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SELF-CONTROL

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... Hmm 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

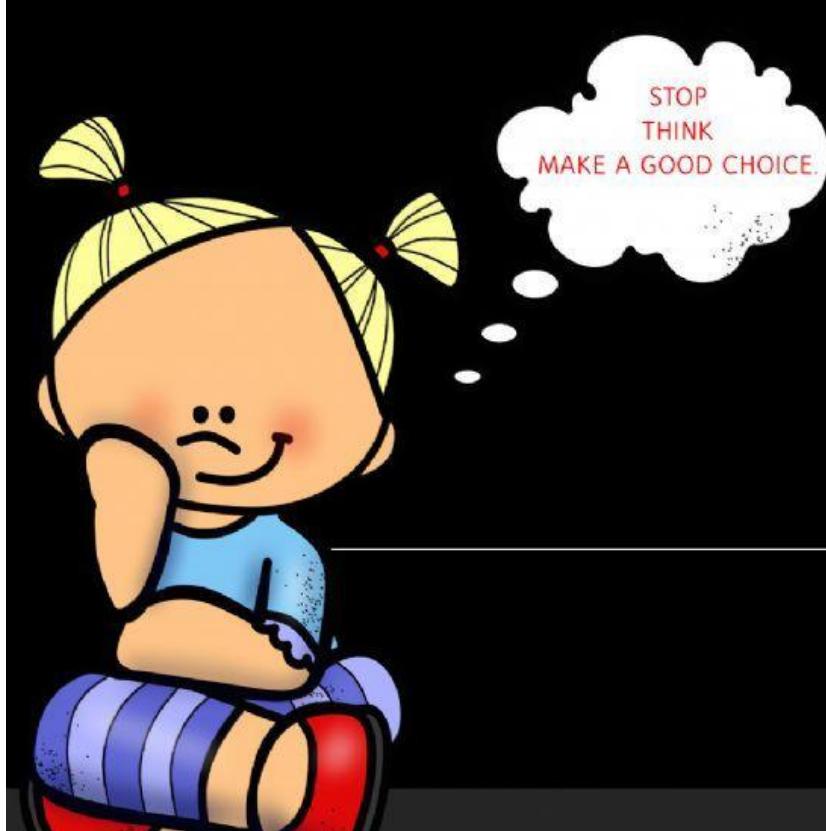
Get back on task and complete my assignment





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
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2.

D	A		C	
---	---	--	---	--
3.

	E		D
--	---	--	---
4.

D	E	P	B	R	A	H
---	---	---	---	---	---	---
5.

T		L	K		T	O		T
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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

L 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.