

Character Connection-April/May



Self-Control

Self-Control is: control over your own emotions and actions. One of the best ways to improve your self-control is getting enough sleep (9-10 hours) every night.

Students are able to earn a Spirit Stick this month by completing the following checklist and passing it off with a parent. Please return this checklist, along with your poster/list, to your teacher on or before May 13th. Please keep in mind this project is meant to be worked on during the whole month.

Activities	Comments/Fill in the blank	Parent Signature
Tell a parent what self-control is and list 3 ways you can control your emotions and/or actions.	I told _____ The 3 ways are: 1 _____ 2 _____ 3 _____	
Go to the school website and read about one way to relax. Practice it at least 5 times. (sagehills.alpineschools.org)	I learned how to _____ _____ _____	
Follow the schedule on the back for the Safety checklist.	I did week 1 yes/no I did week 2 yes/no I did week 3 yes/no I did week 4 yes/no	
Fill someone's bucket at least 3 times.	I filled _____'s bucket by _____. I filled _____'s bucket by _____. I filled _____'s bucket by _____.	
Sleep helps with self-control. Go to bed early. Get between 9-10 hours of sleep a night at least 5 nights every week.	I did week 1 yes/no I did week 2 yes/no I did week 3 yes/no I did week 4 yes/no	
Think of one thing you do where you could show more control. Make a plan, research how to do it well. Practice it at least one week.	I want to get better at _____ _____ My plan is _____ _____ _____ _____ This is how I did _____	