

SELF CONTROL

Young students: I stop and think before I act!

Older students/teens/adults: Taking the time to think through choices rather than act on impulse.

WEEK 1 Self Control defined: Thinking through problems & solutions

WEEK 2 Interrupting & asking politely: Getting needs met using self control

WEEK 3 Mistakes & apologies: Making mistakes, apologizing and making things right.

WEEK 4 Temptations & choices: Refraining from stealing, lying, acting out, etc.



Dear Family,

This month we will focus on the Powerful Word, “self control.”

Self control is the second concept in our three month curriculum aimed at empathic goal-setting, problem-solving and relationship management. Coming on the heels of “empathy” month, focusing on self control further demonstrates how we can be in control of our own actions as our actions affect others.

Self control refers to the ability to stop, think, and choose wisely before acting. When we show self control, we refrain from doing the first thing that “pops into our heads.” Self control is a vital social skill that allows people to think through choices before taking action.

During the month, we will talk to the youngest students about

how, just like a traffic light, our brain needs to tell our bodies when to stop (red light!) and when to go (green light!). We will also help students think through whether a solution is safe and fair. We will teach older students to apply the “Powerful S.T.E.P. Procedure” to various everyday problems and solutions. The S.T.E.P. procedure is as follows:

- **S--** Stop or Slow Down
- **T--** Think through the problem and solutions
- **E--** Evaluate the solutions
- **P--** Proceed with the plan or try another solution!

Recent research published in the *Proceedings of the National Academy of Sciences* (Jan, 2011), followed 1000 children over three decades. It found that those children who have high self control, compared to those with low self control, are significantly less likely to

have multiple health problems, addictions, money struggles and criminal records by adulthood.

The research confirms the findings of the famous “marshmallow study,” which found that children who were able resist eating a marshmallow placed in front of them in order to get two of them later scored an average of 210 points higher on the SAT than non-waiters. It’s true; good things come to those who wait!

We look forward to partnering with you on discussing self control this month!

Here’s to your success!

Best Regards,

—*Your Motivated and
Dedicated Instructors*

UPCOMING POWERFUL WORDS

MARCH	Anger Management
APRIL	Attitude
MAY	Manners