

✓ self-control

Managing emotions, thoughts and behaviors

People with self-control are able to manage stress and control impulses. They are motivated to reach academic and personal goals. People with self-control keep tempers in check, listen to others without interruption and are clear about personal boundaries.

Children with self-control pay attention and resist distractions. They follow directions, get to work right away, and work toward completion. Children with self-control know they can meet their individual needs while acting with respect for the community; they raise their hand and follow other rules for order in the group. They act respectfully by not acting out of greed or impulsivity. They are able to articulate their wants and needs clearly with words that are direct and kind.



You can help children develop self-control by modeling self-control in your talk and in your actions. **Stay calm**, identify your feelings and **clearly state problems**. Acknowledge how you may need to **manage your impulses** when you want something badly. Celebrate children's self control by noticing when they **wait patiently, stay focused, listen attentively**, and respond to criticism or provocation without anger.



MEETING STREET ACADEMY
**PATH TO
SUCCESS**

People who have self-control are aware of their emotions and thoughts and able to meet their personal and academic goals by controlling impulses. People with self-control are on the PATH TO SUCCESS.