

C.A.T.S.

April 2009
Self-Control



Character Activities for
Teachers and Students

Duval County Public Schools
Jacksonville, Florida

*“To educate a man in mind and not in morals is to educate a
menace to society.”*

Theodore Roosevelt

***The Florida state legislature mandates the character traits that are covered each year.*

Self-Control: Control or restraint of oneself or one's actions, feelings, etc.



Children demonstrate self-control by:

- 1. thinking before they speak or act.**
- 2. following the rules even when they want to do something else.**
- 3. keeping promises.**
- 4. following through on projects until they are done.**
- 5. resisting negative peer pressure.**
- 6. showing patience.**
- 7. dealing effectively with anger and other negative emotions.**

S.T.A.R. Method

Stop
Think
Act
Reflect

*By B. David Brooks, From Lessons in Character,
Young People's Press
www.youngpeoplespress.com*

Building Kids of Character



Teachers' Corner

Very often adults expect children to “know” how to behave or react in unfamiliar situations. We assume that someone has instructed the child how to act with self-control. And maybe someone has. But remember: *Education is repetition!*

Much of your school and classroom routine is a constant exercise in self-control, both for students and for teachers:

- **Class routines like sharpening pencils, turning in work, etc.

- **Moving from one activity to another or one location in the building to another.

- **How to behave in situations like assemblies, in the cafeteria, at recess or in the gym.

As educators, we must be very clear on our expectations in every situation our students encounter during the day. We must help them learn self-control in each of those situations, such as “*It is acceptable to talk to your neighbor during lunch but not during a video during class.*” Those things may be obvious to us, but we can’t make that assumption about our students. And then we have to repeat, repeat, repeat!

Parent Tips



“Learning self-discipline helps children regulate their behavior and gives them the willpower to make good decisions and choices. On the other hand, the failure to develop self-discipline leaves children wide open to destructive behavior. Without the ability to control or evaluate their impulses, they often dive headlong into harmful situations.”

From [Helping Your Child Become a Responsible Citizen](#),

[US Dept. of Education, www.ed.gov/pubs/edpubs.html](http://www.ed.gov/pubs/edpubs.html).

To build self-control in your child:

****Talk with your child about reachable, age-appropriate goals, like cleaning her room, picking up toys, completing a school project on time. Show her how to break the large task into small segments to be accomplished one at a time. Set a deadline for each segment to illustrate how that results in a finished project.**

****Praise success. Your child needs to experience the satisfaction of a job well done. This will bring quicker results in the future.**

****Re-teach when the job is not completed on time or does not meet requirements. These situations are opportunities for other kinds of growth: Persistence and patience.**

****Teach your child that feelings do not have to result in actions. Anger is normal and acceptable; fighting is not.**

****Role model self-control. Your child is always watching, and your behavior is more influential than any formal lessons.**

“I talk and talk and talk and haven’t taught people in 50 years what my father taught by example in one week.”

Mario Cuomo

Bully Proofing Your School



Have you ever asked young people if they know that there are *rules for fighting fair?*

By teaching students these simple rules and then offering them a safe place within the school to settle normal conflicts, you will cut down on bullying.

Rules For Fighting Fair

1. Identify the problem.
2. Focus on the problem.
3. Attach the problem, not the person.
4. Listen with an open mind.
5. Treat feelings with respect.
6. Take responsibility for your actions.

FOULS!

Not taking responsibility
Bringing up the past
Name calling
Getting even
Blaming
Threats
Sarcasm
Fighting

If you are interested in starting a Peer Mediation program at your school, call Deborah Hansen at 568-0786.

Character Resources Available in the Duval County Public Schools

The Bully Prevention Curriculum Trainings are coming! *Second Step* is the violence and bully prevention curriculum chosen that meets several state and federal mandates in one: Conflict resolution, character education, and bully prevention.

Check the Schultz Center website for dates and registration. Classes begin in April.

<http://www.schultzcenter.org/>

The following resources are also still available in all schools:

Elementary Character Curriculum: “*Mini-lessons for Maximum Character.*” Can be found in school media centers.

Secondary Character Curriculum: “*Connect with Kids,*” including “*Grab and Go*” mini-lessons. Can also be found in media centers.

Character libraries were purchased for every school. Check with your media specialist for location. Great for use with “Book of the Month.”

Principals and Teachers!

The state legislature has adopted a revised list of character traits.

These will be instituted as of the 2009-10 school year, as follows:

- *August: Responsibility**
- *September: Respect for authority, life, liberty, and personal property**
- *October: Cooperation**
- *November: Patriotism**
- *December: Kindness**
- *January: Racial, ethnic, and religious tolerance**
- *February: Charity**
- *March: Honesty**
- *April: Self-control**
- *May: Citizenship: Living a life of character.**

We are providing this list to you now for your planning purposes for the 2009-10 school year.

2008-09 Character Traits by Month:



August:	Responsibility/Attentiveness
September:	Citizenship/Cooperation
October:	Fairness
November:	Patriotism
December:	Kindness/Caring
January:	Courage/Initiative
February:	Respect/Tolerance
March:	Honesty/Trustworthiness
April:	Self-Control
May:	Patience

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