

SELF-CONTROL

PARENT LETTER

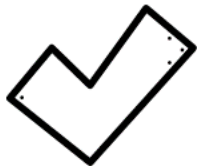
Hello Parents,

We are learning all about Self-Control. We defined self-control as: Regulating our emotions, thoughts, and actions.

Here are some ways you can teach Self-Control to your child at home:



Practice taking turns with siblings.



Encourage good health habits: brushing teeth, combing hair, eating healthy food, and exercising.



Model calming strategies, when you are frustrated show them what you do to stay in control and calm.



Have your child practice waiting for their turn to speak.

Create an environment where self-control is consistently rewarded. Children need to see the benefit of showing self-control. Use frequent praise and reminders to stay on track. Remove distractions and temptations.