

Family Connection

OVERVIEW: A car that drifts out-of-control is dangerous to everyone in its path—and to everyone inside the car. Similarly, losing control over your temper, emotions, or will-power can cause a lot of unnecessary pain. Self-control means steering your life in a positive direction and doing what is right. When you say “no” to one thing, think of it as saying “yes” to something better—something that can help you reach your goals!

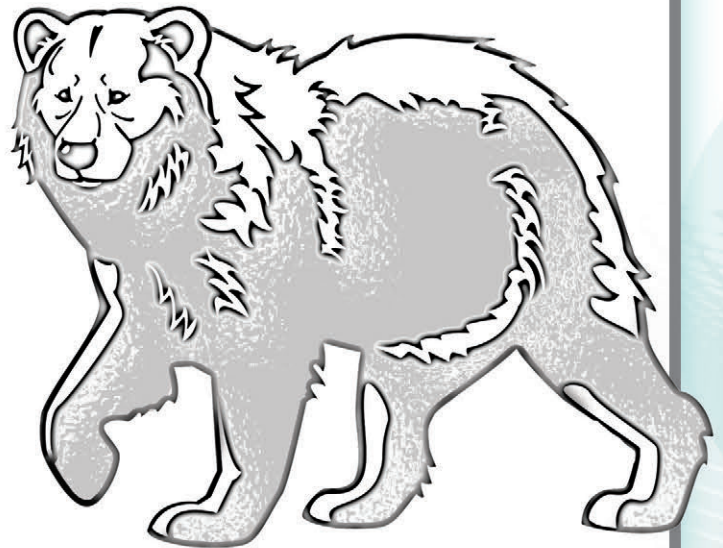
Self-Control

Definition: Choosing to do what is right, even when I don't feel like it

I WILL...

- ☐ Think before I act.
- ☐ Control my temper.
- ☐ Respect others and their belongings.
- ☐ Sit still and be quiet.
- ☐ Build healthy habits.

The Black Bear demonstrates self-control as it prepares each year for winter hibernation. The bear stops eating, slows its breathing, and lowers its heart rate while it sleeps.



CHARACTER QUIZ:

1. Why is it important to do what is right, even when you don't feel like it? _____
2. What could happen to someone who has very little self-control? _____
3. Self-control includes: **a.** going to bed on time. **b.** not over-eating. **c.** showing good manners. **d.** all of the above.
4. Self-control means you never have any fun: TRUE? or FALSE?
5. What are some healthy habits that can make you a stronger person? _____
6. Athletes make a lot of sacrifices in order to reach their goals. Can you think of ways athletes show self-control or self-discipline? _____