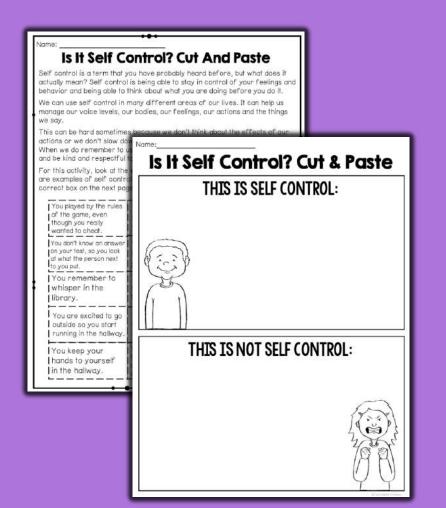
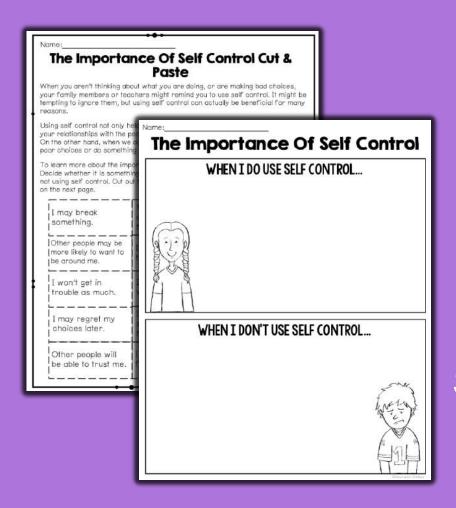
"Is It Self Control?" Cut & Paste



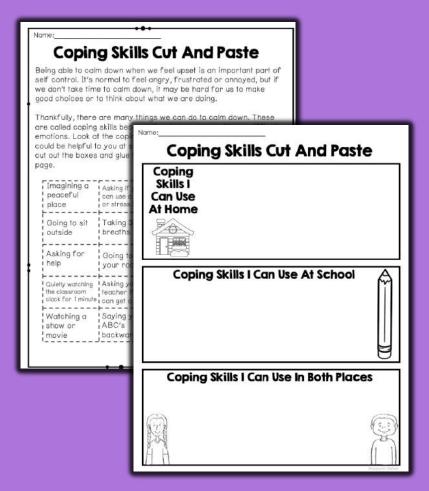
Students will look at 14 scenarios and determine whether or not they are examples of self control.

"Importance Of Self Control" Cut & Paste



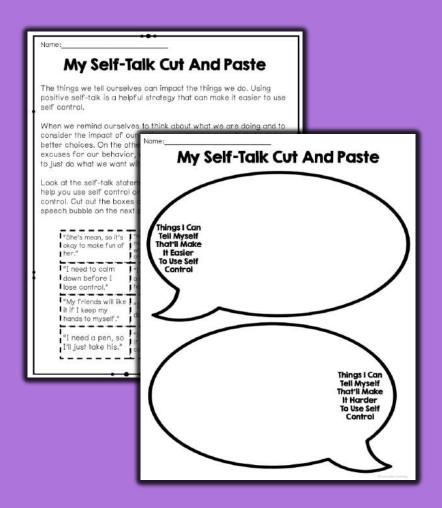
Students will look at 14 scenarios and determine whether they are a result of using self control or not using self control.

"Coping Skills" Cut & Paste



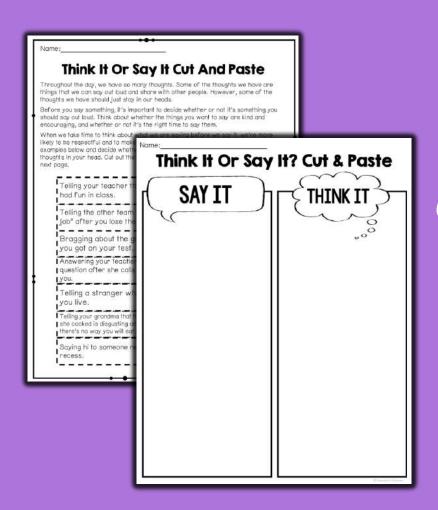
Students will look at 18 coping skills they can use to control their emotions. They will decide whether they are strategies that can be used at school, at home or in both places.

"My Self-Talk" Cut & Paste



Students will look at 12 self-talk statements and decide whether or not they will help the student use self control.

"Think It Or Say It?" Cut & Paste



Students will look at 14 statements and decide whether they should say these things or keep the thoughts in their heads.

Why use cut & paste activities:

- Cut and paste activities are an **easy**, **no-prep** addition to any lesson!
- They are a great way to introduce a subject, or to gauge how well your students understand a certain topic.
- Cut and paste activities allow students to sort information in a way that makes sense and helps them to remember.
- Students will learn about topics by looking at scenarios they experience in real life.

How to use cut & paste activities:

- Cut and paste activities can be used in individual, small group or classroom settings.
- They can also be used in centers.
- This resource contains 5 cut and paste activities that can be used individually, or as a set.