



# SELF-CONTROL

BY: AVA PUPUHI

WE CAN CONTROL OUR  
BODY, FEELINGS, THOUGHT  
AND WORDS



NEXT

I want to make 100 on my test, hmm it will not hurt if I copy John work. What should I do? My mom said if I don't make 100, I will not get that new toy.... Hmmmm I am confused what to do.. Just a little peep will not hurt. What you think?

- A. Cheating is OK, no one will know
- B. I will not cheat, I will do my best
- C. If I don't do good on this test, next time I will do better.
- D. Self-talk do not cheat, do your best.

Take my assignment and tear it up?



Something is bothering me today; I need to speak to a trusted adult.



My teacher spoke to me several times to focus on my work. I did not want to listen to my teacher. I got mad.



Kick the trash, because I am really upset


Get back on task and complete my assignment





Click on pictures students making the right choices.  
Talk about the choices with  
your friends, family or teacher.





STOP  
THINK  
MAKE A GOOD CHOICE.

Write: Things I  
can do to distract  
my brains if I am  
frustrated, angry,  
sad, mad

1. D A W

2. D A C

3. E D

4. D E P B R A H

5. T L K T O T

Click on  
student making  
the right choice



I am completing my  
given assignment.

My friend did a  
good job on his  
assignment. I am  
going to high five  
my friend.



I am getting mad,  
because I want to  
go outside NOW!



I love my family. When  
my teacher or family  
tells me to do  
something, I listen to  
them because I care  
for them and they  
care for me.



Hmm! I am going  
to take some of  
Lisa's snack,  
without asking  
her. What you  
think?



I am so angry; I  
am going to write  
on Jeff's work.



# CALM DOWN BY USING MY IMAGINATION

write it down.

In the sky  
sitting

U D

Love the music

D C N G

They take care of me  
and love me

F M L

I can have fun inside and  
outside

P A I G





If I am angry, frustrated, sad, mad Write down what you will do.	If I need someone to talk to write down person you will speak to which will help you feel better.

