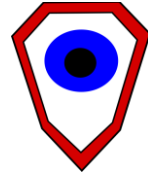




Self-Control



Guided lessons for Chapter 2 of *The Character Club* to empower Sebastian with self-control!

Day 1: Introduce the Concept of Self-Control

- Read Chapter 2 about self-control (Sebastian).
- Discuss with students the challenges Sebastian faced with using self-control.
- Close with asking: *What are some challenges that you or students in our school/community are facing with using self-control?*

Day 2: Define Self-Control

- Review the challenges Sebastian and all of us face with using self-control.
- Teacher can ask: *What does self-control look like?*
- Teacher can state: *Self-control looks like my mind, body and words are in control.*
- Have students share examples of students who show self-control.

Day 3: Discuss Self-Control

- Review the meaning of self-control and the challenges of using it all the time.
- Teacher can ask: *How do you feel when students are not showing self-control in our class or school/community?*
- Teacher can ask: *Why is self-control important?*
- Generate ideas for why it is important to have self-control in school and at home.

Day 4: Strategies for Success

- Use the *Self-Control Strategies for Success* document as a visual for students.
- Teacher can ask: *What are some other possible strategies and/or solutions to help solve self-control challenges?*
- Teachers can state: *Students, I now challenge you to demonstrate self-control in our school/community to become more aware and focused like Sebastian.*

Day 5: Reflect/Expand

- Re-read Chapter 2 about self-control (Sebastian).
- Generate more strategies to have self-control like Sebastian.
- Discuss students' connections to Sebastian's challenges and successes.