
SELF CONTROL

October



DEFINITION:

Restraint used over one's own impulses, emotions or desires.



Practicing self-control helps us maintain focus.

SELF CONTROL

AREAS OF FOCUS:

- **ACADEMIC**
- **SOCIAL**
- **EMOTIONAL**
- **PHYSICAL**



Considering the 4 Areas of Focus ...

1. Can you think of a time when you had to exercise self-control in a challenging situation?
1. How does practicing self-control contribute to your personal growth and development? How can it impact your relationships with others?
1. What are some potential consequences of not having self-control? How can these consequences affect your life and the lives of others?



SELF CONTROL

STEPS TO BETTER SELF CONTROL:

Stop - Use strategies to pause in the moment
(Take a deep breath, use positive self-talk)

Think - Think about the situation and consider your choices
(What is the situation or problem? What are my choices? What are the consequences?)

Act - Act with the best choice
(What is the best choice for you? What helps you reach your goals?)

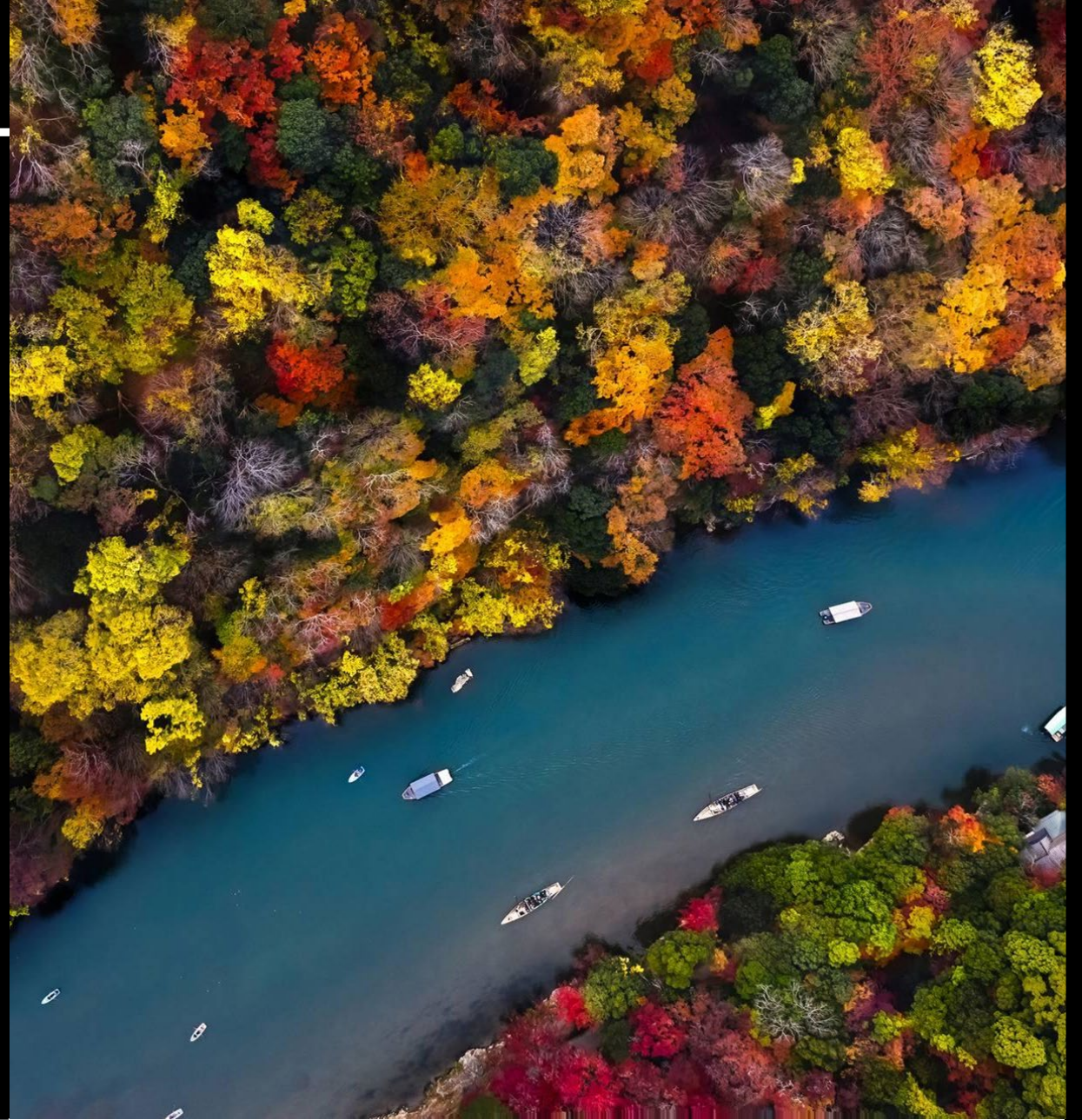
Reflect - Think about what went well and what you can do better next time

Self Control = Success

Self control is really about stopping yourself from doing something you shouldn't.

To Go Activity

Students will reflect on how they are going to show self control daily.
Students will share with a parent or staff member a time when they were able to exhibit self control.



“Ultimately, the only power to which man should aspire is
that which he exercises over himself.”

-Elie Wiesel
