

Grade Level: Third/Fourth Grades

Topic: December – S-Elf Control

Materials: balloon, “It’s cool to have S-Elf Control “ worksheets, “This Classroom is under S-Elf Control Surveillance” sign, Poor Self Control Card and Good Self Control Cards, Stocking filled with S-Elf Control pencils.

Introduction

- ✓ For the month of December, our character trait is self-control.

Check Prior Knowledge

- ✓ What does self-control mean? Elicit examples.

Set Purpose

- ✓ Today we are going to learn that self-control is the ability to control your emotions, actions, impulses, body actions. The ability to restrain yourself.

Procedures

Give example: When my son was younger, he loved cupcakes! Well he went to a birthday party and as soon as we walked into the room, his eyes zeroed in on the cupcakes. There were about 15 kids at the party and about 20 cupcakes. He ran into the room and over to the table and gobbled up all the cupcakes before anyone could stop him! He didn’t have ANY self-control! He saw something he wanted, ran over, gobbled them up! No self-control.

- ✓ What some other way people or children can lack self- control? (eating, talking, hitting,...)

Balloon Example

- ✓ Hold up balloon, blow it up.
- ✓ Don’t tie the balloon.
- ✓ Tell the students,” This balloon is like a person without self-control. They are a balloon without a knot at the end of their balloon. (Let the balloon go)
- ✓ If a person doesn’t have self-control or that knot at the end of their balloon, they are unpredictable, can hurt people. It may be fun for a minute, but it’s all over the place.
- ✓ People don’t feel safe around a balloon that is not tied, because they don’t know what it’s going to do.
- ✓ Blow up balloon again and explain that a balloon with a knot is like a person that has self-control.
- ✓ A balloon with a knot is a lot more fun to be around. It lasts longer, its predictable. If it goes up then it come down. It doesn’t hurt people.
- ✓ This is what self-control is like. People enjoy being around a person that has self-control. They are in control of their emotions (no screaming or yelling), in control of their mouth, their actions.
- ✓
- ✓ If needed, give another example: Imagine riding in a car that is out of control. It can be frightening and very dangerous!
- ✓ This is also true of people who are out of control. They can hurt themselves and other people.
- ✓ Self-control is like having a steering wheel and brakes in the journey of life.
- ✓ SELF CONTROL means saying “no” to some things in order to say “yes” to something better.

Check for understanding

- The only person that has control over you is YOU. We are large and in charge of ourselves.
- We control the words we say, the ideas we choose to think, the actions of our body, and even our own feelings.
- Who wants to improve their grades and do well in school?

- Did you know that using self-control automatically helps you to do better in your school?

Matching S-elf Control Card game

- We are going to play a game today and I brought a friend to help us. This is my special friend S-Elf Control ELF. He thinks its cool to use self-control.
- Hand out green cards with scenarios on them.
- Have the students read their cards.
- “Raise your hand if you have a card that gives an example of a students using poor self control”.
- Have students come to the front of class.
- Now have those standing up front, read their cards.
- The students who are still seated will read their cards individually and come up to the front and match the good self-control card to the poor self-control card.
- When all matches have been made have all student sit down.
- **What does self-control look like?**
 - **I STOP – think – make a good choice**
 - I think before I act.
 - I control my emotions.
 - I respect others and their belongings.
 - I sit still and am quiet.
 - I raise my hand in class.
 - I behave even when no one is watching.
- **What does self-control feel like?**
 - I feel good about myself.
 - People trust me.
 - People want to be around me.
 - I make and keep friends.
- **Where do I need to have self-control?**
 - In the classroom, hallway, using the restroom, in the cafeteria, on the play ground, in special classes.
 - Have the students complete the worksheets with writing or pictures of how to have self-control in three areas of their school.

Summarize

- ✓ Today we talked about self-control. We learned that it means STOP and think before we do something. I’m going to leave this balloon in the classroom to remind us that we need to be the balloon with the knot and be in control of ourselves. And as a special reminder I will put it on this S-elf Control Surveillance sign to let you know that we’re watching for student to show their S-elf Control power!
- ✓ Remember, “It’s COOL to have S-Elf Control!”

* Note: If students have displayed self control (using N-O-I-S-E classroom management)] as a class, they will be rewarded with a pencil.