

K-2 Lesson on Self-Control

A:A3:1 Take responsibility for actions

PS:A1:8 Understand the need for self-control and how to practice it

Lesson plan:

Self-Control means controlling your words, actions, and impulses.

What are some ways we show that we can control our words? Our actions? Our impulses?

Sometimes we have to control our impulses when we feel angry. Does everyone get angry? Of course! Does everyone lose control when they are angry? No! They have learned how to control their anger, and that is what we will be learning today!

Read "When I Feel Angry".

Discuss some things that make the students angry. Write examples on the board.

Tell students that you are going to teach them 5 ways to handle angry feelings.

Go over each strategy:

1. Talk to an adult about your feelings. Identify some people they could talk to.
2. Exercise. What are some ways you could exercise and get your angry feelings out? (run, jump, walk the dog, ride bike)
3. Find something fun to do to take your mind off your anger. What are some fun activities you could do.
4. SLOWLY count to ten. Count again if you still feel mad.
5. Take at least 5 deep breaths (breath in through nose and out through mouth). Demonstrate and practice how to take these breaths slowly!

Role plays: Using the "anger triggers" that were recorded on the board, call students up to role play how they would calm down in that situation. They can act out any of the 5 strategies.