Activity 3.1 Self Control Level 6-8

In today's activity, you and your child will be exploring the idea of **self control**. Tell your child that **self control** means you are in control of your body and words, even if you are very upset. By staying in control, you allow yourself to make better choices.

You will need a device to watch a YouTube video. *Make sure to queue the video beforehand.*

Have your child watch the video in this link

Discussion: After watching the video, ask your child to think of a time when he or she "flipped their lid" . Tell them to take a few minutes to recall the incident and remember what happened. Ask them:

- What did it feel like?
- How did your body react? (Did your face feel hot, or did you start to shake?)
- What happened next?
- If you could do it again, would you act differently?
- How will you be able to tell if you are going to "flip your lid" in future?
- What could you do to prevent it?

Brainstorm with your child some ways that he/she could calm themselves, rather than "flipping their lid". Make a list. If you need some ideas, Click on this link here.

Optional: Have your child make a poster of 5-10 of their favorite ways. Decorate it with stickers, crayons, markers or whatever art supplies you have on hand. Hang it in their room as a reminder.