



WiseSkills® FAMILY WISDOM™

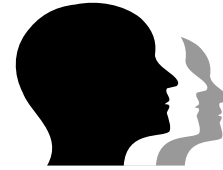
Helping Families Teach Good Character

Delaying Gratification: A Skill for Success

Dear Parent/Guardian:

WiseSkill # 14

Self-Control

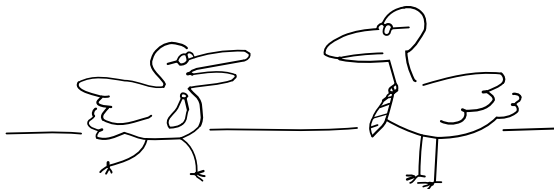


An important part of success is learning not to demand that we get what we want right away. When this is learned young, it can help us for a lifetime. When it is not learned, it can hurt us and others.

Self-control involves managing our feelings and desires and making choices to not let our feelings control us.

For your child to learn this, they should see you choose to manage your own strong feelings in healthy ways. Whether your child sees you controlling your frustration in the line at the grocery store or sees you keeping your responsibilities, your own self-control is the best lesson to prepare him/her for a life of success!

Sincerely,



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C. Barsotti

"Bad news, chief, the early birds got the worms."

PERSONAL THOUGHTS

1. In what ways is showing self-control easy for you?
2. In what is showing self-control hard for you?
3. What are 3 ways you can show more self-control at home or at work?

MODELING MOMENTS

Being an Example of Character



1. **WORK HARD** to show self-control, especially in how you talk to your children.
2. **BE HONEST** with yourself in areas where showing self-control is hard.
3. **TELL** your child the ways you have to show self-control in your daily life.

Parent/Guardian Signature

YES! I have read this **FAMILY WISDOM** newsletter.

X

Parent/Guardian Signature

Student

Date

TEACHER/FAMILY COMMENTS