

SELF-CONTROL CALENDAR



ACTS OF SELF-CONTROL PERFORMED BY: _____

1 Try to use mindfulness.	2 Take a BRAIN break.	3 Drink a glass of water and take 3 deep breaths..	4 Journal about your feelings.	5 Think about something funny.	6 Close your eyes and relax all your muscles.	7 Write Your Own
8 Take a walk outside.	9 Draw a picture of what SELF-CONTROL looks like to you.	10 Write Your Own	11 Read a book about self control.	12 Play a game with someone and be a good sport.	13 Exercise until you break a sweat.	14 Get at least 8 hours of sleep.
15 Write Your Own	16 Practice Yoga.	17 Be early for something (like school)!	18 Draw a picture of something that makes you feel calm.	19 Write Your Own	20 Remind yourself that your thoughts control your actions.	21 Create a calm down space.
22 Write down your strengths and weaknesses.	23 Create a toolbox of items you can use to help calm down.	24 Role play using self-control.	25 Write down 3 things you love about yourself.	26 Look in the mirror and tell yourself that you are strong.	27 Write Your Own	28 Give someone talking your FULL attention.

EACH TIME YOU PERFORM AN ACT OF SELF-CONTROL ABOVE, COLOR THE SQUARE.