

Learning Objective: To teach children the importance of remaining calm under stress and controlling impulsive behavior

Skill: Emotional control, self-control

Ask the group, "What is self-control?" Brainstorm ideas and write them on the blackboard or a large sheet of paper.

Tell them:

When you have self-control, you decide the best way to act instead of acting without thinking. It might only take a second or two, but a person with self-control stops, thinks, and remains calm—even if she is very upset or angry. Before she acts, she thinks about the situation and what might happen if she reacts impulsively.

Ask for volunteers to talk about the following situations, stopping first to think about what they would do to exercise self-control.

- Someone hits you on the arm.
- You get chocolate all over your new shirt.
- Your sister forgets to close the door and your dog runs away.
- You get a D on a test you studied hard for.
- Your parents cancel a vacation you were looking forward to.
- You have no idea how to do your math homework.

Ask the group to think of recent situations in which they were upset or angry. Have them tell about what they did, and whether they exercised self-control or reacted impulsively.