

ALL ABOUT **Self Control**

Parents,

Hello! Here at school, we have been very busy learning about self control - what it is, why it's important and how to practice it.

Learning happens best when it is done both at school and at home. Below are many ways that you can help your child continue to learn about the theme of self control, through reading about it, talking about it, and practicing it! We have really enjoyed exploring this topic at school, and I hope your family will enjoy it just as much!

READ ABOUT IT

Here are some books to help you learn more about self control:

- The Busy Beaver By Nicholas Oldland
- Clark The Shark By Bruce Hale
- Oh No, George By Chris Haughton
- Lacey Walker, Nonstop Talker By Christianne Jones

PRACTICE IT!

Set out 3 small pieces of candy. Tell your child that they can have one piece now, two pieces in 15 minutes, or all 3 pieces in 30 minutes. Once the child makes their choice, talk about why they made the choice they did. If they chose to wait, ask your child if it was difficult for them to wait for the candy. Reflect on the benefits of self control.

TALK ABOUT IT!

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Here are some discussion points to help you talk about self control with your child:

- What does self control mean and why do you think it's important?
- Is self control easy or difficult for you? Why?
- Tell me about a time when you used self control.
- Tell me about a time when you didn't use self control.
- How do you think using self control can help you in school?
- How do you think using self control can help you outside of school?
- How would your life look different if you used more self control?