

Appreciation of Beauty • Bravery • Creativity • Enthusiasm • Forgiveness • Gratitude • Humility • Humor • Integrity • Kindness



THE  
POSITIVITY  
PROJECT  
#PositivityInAction



Leadership • Love • Love of Learning • Open-Mindedness • Optimism • Perseverance • Prudence • Purpose • Self-Control

December 15, 2025

Dear Families,

This week, our school will focus on the character strength of **Self-Control**. Self-control means having the ability to control your emotions and behaviors. You think before you act.

Having self-control helps people stay calm during tough times and avoid impulsive actions. It doesn't mean you don't have thoughts or feelings; it means you can manage them.

When working or gathering in groups, self-control is shown through "self-monitoring." This means being honest about what works and what doesn't. Group members adjust their roles to help the group succeed.

To practice and encourage the character strength of self-control at home, please visit The Positivity Project's mobile-friendly P2 for Families (available in [English](#) and [Spanish](#)), where you will watch a video together and discuss a quote and three questions. Below are links to this week's P2 for Families lessons. Click on the grade level that best meets your child's needs.

|                         |                            |                            |                            |                             |
|-------------------------|----------------------------|----------------------------|----------------------------|-----------------------------|
| <a href="#">Pre-K-K</a> | <a href="#">Grades 1-2</a> | <a href="#">Grades 3-5</a> | <a href="#">Grades 6-8</a> | <a href="#">Grades 9-12</a> |
|-------------------------|----------------------------|----------------------------|----------------------------|-----------------------------|

Thank you for your continued support!

Respectfully,

*Jessica Smatko*

Jessica Smatko  
Elementary Principal / Coordinator for School Improvement



# SELF-CONTROL

"You can steer yourself any direction you choose." -Dr. Seuss



## WHAT DOES SELF-CONTROL MEAN?

You can control your emotions and behaviors.  
You think before you act.

## WHY DOES THIS MATTER?

Sometimes you may want to raise your voice at a friend who hurts your feelings. But, the problem will get solved faster by speaking calmly to your friend and finding a solution together. This is a great way to show self-control.

