

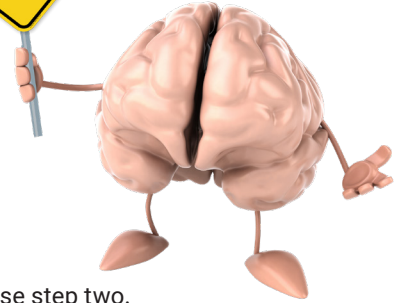
My Self-Control Skills Activity Guide Grade K-2



Know Your *Neuro*

Quiz Questions

1. What is self-control? Answer: Your ability to think before you act to control your actions.
2. Why is self-control important? Answer: Self-control helps you make better choices.
3. Why is self-control a super power skill? Answer: It takes a lot of practice to get good at self-control because, we do things without thinking all the time.
4. What could happen if you do not have good self-control and act without thinking? Answer: Something negative could happen. You might get in trouble or feel bad.
5. How do you practice self-control? Answer: Use the three self-control steps.
6. What is the first self-control step? Answer: The first self-control step is 'pause'.
7. Why is pausing before acting so important? Answer: Pausing gives you time to slow down and use step two.
8. What is the second self-control step? Answer: The second self-control step is 'think'.
9. Why is thinking before acting so important? Answer: Thinking gives us time to think about what the best or right thing to do next would be.
10. What is the third self-control step? Answer: The third self-control step is 'choose'.
11. What do you choose in the third self-control step? Answer: You choose the best or the next right thing to do.



Classroom Activities

Wiggle, Wiggle, Wiggle

Ask students to say the words, "Wiggle, wiggle, wiggle" while they are wiggling in their seats. After about 30 seconds of wiggling, then ask them to take a deep breath and say the words, "Calm, calm, calm". Repeat until all the wiggles have calmed down.

Know the Signs

Ask each student to share the times when it is the most difficult to control themselves. Ask them to identify the signs by asking them how they know when they do not feel in control. Write their answers on the board. Examples include: hitting, feeling impatient, pacing, heart beating fast, yelling, excited, angry, etc.

Video Show Down

Watch two videos on self-control and have students rate which video they like the best. Ask students to compare the steps in video choice #1 with Dr. Collier's self-control steps.

Choices #1: https://www.youtube.com/watch?v=a0k3wOwJZ_4

Choice #2: https://www.youtube.com/watch?v=pd7_GpERNOM

Spot It, You Got It!

Read each scenario outloud, ask students to identify if the behavior shows self-control or not. If not, ask students how they would use the three self-control steps to make a better choice.

1. When someone says something mean to you that makes you feel angry and, you yell at them.
2. When you feel frustrated and want to give up, you start doing deep breathing to calm down.
3. When you feel excited and you blurt out the answer.
4. When you want to say something funny and yell it during class.
5. When you feel hurt by someone, and you hit them.
6. When you feel impatient but wait your turn to speak.
7. When you are hungry and eat your dessert first.

Three Steps to Practice Self-Control

When you see students acting impulsively, ask them to:

1) Pause 2) Think 3) Choose