



Activity 3.1 Self Control K-2

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.* You can either print out the die and fold it into its shape, or just ask your child one of the questions on each side of the die, after reading Winston's Story.

Activity:

1. Play Winston Worm Says a few times.
 - a. Similar to the game "Simon Says". Give your child a direction (ex: hands on head). They are only supposed to follow directions if you say "Winston Worm Says" first!
2. Read Winston's Story to your child. (On the second page, attached)
3. Use the die included to answer the questions about Winston's Story with your child.
4. Have your child sit in a comfortable spot. Play the [Kids 5 Mins Meditation](#) video for your child. *Parents may want to meditate alongside their child.*
5. After meditation ask yourself and child these questions:
 - a. How did meditation make you feel? Relaxed? Calm? Fidgety?
 - b. How does meditation help with self control?
 - c. Would you incorporate meditation into your routine? Why or why not?



WINSTON'S STORY



Winston the worm loved going to school but he always seemed to get in trouble! He felt frustrated because he didn't understand what he was doing wrong.

Take yesterday for example. Winston was at recess and wanted to play kickball. All of the balls were being used so he grabbed one out of Wanda's hands. Winston felt happy that he had a kickball, but then he got into big trouble and couldn't play for the rest of recess.

After recess Winston was in class when he had a brilliant idea and wanted to share it with everyone. The teacher was talking but he couldn't wait so he blurted out his awesome idea. Instead of everyone saying it was great, he got in trouble AGAIN!

That afternoon Winston was so excited to read his new library book and he was waiting in line to check it out. It seemed like it was taking FOREVER so he cut in line to get closer to the front. The librarian saw him and Winston got in trouble AGAIN!

Winston felt so confused. "All I wanted to do was play kickball, share my idea, and check out a library book. What did I do wrong?"