examples of unsafe choices and behaviors and spring boards to brainstorming safer choices. These books also reassure children that they are still loved when the struggle to control themselves.

Pete the Cat and His Four Groovy Buttons by Eric Litwin (<https://www.youtube.com/watch?v=RIUe31XCeeg>)

Pete the Cat is wearing his favorite shirt, but the buttons keep popping off. Does Pete cry? Goodness no!

Waiting is Not Easy by Mo Willems (<https://www.youtube.com/watch?v=bksku3uvDcU>)

Gerald has a VERY hard time waiting for a surprise, but finds out in the end that all of the waiting was well worth it.

**Lily's Purple Plastic Purse* by Kevin Henkes

Lily is so excited to show everyone her new purse, but her teachers says that she must put it away until share time. Lily can't wait and sneaks it out. In this gentle book, Lily learns how to rebound from a poor choice and repair friendships and make better choices in the future.

**How to Be a T. Rex* by Ryan North

Sal wants to be a big, brave, and awesome like a T. Rex. Once she turns into a T. Rex, she realizes it isn't all it's cracked up to be. She must combine the most awesome parts of T. Rexness and humanness to be her best self. Highly engaging and a great read!

**When Sophie Get Angry - Really, Really Angry* by Molly Bang

Sophie gets really mad when she has to share her toy with her sister. She needs to get away from everyone. She runs outside and lets nature calm her down so she is ready to go back home to the people that love her.

* indicates a book in our library

**Nanette's Baguette* by Mo Willems

"The baguette is warm, the baguette smells wonderful..." will Nanette be able to resist eating the baguette in this delightful rhyming story?

**Clark the Shark* by Bruce Hale (<https://www.storylineonline.net/books/clark-the-shark/>)

Clark the Shark can be a bit too much! His friends and teacher help him learn how to stay cool and enjoy school.

Digital Resources

"Kevin Henkes Book Guides" from Reading is Fundamental https://www.rif.org/sites/default/files/Support_Materials/Lillys-Purse-Teaching-Guide.pdf

Support materials and activity ideas for many of Henkes' books, including *Lily's Purple Plastic Purse*.

"Flow" from GoNoodle

This GoNoodle channel contains guided breathing and stretching exercises to promote mindfulness and self-control.

Articles for Adults

Can Mindfulness Help Kids Learn Self-Control? by Sarah Wheeler (https://greatergood.berkeley.edu/article/item/mindfulness_help_kids_learn_self_control)

An article from UC Berkeley about the connections between mindfulness exercises in the classroom and self-regulation skills.

30 Games & Activities to Teach Self-Regulation (<https://theinspiredtreehouse.com/self-regulation/>)

Some easy and fun activities that can be incorporated into the day to practice self-control.