

## UNIT 4

# Self-Control

**Self-control is when  
I am in charge  
of what I do  
and what I say.**



**I use my self-control  
to listen and follow  
directions.**



**Using self-control  
helps me not do  
things that may be  
harmful to myself  
and others.**



**Self-control helps  
me stay safe, be  
successful, and  
create peace.**

# Using Self-Control

- Self-control is when I am in charge of what I do and what I say.
- I use my self-control to listen and follow directions.
- Using self-control helps me not do things that may be harmful to myself and others.
- Self-control helps me stay safe, be successful, and create peace.

*Directions: It is up to you to use your self-control, even if people around you are not. Write down one way you could use your self-control in each of the following situations.*

1. Your friends get into an argument while playing a game. Everyone starts yelling at once.



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2. Your mom tells you that you can't go over to your friend's house because you have to clean your room.



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3. Your little brother took your bike and accidentally broke the kick-stand.



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4. Your sister changes the channel on the TV because she doesn't like what you are watching.

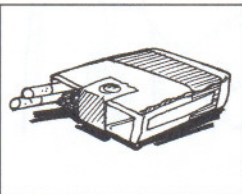


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5. Someone offers you a cigarette.



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# Self-Control in Life

*Directions: Write about a situation you saw when someone either used or did not use self-control.*

**1. Describe what happened.**

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**2. What could have happened if the person made a different choice?**

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**3. What can you learn from the situation?**

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# Self-Control Role Model

*Directions: Choose someone from home, school, or community who is a role model for self-control.*



Name \_\_\_\_\_

Why did you choose this person to be your role model for self-control?

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# Self-Control Time

Self-Control Time is a fun breathing exercise to help me calm down, focus, and get my self-control back.

## Remember . . .

1. Sit comfortably with your back against the chair.
2. Place your feet flat on the floor in front of you.
3. Place your hands so they are resting gently on your lap.
4. Relax your shoulders so the muscles around them are not tight or tense.
5. Breathe deeply through your nose and exhale through your mouth.
6. Close your eyelids lightly and focus on your breathing.

