

“Is It Self Control?”

Cut & Paste

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

Name: _____

Is It Self Control? Cut And Paste

Self control is a term that you have probably heard before, but what does it actually mean? Self control is being able to stay in control of your feelings and behavior and being able to think about what you are doing before you do it.

We can use self control in many different areas of our lives. It can help us manage our voice levels, our bodies, our feelings, our actions and the things we say.

This can be hard sometimes because we don't think about the effects of our actions or we don't slow down.

Name: _____



Is It Self Control? Cut & Paste

For this activity, look at the examples of self control and put them in the correct box on the next page.

THIS IS SELF CONTROL:

- You played by the rules of the game, even though you really wanted to cheat.
- You don't know an answer on your test, so you look at what the person next to you put.
- You remember to whisper in the library.
- You are excited to go outside so you start running in the hallway.
- You keep your hands to yourself in the hallway.

THIS IS NOT SELF CONTROL:



“Importance Of Self Control” Cut & Paste

Name: _____

The Importance Of Self Control Cut & Paste

When you aren't thinking about what you are doing, or are making bad choices, your family members or teachers might remind you to use self control. It might be tempting to ignore them, but using self control can actually be beneficial for many reasons.

Using self control not only helps you with your relationships with the people around you. On the other hand, when we make poor choices or do something bad, it can hurt our relationships.


To learn more about the importance of self control, decide whether it is something you want to use or not using self control. Cut out the pieces on the next page.

I may break something.
Other people may be more likely to want to be around me.
I won't get in trouble as much.
I may regret my choices later.
Other people will be able to trust me.


Name: _____

The Importance Of Self Control

WHEN I DO USE SELF CONTROL...



WHEN I DON'T USE SELF CONTROL...



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

Name: _____

Coping Skills Cut And Paste

Being able to calm down when we feel upset is an important part of self control. It's normal to feel angry, frustrated or annoyed, but if we don't take time to calm down, it may be hard for us to make good choices or to think about what we are doing.


Thankfully, there are many things we can do to calm down. These are called coping skills and can help us control our emotions. Look at the coping skills listed below. Some of them could be helpful to you at school and some could be helpful at home. Cut out the boxes and glue them to your page.

Name: _____


Coping Skills Cut And Paste

Imagining a peaceful place	Asking if you can use a quiet place or stress ball
Going to sit outside	Taking 3 deep breaths
Asking for help	Going to your room
Quietly watching the classroom clock for 1 minute	Asking your teacher if you can get a pass
Watching a show or movie	Saying your ABC's backwards



Coping Skills I Can Use At Home



Coping Skills I Can Use At School



Coping Skills I Can Use In Both Places



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

Name: _____

My Self-Talk Cut And Paste

The things we tell ourselves can impact the things we do. Using positive self-talk is a helpful strategy that can make it easier to use self control.

When we remind ourselves to think about what we are doing and to consider the impact of our choices, we can make better choices. On the other hand, when we use excuses for our behavior, it is easier to just do what we want without thinking about the consequences.

Look at the self-talk statements below. Some help you use self control and some do not. Cut out the boxes around the self-talk statements and paste them into the speech bubbles on the next page.

"She's mean, so it's okay to make fun of her."	Yes
"I need to calm down before I lose control."	No
"My friends will like it if I keep my hands to myself."	Yes
"I need a pen, so I'll just take his."	No

Name: _____

My Self-Talk Cut And Paste

Things I Can Tell Myself That'll Make It Easier To Use Self Control

Things I Can Tell Myself That'll Make It Harder To Use Self Control

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

Name: _____

Think It Or Say It Cut And Paste

Throughout the day, we have so many thoughts. Some of the thoughts we have are things that we can say out loud and share with other people. However, some of the thoughts we have should just stay in our heads.

Before you say something, it's important to decide whether or not it's something you should say out loud. Think about whether the things you want to say are kind and encouraging, and whether or not it's the right time to say them.

When we take time to think about what we are saying, before we say it, we're more likely to be respectful and to make good choices. Below are some examples of things you might say. Think about whether you would say them out loud or keep them in your head. Cut out the next page.

Name: _____

Think It Or Say It? Cut & Paste

Telling your teacher that you had fun in class.	SAY IT	THINK IT
Telling the other team "good job" after you lose the game.		
Bragging about the grade you got on your test.		
Answering your teacher's question after she calls on you.		
Telling a stranger where you live.		
Telling your grandma that the food she cooked is disgusting and there's no way you will eat it.		
Saying hi to someone on the playground during recess.		

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.