



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

## Self-Control

Ages 8-10

### 1. Showing Self-Control

Together make a list of hard situations where your child may need to show self-control. Title the list "I Can Show Self-Control When..." Post the list on the refrigerator.

### 2. Why Self-Control?

Together write a short paragraph that explains why self-control is important and how it helps adults and children. You can add colorful drawings around the paragraph.

### 3. Current Event

Discuss a recent event where a person showed or didn't show self-control and what happened.

### 4. One School Day

Discuss a school day and have your child tell about all the different ways he/she could choose to not show self control during the day. Then discuss ways he/she could show self-control in each situation.

### 5. Our Stories

Each of you share about 2 personal stories--one where you showed self-control and one where you did not. Discuss what happened in each situation.

### STORY WISDOM



#### Finding Life Lessons in Children's Stories

1. Discuss story characters who showed or didn't show self-control and the results of their actions.
2. Each of you write a letter to a character explaining how he/she could have shown more self-control.
3. Make a list of specific ways characters could have shown more self-control.

### MEDIA WATCH



#### Understanding Media Messages

1. Discuss how a TV character could have shown more self-control in a situation.
2. Discuss whether or not a song your child enjoys encourages people to show self-control and do what is right even if they may feel like doing what is wrong.
3. Discuss whether a character in a video game has to show self-control in order to score.

### DINNER DISCUSSIONS



#### Discussion Ideas for Meals Together

1. Have family members tell about people they know who show self-control.
2. Have family members describe some positive results of showing self-control.
3. Discuss why showing self-control is important for people to succeed.

### QUOTE CORNER



#### Thoughtful Sayings to Display & Discuss

By constant self-discipline and self-control you can develop greatness of character. --Grenville Kleiser  
Some people regard discipline as a chore. For me, it is a kind of order that sets me free to fly.

--Julie Andrews

I count him braver who overcomes his desires than him who conquers his enemies; for the hardest victory is over self. --Aristotle

Parent/Guardian Signature

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

X

Parent/Guardian Signature

Student

Date