ONE PAGE SUMMARY

Kids Learning › Emotional Intelligence › Self Control

What is Self Control

Mastering Self Control: Your Key to Success!

DEFINITION

> Self control is the ability to manage your emotions, thoughts, and behaviors. It helps you make better choices and resist temptations.

KEY CONCEPTS

Impulse Control

This is the ability to pause before acting on a desire or urge.

Emotional Regulation

It involves managing your feelings so they don't overwhelm you.

Goal Setting

Setting clear goals helps you stay focused and motivated to practice self control.

Delayed Gratification

This means waiting for a reward instead of taking an immediate one.

Mindfulness

Being aware of your thoughts and feelings can improve your self control.

EXAMPLES

→ Choosing to finish homework before playing video games.

→ Waiting to eat dessert until after dinner.

→ Taking deep breaths when feeling angry instead of shouting.

MEMORY TIPS

★ Think of 'STOP' - Stop, Think, Observe, Proceed.

★ Use the acronym 'GEMS' for Goals, Emotions, Mindfulness, Self-control.

★ Visualize a traffic light: Red means stop, Yellow means think, Green means go.

COMMON MISTAKES

✗ Acting on impulse without thinking.

✗ Not recognizing emotional triggers.

✗ Setting unrealistic goals for self control.

QUICK RECAP

Self control is about managing your actions and emotions effectively. It helps you make wise choices and resist temptations. Remember to practice impulse control and set achievable goals!