

ONE PAGE SUMMARY

Kids Learning > Emotional Intelligence > Self Control

What is Self Control

Mastering Self Control for a Happier Life!

DEFINITION

Self control is the ability to manage your emotions and actions. It helps you make better choices and resist temptations.

KEY CONCEPTS

Impulse Control

This is the ability to stop and think before acting on a desire.

Delayed Gratification

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

Emotional Regulation

This involves managing your feelings in a healthy way.

Goal Setting

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

Mindfulness

Being aware of your thoughts and feelings can help you make better choices.

EXAMPLES

- Choosing to study instead of playing video games.
- Waiting to eat dessert until after dinner.
- Taking deep breaths when feeling angry.

MEMORY TIPS

- ★ Think of 'STOP' - Stop, Think, Observe, Proceed.
- ★ Use the acronym 'MICE' - Mindfulness, Impulse control, Choices, Emotions.
- ★ Visualize a stop sign when feeling tempted.

COMMON MISTAKES

- ✗ Acting on feelings without thinking.
- ✗ Giving in to peer pressure too easily.
- ✗ Not practicing self control regularly.

QUICK RECAP

Self control is essential for making good choices and managing emotions. It involves skills like impulse control and delayed gratification. Practicing self control leads to better outcomes in life.