

Tenet Lesson



Self-Control

What does it mean & why is it important?

Self-Control is a thinking skill that helps you control your feelings, behaviors and reactions so that you make good decisions.

Example:

- *You are playing a game that challenges you. You become frustrated and get mad at the game or get mad at the person you are playing with.*
 - *What's a better choice?*
- *Someone takes something that is yours. You get frustrated and yell or strike out at that person.*
 - *What's a better choice?*
- *You want something at the store and mom and dad say no. You get frustrated and throw a tantrum.*
 - *What's a better choice?*
- *You love ice cream so much that you kept eating and eating and eating until you got sick. Yuck!*
 - *What's a better choice?*

Homework!

Give one example of how you demonstrated self-control & made a better choice!

Draw a picture, write it down or tell us a story!

Tang Soo!