



FEBRUARY 2010 - SELF CONTROL

Self Control means, "I stop and think before I act!"

Self Control means slowing down and thinking through choices before acting upon them.



The Ultimate Character Development System

**Building a Successful Future
One Student at a Time!!!**

SELF CONTROL: FEBRUARY 2010

Dear Family,

This month we will focus on the character concept, “self control.” Therefore, our power-chat discussions and activities will aim to help children understand what self control means and how we can slow down and think through our choices prior to taking action.

Self control is the second concept in our three month curriculum aimed at problem-solving and relationship management. Last month we covered “empathy” so that our students could become more aware of other people’s feelings and how one’s own actions can affect others. Self control is the next phase of our relationship management curriculum that is aimed at positive problem-solving and violence prevention.

Self control refers to the ability to stop, think, and choose wisely before acting. People who have self control don’t do the first behavior that pops into their heads—behaviors that they may regret later. Self control is a vital social skill that allows people to consider the effects of their actions before they take them.

The definitions for Self Control are as follows:

Young children: “I stop and think before I act!”

Older children, Teens and Adults: Slowing down and thinking through choices before acting upon them.

Students will learn the **Powerful S.T.E.P. Procedure:** (1) **S**top or Slow Down (2) **T**hink through the problem and the possible solutions (3) **E**valuate the solutions for fairness, safety, and probable success (4) **P**roceed with the plan. If it isn’t working, try another possible solution!

Classic research tells us that children who can master self control are on average much more successful in school and life. According to Walter Mischel, a Stanford professor of psychology in charge of the famous “marshmallow experiment” which tested children’s ability to delay gratification, told the New Yorker just last year, “If you can deal with hot emotions, then you can study for the S.A.T. instead of watching television and you can save more money for retirement. It’s not just about marshmallows” (New Yorker, May 2009).

During the four weeks of February we will be discussing the following:

- (1) Week 1: What’s Self Control? Working through problems and solutions
- (2) Week 2: How can I get what I need? Interrupting and asking politely
- (3) Week 3: What if I make a mistake? Apologizing and doing the right thing
- (4) Week 4: How do I cope? Dealing with the temptations to steal, act out and lie

Upcoming Powerful Words

March: Anger Management

April: Manners

May: Sportsmanship

As always, we urge you to encourage your children to practice these skills at home and out in the community. It is only with practical application that they will become more adept in these skills.

We thank you for your support. You are pivotal in helping to make our school one of the best Martial Arts and Personal Development Centers in the world!

Best Regards,
Your Motivated and Dedicated Martial Arts Instructors

For More Powerful Parenting Information ,go to www.DrRobynSilverman.com



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(Paraphrased from an email; with permission)

Hi Dr. Robyn!

My 5 year old daughter's best friend got a gift for the holidays that my daughter had really wanted. When she was at her friend's house, she grabbed the toy and wouldn't give it back. Now she's doing the same thing with her little brother. How can I help her work on her self control?

--Tamara J., Mobile, AL

Dear Tamara,

With so many temptations stemming from the holidays, it's common to see some lapses in self control. Everywhere you look are new toys, new games, and new gadgets! Especially when comparison and competition among friends breeds jealousy and envy, children can have a hard time keeping their hands to themselves.

It's important to teach our children to consider how their actions will affect others in advance. Here are some ways to help your daughter work on gaining self control; Teach her to:

(1) **Put words to the feelings:** When children are feeling sad, angry or frustrated, they may do the first thing that pops into their head. Instead, teach them to speak up about how they feel. For instance, teach them to say, "I feel frustrated when she has a toy I don't have" instead of simply grabbing the toy out of her friend's hand.

(2) **Take a time out:** Teaching children to take a moment to think before they make a choice is a great way to set the stage for self control. They may even need to leave the room to take a little break. Tell them that taking a time out is OK and a smart way to keep yourself from doing the first thing that pops into their head.

(3) **Think through the choices:** What are the options? For instance, if someone has a toy she wants, she could choose to (a) grab it; or (b) ask

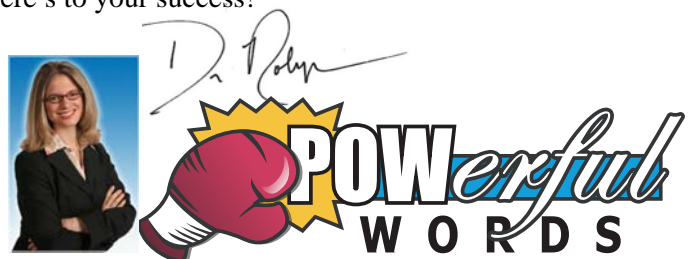
permission to play with it. When she thinks through her choices, she may see that there are better ways to handle her problem and make a decision that is both helpful to her and respectful to others.

(5) **Give her some credit:** When you see any show of self control, let her know you noticed and that she did a good job! Ask her how she feels when she takes a moment to think before she acts. What helped her to control her behavior? By identifying what worked for her, she can learn to use these tactics over and over again in multiple situations.

(6) **Use delay tactics:** Many children don't know how to delay gratification-- how can they do that? Teach your child tactics like counting to ten, leaving the room, distracting themselves with other toys, or reading a book. When they know what TO DO rather than just what NOT TO DO, they can charge forward towards a goal rather than just away from poor choices.

As your children practice and watch you use your self control, they will get better at curbing their initial impulses. Keep discussing self control in your home and how thinking through your choices before making them can lead to great rewards and more success!

Here's to your success!



Tic Tac Self Control!

Who is showing self control? Put an x over whomever is NOT showing self control. Circle anyone who IS showing self control. Did you get three in a row? If you did, you got Tic Tac Self Control! Let's see what you can do!



Jen can't wait to taste the birthday cake! He sticks her finger in the icing when nobody's looking.



Tristan didn't want to go to school. He lied and told his father that he was sick so he could stay home.



Hannah has a bag of candy. She doesn't eat it all! She shares it with her friend, Charla.



Naomi raises her hand to ask a question in class. She waits for her turn to talk.



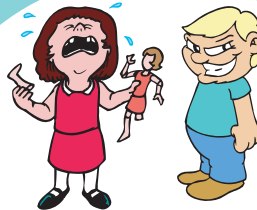
Jake broke May's bike by mistake. He is saving his money to pay for a new one to make things right.



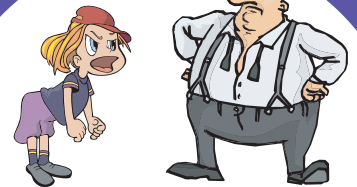
Carlos was playing games in the library. He yelled across the room to his friend Ty.



John said "I'm sorry, how can I help?" to his friend, Cam, for hurting his feelings by accident.

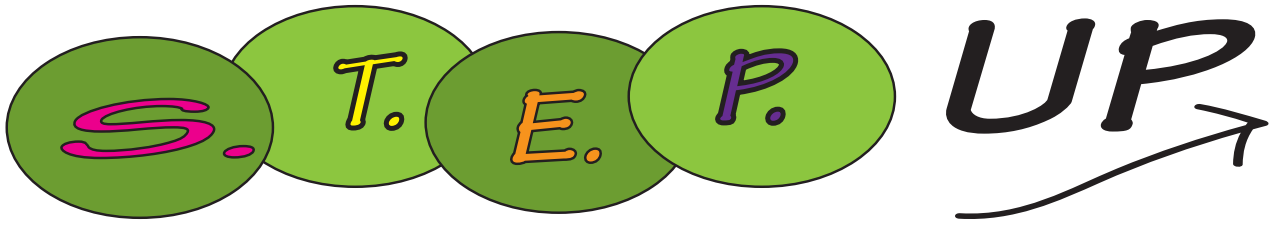


Jimmy wanted to see Emma's doll. He grabbed it out of her hands and it broke.



Maddie yells at her Dad when he won't let her play outside before doing her homework.

What's one way that you show self control? _____



We can use self control! Remember to Stop, Think, Evaluate, and Proceed!

- (1) Stop
- (2) Think up some solutions
- (3) Evaluate using 3 questions; (a) Would the solution work? (b) Is this solution safe? (c) Is it fair?
- (4) Proceed with the plan.

EXAMPLE: Someone took your equipment bag that you packed for our class.

Possible Solutions	Safe?	Fair?	Could it work?
Shove the person and call him/her a thief.	NO	NO	NO
Ask the person if s/he made a mistake and then ask politely for the bag back.	YES	YES	YES

(2) *The mixing bowl you need to make the cookies for the bake sale is on the top shelf.*

Possible Solutions	Safe?	Fair?	Could it work?

(3) *One of your classmates is following you around and it's making you feel uncomfortable.*

Possible Solutions	Safe?	Fair?	Could it work?

(4) *Name a choice that you have made recently that shows good self control. Was it safe? Fair? Did it work?*
