



BRING IT HOME: Self-Control

BIG IDEA

Self-control is about learning to pause before you react to something or someone. We can make choices sometimes when we are sad or angry, but those choices are not always the best. People who have self-control have learned to think about their behavior and the impact their reactions have on themselves and others.

ACT IT OUT

Self-Control is an important attribute for kids to have and the best place for them to learn it is at home. It's very hard to teach when you are being bombarded with 'I Want'. Sit down with your children and explain what it means to have self-control. Ask them to tell you when they are struggling and think of ways to help them.

READ ABOUT IT

Check out these articles from All Pro Dad for more resources.

Change Yourself and You'll Change the World: allprodad.com/change-yourself-and-youll-change-the-world/

I Wanted to Get in His Face: allprodad.com/i-wanted-to-get-in-his-face/

What Type of Person are You Becoming: allprodad.com/what-type-of-person-are-you-becoming/

BOND THROUGH READING

PreK – 1st Grade

Click, Clack, Moo Cows that Type
by Doreen Cronin

Where the Wild Things Are
by Maurice Sendak

2nd – 3rd Grade

**Alexander and the Terrible, No Good,
Very Bad Day** by Judith Viorist

Alexander, Who's Not Going to Move
by Judith Viorist

Judy Moody, Mood Martian
by Megan McDonald

4th – 5th Grade

Ramona the Brave
by Beverly Cleary

School Days According to Humphrey
by Betty B. Birney

TALK ABOUT IT

- Week 1** Why is it important to do what is right, even when you don't feel like it?
- Week 2** What do you do to have self-control?
- Week 3** When have you used self-control? What would have happened if you hadn't?
- Week 4** How have I had self-control this month?

CALENDAR YOUR KIDS

Take your child to a candy store. Allow them to pick any candy they want. Should they start to pick too much, ask them if they are using self-control. Talk about taking what you need and not what you want. Encourage them to make good choices and praise them when they do.