



Dear Parent/Guardian:
Please do the activities checked with your child.

Self-Control

Ages 5-7

1. Self-Control Story

Together, write a story where a character shows self-control by doing the right thing even when it is hard. Read the story to the rest of the family. Discuss what might have happened if the character did not show self-control.

2. Self-Control Picture

Each of you draw a picture of yourself showing self-control in a situation where it is hard to show self-control. Show your pictures to the rest of the family and each of you explain the situations and your choices.

3. Self-Control Experience

Each of you share about one way that you chose to show self-control recently even though a part of you did not feel like showing self-control.

4. Behavior List

Together, make a list of examples of behaviors that show self-control and of behaviors that do not show self-control.

Showing Self-Control	Not Showing Self-Control

5. Showing Self-Control?

You and your child each draw 3 to 5 small pictures of different people either showing self-control or not showing self-control. Then show your pictures to each other and have the other person decide whether or not the person is showing self-control.

STORY WISDOM

Finding Life Lessons in Children's Stories

1. Discuss whether a character showed self-control in a story.
2. Discuss what happened when a character did not show self-control.
3. Discuss ways a character could have shown more self-control in different situations.



MEDIA WATCH

Understanding Media Messages

1. Discuss how different characters in a TV program showed or didn't show self-control.
2. Discuss how a character in a current children's movie showed self-control in a hard situation.
3. Discuss whether a character in a video game has to show self-control to score in the game.

DINNER DISCUSSIONS

Discussion Ideas for Meals Together

1. Have each family member describe ways he/she has recently shown self-control. Discuss what could have happened if he/she hadn't shown self-control in those situations.
2. Have family members tell about times when they did not show self-control and what happened.
3. Have family members share about people they know who show self-control.

QUOTE CORNER

Thoughtful Sayings to Display & Discuss

Discipline is knowing what you're supposed to do and doing it as best you can. *--John Madden*

Mastering others is strength. Mastering yourself is true power. *--Lao-tzu*

He who restrains his anger overcomes his greatest enemy. *--Latin proverb*

Parent/Guardian Signature

YES! Our family has done, or will do this week, the activity/activities checked.

X

Parent/Guardian Signature

Student

Date