3rd grade lesson on Self-Control

1. What do you (students) know about Self-Control - write down

2. Games - Flinch, Simon Says, Freeze Dance, Red Light/Green Light

3. Review & Discuss - Definition(s) & strategies (see below)

4. Video (Marshmallow Challenge) - and discussion
   What strategies did they use? What strategies could you use

Self-Control - (Follows directions, listens attentively and uses time constructively - standards from report card) –

Being in control of your body/actions and thoughts

Good self-control - make good choices, keeps you and others safe, makes people feel comfortable and good around you, makes others want to play or work with you

Strategies - for home, school or both

Pillow hugging, walk, *chewing gum, listen to or play music, talk to someone, deep breaths, draw, self-talk

Self-Control

Synonyms include: restraint, reserve, composure, discipline, obedience, poise, willpower, discretion, determination

What does self-control look like?

People practicing self-control:

- Think before they act
- Control their temper
- Make good choices
- Follow through with plans and tasks
- Behave, even when no one is looking

What does self-control sound like?

People practicing self-control make statements like:

- I feel angry.
- I need to calm down.
- I will call you after I finish my homework.
- I know there is a reason for rules, so I obey them.
- I have to finish my chores before I can watch T.V.
- I'd love to eat all of the cookies, but I am only going to have one.

What does self-control feel like?

When self-control is practiced, a person:

- Feels a sense of accomplishment when reaching a goal.
- Enjoys the trust of others.
- Feels more equipped to handle unexpected problems.

My Mouth is a Volcano by Julia Cook is a great book to read demonstrating self-control