

# Self-Control

## JANUARY 2022



### SAY IT:

Self-control means choosing to do what you should even when you don't want to.

### KNOW IT:

#### ASK A KID:

- Have you ever wanted to keep playing video games at night but your mom or dad said it was time to get a bath and get ready for bed? How did you act? What did you say?
- Think of someone you know that lacks self-control. Think of someone that you know that has great self-control. What are the main differences in their attitudes and behaviors?

#### ASK A GROWN UP:

- Think of a time when you lacked self-control. What happened?
- How does it feel to choose to do what you should even when you don't want to?
- What do you have trouble resisting? What do you do to avoid being tempted?

### SEE IT:

Self-control can be a difficult lesson to learn as a young person. Have you ever seen a toddler throw a temper tantrum? It's because they don't yet possess the skills to practice self-control. The attached video is a great depiction of Donald Duck and his struggle with self-control. Watch with a grown up and discuss the strategies the radio host is suggesting to practice self-control. Discuss in detail if Donald Duck is using these strategies.

<https://www.youtube.com/watch?v=ygvkPOZNVQc>

### BE IT:

Make a list of things in your life that you want to do but are unhealthy for you. How can you avoid making these unhealthy choices? For example, you really like to eat greasy foods or chocolate but they are unhealthy food options. What are some things that will help you choose to do the right thing, even when you don't want to? Are there certain places that you should avoid or are there specific times that you could avoid these places? Come up with some practical strategies to help you sharpen your self-control.

# PHASE

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In the elementary years,  
a child develops skills that  
equip their future.

Here are three questions that all elementary-aged children are asking:

**1. Do I Have Your Attention?**

In Kindergarten and first grade, a child craves adult attention and approval.

**2. Do I Have What It Takes?**

In second and third grade, a kid wants to know how their abilities compare with peers.

**3. Do I Have Friends?**

In fourth and fifth grade, a kid begins to prioritize friends in a new way.

Relationships create a safe place to resolve who we are. Relationships bring clarity. When kids see themselves the way a loving adult sees them, it changes how they see themselves