

LA.1.5 Identify attitudes and behaviors that lead to successful learning.

LA.3-1 Take responsibility for actions

CA.2.1 Acquire employability skills such as working on a team, problem-solving, and organizational skills

PS.A.1.8 Understand the need for self-control and how to practice it.

1. Play Rating Scales game:

Place the numbers 1, 3 and 5 on three areas of the wall. Students should stand near the number that best answers the question for them—1 being "I never do that", 3 being "I sometimes do that" and 5 being "I always do that".

Read the following scenarios and have students silently go and stand in the area that best applies to them:

I sit down and complete my homework without being told.

I raise my hand and wait to be called on.

I keep unkind thoughts to myself, not saying them outloud.

I wait my turn during a game.

I sit quietly while my teacher is talking.

I get out of bed on time.

I keep my hands to myself, not touching people or objects.

I control my words and actions when angry.

I behave appropriately when someone does something silly or inappropriate.

2. Go over the definition for Self-Control.

Self-control: Being in control of your words, actions, impulses and desires. Doing your best in all situations.

All of the behaviors in that activity show self-control. Ideally, you would be rating yourself a 5 on all those behaviors. Up to this point, adults have tried to guide you toward self-control (i.e. "don't touch that, don't eat that.")

At this age, you are now accountable for showing self-control. You are accountable for

1. The decisions and choices you make,

2. How you behave

3. How you treat others
4. How you affect others

Self-control is the most important character trait—without self-control you cannot be respectful, responsible, kind, etc.

All behavior has consequences. What are some of the consequences of not showing self-control.

3. Teach sign language for self-control. Use this signal to remind each other to show self-control.
4. Have students complete worksheet showing 3 things they will do to keep a pledge to show self-control.