



October
Character Trait

Self - Control



Teachers

In the presentation, students will learn what it means to have **Self -Control** in different situations.

Each slide will contain interactive activities and guided questions for “Bringing Out The Best”

Self -Control Character Trait

for **grades 68.**





Anthony Ravens RISE in the Learning Environment



R

Responsibility

Being reliable and trustworthy

- Arrive on time & be prepared
- Stay on task
- Follow defined expectations & procedures

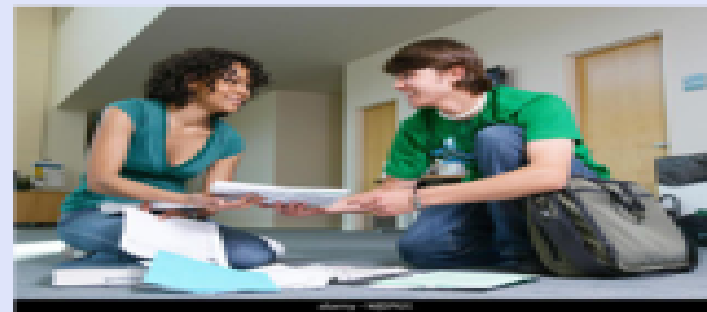


I

Integrity

Being honest and doing what is right even if no one is watching

- Rely on your own abilities
- Respect others' materials and properties
- Be accountable



S

Safety

Being protected from or unlikely to cause danger, risk, or injury

- Keep hands, feet, and all items to self
- Report problems and concerns to nearest adult
- Visibly display badge around your neck



E

Excellence

Extremely high quality

- Work towards your personal best
- Speak & participate with purpose
- Lead by example



BRINGING OUT *the best* Self-Control

Lesson Objectives

1

Define what it means to have self-control

2

Explore examples of self-control

3

Identify ways to have self-control at school and at home

4

Self-reflect on what self-control means to me





Definition of Self-Control

**SelfControl means having
restraint over one's own
impulses, emotions or desires**



Practicing self-control
helps us maintain focus.

BRINGING OUT
the best Self-Control

Let's

Discuss!

Share any reflections you may have after watching this video.

Can you think of a time you or someone else showed self-control ?

Discuss what happened.



BRINGING OUT

the best

Self-Control

Examples

of Self-Control

Someone yells at you in the hallway...
Selfcontrol is to not yell back and to respond calmly, or ignore them.

Someone responds to one of your posts with a negative inappropriate comment....
SelfControl is to not respond or block them.

You have an essay due tomorrow. Your friends message you to come join them playing your favorite video game...
SelfControl is completing the essay before you join the video game.

Simon Says



WOW

Simon Says is an activity that builds self-control and attentiveness. Students will stand up and listen to your directions.

Examples:

Simon says: "Touch your toes". Students will touch their toes. Say "touch your nose" If students touched their nose, then they will have a seat.

POW!

Mindfulness

5,4,3,2,1

Mindfulness is a calming activity that builds self control. Students will practice deep breathing and be in the moment.

Examples:

Students will take 5 deep breaths, say 4 things that they see, say 3 things that they are grateful for, 2 positive things about themselves, and 1 thing they look forward to.

THINK-PAIR

How does playing Simon Says provide you with self-control ?

SHARE

How does the Mindfulness 5,4,3,2,1 relate to self-control ?

Can you think of a time you or someone else showed self-control ?
Discuss what happened.




SELF CONTROL HOME ACTIVITIES

- PROVIDE AN EXAMPLE WHEN YOU DISPLAY **SELF CONTROL** WITH YOUR SIBLING OR FRIEND.
- DISCUSS **SELF-CONTROL** WITH YOUR PARENT.
- WHY IS HAVING **SELF-CONTROL** IMPORTANT?

Extension Lessons

WANT ANOTHER ACTIVITY TO
CONTINUE OUR TRAIT OF THE
MONTH?



FOR
TEACHER'S
ONLY

- CREATE A COMPETITION BETWEEN EACH CLASS PERIOD THAT IS SHOWING **Self -Control** PROVIDE THE CLASS WITH PBIS REWARDS.
- CLICK HERE ON [WORD CLOUD](#) CHOOSING WORDS WITH THE CLASS THAT DEFINES **Self -Control** IN THEIR OWN WORDS.
- **MINDFUL BREATHING** ALLOWS US TO FOCUS ON INHALING AND EXHALING. HAVE STUDENTS PRACTICE TAKING DEEP