

# Social and Emotional Learning (SEL)

## Self-Management: High School: Weathering the Whirlwind

### Overview:

Self-control is the self-regulation of one's feelings, thoughts, and behaviors. It has been stated that self-control is vital to living a healthy, productive, and successful life. Greater self-control allows one to focus better and learn more. In this lesson, your child will be able to monitor and manage self-control when responding to unexpected events.

### Objective:

The child will develop strategies for using self-control to manage unexpected situations.

### Child Goals:

I know I can manage unexpected situations.

**Vocabulary:** attitude, control

### Learn - 5 to 10 minutes

In life, unexpected situations arise and self-control strategies are needed to manage. These strategies are:

Determine Your Control  
Take a Step Back  
Take Control

When unexpected situations arise at home, partner with your child in using these strategies to manage his or her emotional responses and actions. Discuss with him or her about what they can control about the situation and help them to look at the end result or the big picture.

Parents, you can model these skills by changing your own attitude when unexpected situations occur to show your child the importance and benefit of self-control.

### Discussion Questions

These questions will help facilitate discussion to talk with your child about using self-control to manage unexpected situations.

- Tell about an unexpected situation you experienced?
- How might using self-control help in an unexpected situation?
- What are some things that are in your control?
- Tell about a time you were upset, but later realized the situation wasn't that important.

### Practice - 10 minutes

The *Weather This Whirlwind* activity encourages your child to apply the self-control strategies to unexpected and uncontrollable situations.

Provide your child with the *How Important Is It?* and the *Weathering This Whirlwind* cards.

Present various scenarios to your child. Ask him or her to discuss whether the scenario is *Very Important*, *Kind of Important*, or *Not Important* (*How Important Is It?* cards) and discuss why they chose that response.

Next, ask your child to select one of the *Weathering This Whirlwind* cards and discuss how him or her would 'weather the whirlwind' with their behavior, thoughts, words, or attitudes.

Continue through the scenarios for as long as time or interest allows.

### Deeper Dive - 10 to 15 minutes

The *Weather My Whirlwind* Activity encourages your child to reflect on an unexpected situation in their own lives and apply the strategies for managing situations that seem out of our control.

Provide your child with the *Weather My Whirlwind* activity for him or her to reflect on a recent unexpected situation.

Allot time after the activity for your child to share their responses.

**Tips:** Share unexpected situations you have experienced and how self-control helped you to respond to those situations. Another exercise is to share stories about famous people who experienced unexpected situations and discuss how their self-control helped them to respond to those situations. Encourage your child to read a nonfiction or fiction book and determine if the character or characters is exhibiting self-control or lack of self-control. Ask him or her to share what they might have done differently in the same situation.

**Very Important**



rethinkEd

**Kind of Important**



rethinkEd

**Not Important**



rethinkEd

Take Control of...

**Your Behavior**

How could your behavior help you weather this whirlwind?

Take Control of...

**Your Thoughts**

How could your thoughts help you weather this whirlwind?

Take Control of...

**Your Words**

How could your words help you weather this whirlwind?

Take Control of...

**Your Attitude**

How could your attitude help you weather this whirlwind?

Take Control of...

**Your Behavior**

How could your behavior help you weather this whirlwind?

Take Control of...

**Your Thoughts**

How could your thoughts help you weather this whirlwind?

Take Control of...

**Your Words**

How could your words help you weather this whirlwind?

Take Control of...

**Your Attitude**

How could your attitude help you weather this whirlwind?

# Weather My Whirlwind

## My Whirlwind

Describe an unexpected situation you've experienced recently. What happened? How did you react?

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## Identify Your Control

Looking back at the situation, what was in your control? What was *not* in your control?

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## Take a Step Back

How important did the situation seem at the time? Did your feelings about the situation's importance change? Explain.

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## Take Control

How could you have changed your behavior, thoughts, words, or attitude to better 'weather the whirlwind' or manage the situation?

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