Self-Control

Character in Focus
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How to use Character Ed Tools - Self-Control—Character in Focus

Overview

Too often we view self-control as the ability to avoid certain pitfalls in life. We perceive self-control as one’s ability to exercise “will power,” to control urges and desires that may have a negative effect on our lives. Self-control then becomes synonymous with missing out on some type of fun or delicious but fattening food. However, lacking self-control brings about feelings of depression, frustration, and anger.

This Self-Control program is designed to help students recognize that self-control is more than that. It is the driving force in our lives that helps us achieve our goals and dreams. It represents taking control over one’s life, one’s destiny. This program will help students learn how to exercise self-control when they are in a bullying situation, confronted with negative influences, or when they experience feelings of frustration or anger. Students will discover the benefits of self-control and how they can apply it to their daily lives.

This Self-Control—Character in Focus program will help you present the character quality of self-control to your students in an interesting and engaging way. The DVD is a great discussion starter and we have provided you with several pages of worksheets to get the students’ responses to the material presented. We have also provided you with ten lessons which are loaded with tons of ideas to get you and your students talking. We are excited about the opportunities you will have to help guide your students as they learn how to get a grip on their lives. But more importantly, have loads of fun and enjoy your discussions concerning this significant character quality.

Ten Great Self-Control Statements

A great way to reinforce the messages on self-control is to begin or end your class period reading these self-control statements. Also, these statements could be a reminder for you to use with the students weeks after you’ve ended your lessons on self-control. However you decide to use them, I’m sure you’ll find these statements to be inspirational.

The Self-Control Discussion Video

There are several worksheets provided to accompany the discussion video. The video is broken into four distinct segments. We suggest following the discussion video guidelines provided later in this book. The students have worksheets that correspond with each segment of the video. These worksheets and discussion questions will get your students thinking and talking about the importance of exercising self-control.
Lessons 1 Through 10

Each lesson contains tons of interesting insights and thoughts to get your students talking for hours and hours on end about self-control. Okay, maybe we’re exaggerating a bit but this will get you and your students talking.

Activities

This program contains multiple activities for each lesson. Use as many of these ideas as time or resources permits. Our goal is simply to get your students talking, thinking, and acting on what, when, and how to exercise self-control in their efforts to achieve success in life.

The Lessons

Each lesson is packed with thought-provoking content to get your students talking. An interesting comment is then followed by open class discussion. We think you’ll find it fun to see what your students think self-control means in different situations.

Biographic and Historical Data

We thought you could use some real examples of people and historical events involving self-control. With each lesson you’ll find whole bunches of data on a real person or event demonstrating self-control.

Worksheets

Several worksheets are provided for each lesson to get your students’ feedback as they reflect on what they have learned.

Some Legal Thoughts

Copyrights and all that jazz. You know the drill. These lessons and discussion video are owned by Character Ed Tools, so don’t copy them. If you want more videos or books or a license to use these materials school wide, just give us a yell, we’ve got solutions. But when it comes to those worksheets? Copy tons of the worksheets (well, perhaps not tons since we are supposed to be saving trees, but you get the idea). Let’s get those students writing and reflecting on what they have learned. And most important of all, let’s have fun learning about self-control!
Ten Great Self-Control Statements

LESSON 1: WHAT IS SELF-CONTROL?

Plato, a famous ancient philosopher, once said, “The first and best victory is to conquer self.” Taking control of your thoughts and actions will be a lifelong effort that is easier to accomplish when you spend time daily working on it. A strong ability to make the right decisions concerning how you express your emotions and the impulses you choose to act on is critical to the success and happiness you’ll experience later in life.

LESSON 2: TAKE CONTROL OF YOUR HEALTH

A single penny isn’t a lot of money but several million of them when added together become quite valuable. Likewise, your health is dependent on a series of choices made over several years. One poor decision may or may not ruin your life but when added together those decisions impact your over-all health. And just like picking up a penny here and a penny there can start to build a huge pile of money, how you choose to live each second makes a huge difference when all those seconds are added together. So come on, live smart and think healthy. The small choices you make today could pay off big time in the tomorrow you live in.

LESSON 3: SELF-CONTROL WITH MONEY

Everyone has heard the saying, “A penny saved is a penny earned.” That’s good advice, but it’s not easy to save those pennies, is it? This isn’t anything new. Thomas Tusser, a 16th Century English poet, wrote, “a fool and his money are soon parted.” Holding onto money has been difficult for a lot of people for a lot of centuries. It takes self-control to think about what that money can do for you over the long haul. Next time you have a few bucks, consider what you’d do if you had three times that many dollars and then think about saving those dollars until you do.

LESSON 4: TAKING CONTROL OF TIME

What does everyone have but can’t own? What can everyone use but not keep? What is something that can be lost or wasted but never returned? The answer is time. Steve Jobs of Apple computer said, “Your time is limited, so don’t waste it living someone else’s life.” Seize the day, live the moment, and make each action and thought count.

LESSON 5: ANGER MANAGEMENT

There is nothing wrong with being more emotional than those around you. However, it’s important to control how you express those emotions. And the emotion most likely to get you into trouble and most likely to be out of control is anger. Learning to control you anger may be challenging but it will help you become more successful in life. And a great way to gain control over your anger is to make this Bible proverb a significant part of your life: “Be quick to listen, slow to speak, and slow to anger.”
LESSON 6: SELF-CONTROL AT SCHOOL

There are several valuable things you’ll learn at school that aren’t found in any textbooks. It comes from the schooling process. You see, going to school teaches you several skills that help you become successful in life. For example, getting homework completed on time, arriving at school in a timely manner, learning to interact with others in a positive way, and developing time management skills are a few of the important life lessons you’ll learn at school that will help you in the future. Or as author, H. Jackson Browne, Jr., once wrote, “Talent without discipline is like an octopus on roller skates. There’s plenty of movement, but you never know if it’s going to be forward, backwards, or sideways.” Developing self-discipline helps you put that knowledge in your head to work so that you can create a better life for yourself.

LESSON 7: SELF-CONTROL AT HOME

Aristotle once stated, “We are what we repeatedly do, excellence then is not an act, but a habit.” Let’s get out there and practice good character. Let’s consciously make a decision to force ourselves to respect others and make decisions that would benefit us all. Let’s practice these things at home, perfect them here at school, and develop the habit of good character.

LESSON 8: SELF-CONTROL WITH THE BULLY

Bullying isn’t new. It’s been around since the dawn of time. There will always be those who feel it is necessary to be critical of you or your work. But don’t let that get to you. Those being critical feel a need to knock you down to build themselves up. However, those whose ideas and opinions that matter are the ones that cause you to excel. Mark Twain wrote about it this way, “Keep away from people who belittle your ambitions. Small people always do that, but the really great make you feel that you, too, can become great.” So don’t let little bullies keep you small. Listen to those who encourage you to Dream BIG!

LESSON 9: SELF-CONTROL IN THE ENVIRONMENT

It’s easy to look around and see all the things others are doing that are harmful to the environment, but what about you? How are you doing at controlling your actions to help recycle, reduce, or reuse those things that you consume? Self-control is “self” control. It begins and ends with you. How well do you listen to that voice in your head telling you to think twice about what you are doing? W.K Hope writes, “Self-discipline is when your conscience tells you to do something and you don’t talk back.” The next time you feel the urge to litter because everyone else is doing it, think again. Listen to that voice inside telling you to do the “right” thing.

LESSON 10: SELF-CONTROL IN THE COMMUNITY

British psychologist, William McDougall said, “Willpower is character in action.” He goes on to declare that “willpower” is the source of our actions and our actions declare our character. Therefore, our ability to control “self,” or “willpower” is then the source of our character. For when we exercise our willpower to do good, and do so, we have good character, but when we willfully choose to neglect our responsibilities, we have bad character. Let’s choose to develop our “willpower” to take action toward doing the good.
Self-Control Video Guidelines

The Self-Control video is divided into four distinct segments. The video will have on screen questions following each segment. Those questions are printed for you on the next page. Please take time to discuss these questions with the students and add your own personal experiences concerning self-control. The following guidelines are how we would use these worksheets with the video to help students understand how to take control of their lives, achieve their goals, and help others to do the same.

Self-Control Discussion Video Guidelines

Take the Pre-Self-Control Video Quiz

Segment #1  Open Discussion—What is Self-Control?
             Complete Worksheets #1 & #2

Watch Video Segment #1
             Discuss On-Screen Questions for Segment #1
             Complete Worksheets #3 through #6

Segment #2  Open Discussion
             Complete Worksheet #7 & #8

Watch Video Segment #2
             Discuss On-Screen Questions for Segment #2
             Complete Worksheet #9 through #11

Segment #3  Open Discussion
             Complete Worksheets #12 through #14

Watch Video Segment #3
             Discuss On-Screen Questions for Segment #3
             Complete Worksheet #15 through #16

Segment #4  Open Discussion
             Complete Worksheet #17

Watch Video Segment #4
             Discuss On-Screen Questions for Segment #4
             Complete Worksheet #18 through #21

Take the Post-Self-Control Video Quiz
Self-Control Video Questions

The Discussion Video has several on-screen questions following each segment. Those questions are as follows:

Questions for Segment #1

1. Karlton and Katherine have disciplined their lives to excel at their chosen sports. What can you learn from their example and how can you apply that knowledge to your life?

2. Becky is in control of her attitude and actions. She is moving forward despite her limitations. Discuss the importance of being positive and determined even when things don’t go your way?

Questions for Segment #2

1. It’s not always easy to keep a secret. Talk about why secrets are so difficult to keep to ourselves?

2. Sarah’s life was out of control. At first, she was over-weight and then severely under-weight. Discuss how too much self-discipline can actually do more harm than good.

Questions for Segment #3

1. Social networking is a great way to stay connected with friends and family. However, social networking has also brought us cyber-bullying. Discuss how using common sense and self-control can positively affect your online experience. Talk about how you can protect yourself from cyber-bullying?

2. Shane lost control of his life after his father unexpectedly died. He became angry, allowing his emotions to get the best of him. Discuss the importance of seeking counseling or getting trusted advice from those who have your best interest in mind when going through a difficult time in your life.

Questions for Segment #4

1. Megan is involved in several different activities at her school. Procrastination is a problem she deals with on a daily basis. What can you learn from her about the importance of exercising self-control to accomplish several tasks?

2. The solar boat team broke the project down into manageable parts and divided up the responsibilities for the project. How can you apply this same type of strategy to accomplishing the demands of school?
Self-Control Discussion Video Summary

Overview

What is self-control? It’s apparent that a lack of self-control can lead to addictions, health problems, and failure. Conversely, those with self-control have the ability to do the work necessary to excel and improve who they are. When students learn how to exercise self-control they are able to handle bullying situations, confront negative influences, deal with frustration and anger, and forgo a present desire in pursuit of a bigger goal. This self-control program helps students control their impulses and recognize that self-control isn’t about denying themselves of something enjoyable or missing out on some type of fun, it’s about taking control of their lives in an effort to shape and control their future.

How To Use the Self-Control Discussion Video

This program will motivate students to consider the importance of exercising self-control. We suggest following the discussion video guidelines to get the most out of the program. The video is broken into four distinct segments. Each segment concludes with a few discussion questions that will help you lead a discussion on the material viewed. Also, worksheets are provided that correspond with each segment of the video. These worksheets will help you evaluate how well the students are understanding the material. If you only have a limited amount of time to teach this character topic you may decide to have the students watch only a few segments of the video. Either way, these worksheets and discussion questions will get your students thinking and talking about how self-control is the driving force that moves them away or toward their goals and dreams.

Summary of the Self-Control Discussion Video

Section #1: The Power of “Self” Control

When we hear the words “self-control,” we think “will power.” That ability to walk past a plate of brownies, or to sit still for long periods of time; it’s the power to say “NO.” But exercising self-control isn’t always that easy. For some, self-control means resisting the temptation to eat another piece of cake, play just one more game, or sleep in an extra five minutes. But it doesn’t have to be like that. Self-control is the driving force you use to achieve your goals; it’s exercising discipline to attain a better life, a better you.

Karlton’s goal was to start at cornerback for Servite High School. But achieving this goal took a lot of effort. His freshman year they told him that he was too small and too slow to play. Karlton could have
given up, but he didn’t. Instead, he committed himself to getting bigger, stronger, and faster.

Katherine Salcido, a track star for San Dimas High School, has disciplined herself to work hard at developing her skills as a track and field athlete. Katherine has the natural ability to do well, but her desire was to be the best in the state. And like Karlton, Katherine disciplined herself to work hard to become the best that she could be.

Becky McDougal, an eighth grade drama student at Royal Oak Middle School, was born with just one leg. Becky uses a wheelchair to go long distances and needs a prosthetic leg when walking. She has limitation, but despite her physical disability she doesn’t want to be treated differently. Becky could be depressed, but she knows she has the power to control how she views herself and her abilities. She understands that the only person she can control or change is herself. Like anyone, Becky wonders what it would be like to be different. But instead of dwelling on those “what-ifs,” Becky has chosen to take control of her actions and attitudes. She’s moving forward to get the most out of her future.

Questions for Segment #1

1. Karlton and Katherine have disciplined their lives to excel at their chosen sports. What can you learn from their example and how can you apply that knowledge to your life?

2. Becky is in control of her attitude and actions. She is moving forward despite her limitations. Discuss the importance of being positive and determined even when things don’t go your way.

Section #2: Self-Control - Out of Control

It’s not always easy to maintain your self-control. Life is full of situations where your “will” power will be tested. For example, Tina and Jessica are standing by the door at the front of the classroom as other students are coming in. Tina is whispering something to Jessica. It’s a secret! Jessica takes her seat as class begins but desperately wants to tell others about the gossip she just heard. She’s torn between the desire to keep the secret to herself and wishing to tell others the gossip. Eventually she gives into the pressure and blurts out the message.

All of us struggle with keeping a secret to ourselves; it’s not easy to do. But keeping a secret is just the tip of the iceberg when it comes to self-control. How well do you handle your money or your time? Do you give in to the desire to spend money on clothes you don’t need, or to play another game when you know you need to get to bed? It doesn’t take too much for our self-control to get out of control. If we want to be successful in life, we have to take control of the decisions we make. But we need to be careful. It’s possible to go too far with self-control.

Frustrated by how heavy she was getting, Sarah Jacobo set out to lose weight. She exercised self-control around food and began losing weight. However, her weigh-loss soon became an out-of-control obsession. Sarah’s weight went from 180 to a mere 70 pounds. Losing weight had become an addiction. She didn’t realize she had gone too far until she was rail thin. She had to break her addiction to the weight loss and work at eating healthy.
Sounds crazy doesn’t it? Addicted to losing weight? It can happen. We can become addicted to just about anything. Using a cell phone, reading a book or playing games can all be wonderful things to do unless you’re obsessed with them to a point where they take control of your life. That’s what it’s like to be hooked on drugs, alcohol, or cigarettes. They grab a hold of you and take over your life.

Questions for Segment #2

1. It’s not always easy to keep a secret. Talk about why secrets are so difficult to keep to ourselves.

2. Sarah’s life was out of control. At first, she was over-weight, and then severely under-weight. Discuss how too much self-discipline can actually do more harm than good.

Section #3: Get a Grip!

Everyone wants to look cool, but some have to build up their "cool" by cutting others down. That’s bullying. And bullying has become more than just pushing someone into a locker to make yourself look tough. It’s moved into the cyber world. The Internet and text messaging have taken bullying to a whole new level. You can get “even” while hiding behind your computer screen or phone.

If you’ve been cyber bullied, you don’t have to just sit there and take it. The easiest thing to do is to simply log out and ignore it. You can minimize the opportunity for others to cyber bully you by limiting those who know your phone number or Internet IDs. Finally, limit your social network to people that you know and trust. By exercising a little self-control in the cyber world you can make it a better place to play.

It’s easy to lose your grip on self-control when things don’t turn out like you planned. Shane’s relationship with his dad was really solid, he really enjoyed being with his dad. But then, at the age of 14, the unexpected happened—Shane’s world was turned upside down when his dad died. He struggled to understand why. He got really angry at the world, at life, and at those closest to him. Shane lost his grip on school. His grades got worse until he was failing every class; he needed help. He started going to counseling. The more Shane talked about how he was feeling the better he was able to get back in control of his life, making decisions that would be good for him.

You can’t let unforeseen circumstances in life derail your self-control. But if that happens, you can change. It’s not easy but you can get a grip on your life and start making decisions that will move you in the right direction!

Questions for Segment #3

1. Social networking is a great way to stay connected with friends and family. However, social networking has also brought us cyber bullying. Discuss how using common sense and self-control can positively affect your online experiences. Talk about how you can protect yourself from cyber bullying.
2. Shane lost control of his life after his father unexpectedly died. He became angry, allowing his emotions to get the best of him. Discuss the importance of seeking counseling or getting trusted advice from those who have your best interest in mind when going through a difficult time in your life.

Section #4: Rewards of Self-Control

Procrastination—it’s a big word with no action. It’s putting things off that you could do today to sometime in the future. Some of us have advanced degrees in procrastination. The problem is that when the future comes, you’ve got no time to get it done right and you start feeling an enormous amount of pressure.

Megan Jansen, a senior at Glendora High School, recognized the importance of getting things done now rather than leaving things to the last minute. She knows from experience that the toughest part of getting any type of work done is getting started. Now, after 12 years of school, she can see the rewards of all that hard work and extra effort. For Megan, the secret of self-control is taking responsibility for her choices and making decisions that will improve her life.

The students at the Los Altos Academy of Engineering are participants in the Solar Cup, an annual solar boat competitions. At last year’s event, the team failed to qualify. Their boat wasn’t properly prepared for the competition. Creating a solar boat is a massive undertaking. To be better prepared this year, the team started working diligently eight months before the race. Because of the size of the project the students were divided into groups responsible for different tasks. Their hard work and planning paid off. With two weeks left before the competition, the students were ready.

Self-control, is “SELF” control. It’s a decision you make to take control of what you do and when you do it. You decide what you eat, how you spend money, when to get angry, or how you view others. When you get a grip on your life you’ll start making decisions that will move you towards a better life and a better you.

Questions for Segment #4

1. Megan is involved in several different activities at her school. Procrastination is a problem she deals with on a daily basis. What can you learn from her about the importance of exercising self-control to accomplish several tasks?

2. The solar boat team broke the project down into manageable parts and divided up the responsibilities for the project. How can you apply this same type of strategy to accomplishing the demands of school?
### Self-Control Pre/Post—Video Quiz

What do you think? Are the following statements about Self-Control true or false?

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<tr>
<td>1)</td>
<td>True</td>
<td>False</td>
<td>Those with self-control don’t have as much fun as everyone else.</td>
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<td>2)</td>
<td>True</td>
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<td>6)</td>
<td>True</td>
<td>False</td>
<td>Self-control &amp; money are the most difficult aspects of most marriages.</td>
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<td>7)</td>
<td>True</td>
<td>False</td>
<td>You can exert too much self-control.</td>
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<td>8)</td>
<td>True</td>
<td>False</td>
<td>Alcoholics &amp; drug addicts have lost their ability to exercise self-control.</td>
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<td>9)</td>
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<td>False</td>
<td>Once self-control is lost it cannot be regained.</td>
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<td>10)</td>
<td>True</td>
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<td>Self-control is one of the main forces that helps you achieve your goals.</td>
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<td>11)</td>
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<td>True</td>
<td>False</td>
<td>You can’t stop cyber bullying.</td>
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<td>False</td>
<td>Anger is a good emotion that can be controlled.</td>
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<td>True</td>
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<td>Procrastination is the fear of failure.</td>
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<td>True</td>
<td>False</td>
<td>Self-control and anger cannot co-exist.</td>
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<td>16)</td>
<td>True</td>
<td>False</td>
<td>Those with good self-control set deadlines for achieving goals.</td>
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<td>17)</td>
<td>True</td>
<td>False</td>
<td>Self-control is not something I can change.</td>
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Self-Control Pre/Post—Video Quiz

What do you think? Are the following statements about Self-Control true or false?

1) True   False  Those with self-control don’t have as much fun as everyone else.
2) True   False  Self-control is easier when you have strong goals for your life.
3) True   False  Self-control is easy when you’re naturally good at something.
4) True   False  Those with self-control always do well in school.
5) True   False  “A fool and his money are soon parted” is a Shakespeare quote.
6) True   False  Self-control & money are the most difficult aspects of most marriages.
7) True   False  You can exert too much self-control.
8) True   False  Alcoholics & drug addicts have lost their ability to exercise self-control.
9) True   False  Once self-control is lost it cannot be regained.
10) True   False  Self-control is one of the main forces that helps you achieve your goals.
11) True   False  Cyber bullying is not has harmful as direct physical bullying.
12) True   False  You can’t stop cyber bullying.
13) True   False  Anger is a good emotion that can be controlled.
14) True   False  Procrastination is the fear of failure.
15) True   False  Self-control and anger cannot co-exist.
16) True   False  Those with good self-control set deadlines for achieving goals.
17) True   False  Self-control is not something I can change.