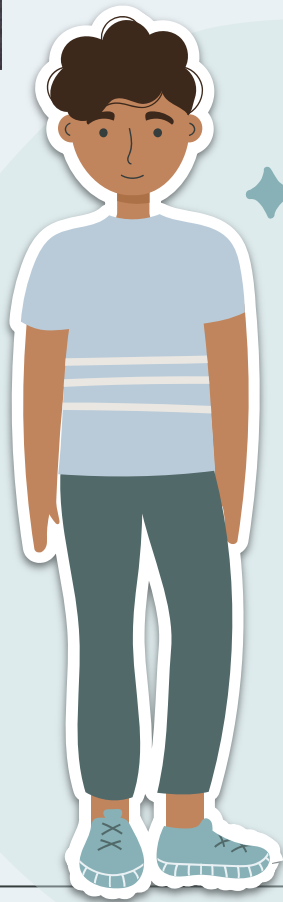


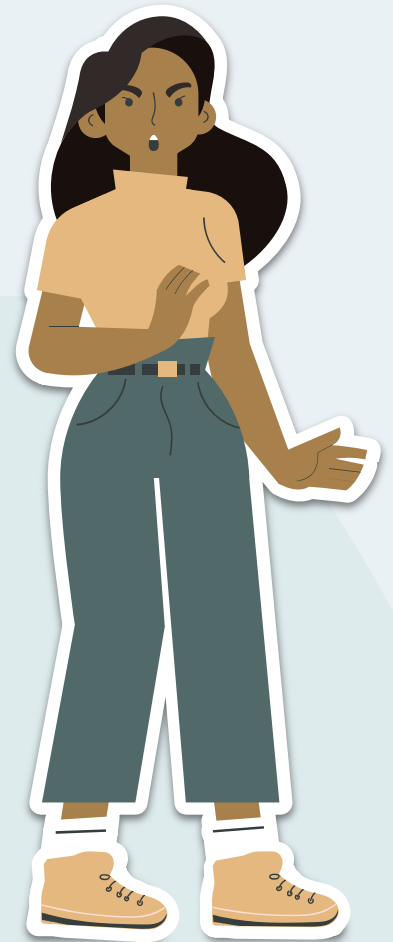
Self- Control

October 2024
Grades: 3rd-5th



The learner will:

- Discuss the meaning of selfcontrol - restraint used over one's own impulses, emotions, or desires.
- Explain why it is important to demonstrate self-control.
- Explore ways to demonstrate self-control at school and at home.



Self Control

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





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

Simon Says Activity

The teacher will give you challenges that may start with the phrase “Simon Says...”

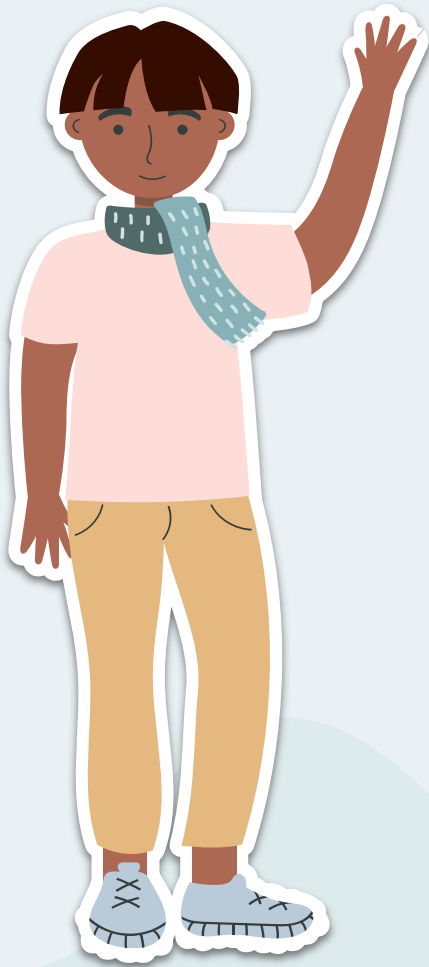
Example: “Simon Says touch your nose”

If you do not hear the phrase, “Simon Says..”, do not do the activity.

Example: Stand up by your chair.

This game will require you to listen to the directions to complete the challenges successfully.

[Click Here for the Simon Says Challenges](#)





Types of Self Control

Impulse control

Being able to weigh options and make an informed decision.

Stop and think to yourself:

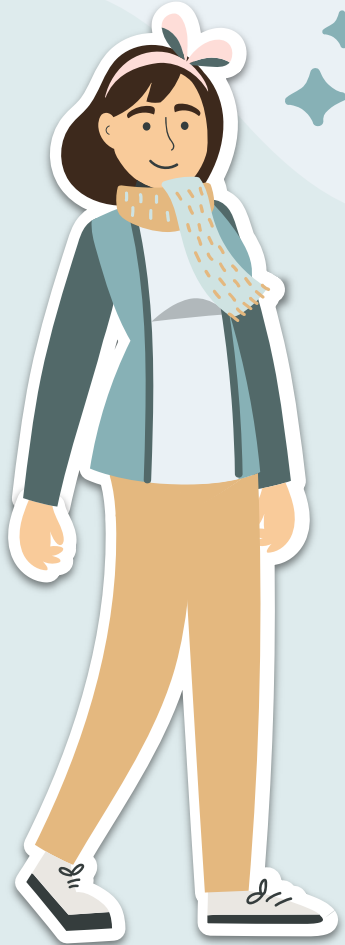
“Will the action that I choose lead to a good or bad consequence ?”

Emotional control

Being able to manage feelings with different strategies.

What are healthy strategies that I can do to express my emotions appropriately?

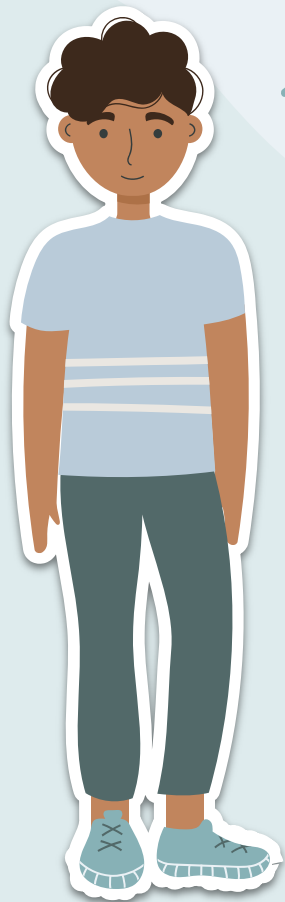
(happiness, anger, sadness, or anxiety)



Reflection

Share with the class an example of what you can control and one thing you can not control.

How will I show self-control at school and at home?



Home Connection

Please complete the following exercise with your parents at home to determine if the action shows or does not show self-control.

Home Connection Self-Control
Activity