

Self Control PK-2



October 2024

Self- Control

Define:

We will define self - control.

Identify:

We will identify ways to show self - control in different school spaces

Apply:

We will demonstrate how to use self - control in various scenarios.



Self-Control:

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



This helps us focus, have strong friendships,
and reach our goals.

How can you show self-control?



Classroom



Body

Voice

Raise hand

Shout

Run

Inside voice

Eyes on the teacher

Whistle



Check your answers by clicking on the screen.

How can you show self-control?



Hallway

Body

Voice

Run

Voices off

Walk

Shout

Hands to yourself

Sing



Check your answers by clicking on the screen.

How can you show self-control?



Recess



Body

Voice

Run

Talk

Hit or Push

Shout

Jump

Sing



Check your answers by clicking on the screen.



Scenarios

What should you do?



How can you show self-control?

Your classmate has the book that you want to read.

SELF-CONTROL

1. Stop 

2. Think 

3. Act 



How can you show self - control?

You are in the lunch line and someone cuts in front of you.

SELF-CONTROL

1. Stop 

2. Think 

3. Act 

How can you show self-control?

You want to play on the slide at recess but there is a long line.

SELF-CONTROL

1. Stop 

2. Think 

3. Act 



Home Activity:

Write or draw how to show self-control in...

The kitchen

The living room

Your room

The backyard

