

September Character Strengths

Self-Regulation & Self Control



Self-regulation is about 1) being aware of our thoughts, our feelings, and our actions and 2) making sure that they match what's going on around us. And, self-control means that 3) I'm going to change my thoughts/feelings/actions to make sure that they're appropriate for a situation.

Self-Regulation



- **Self-regulation** is the ability to monitor and control our own behavior, emotions, or thoughts, altering them in accordance with the demands of the situation. It includes the abilities to inhibit first responses, to resist interference from irrelevant stimulation, and to persist on relevant tasks even when we don't enjoy them.

Self-Control

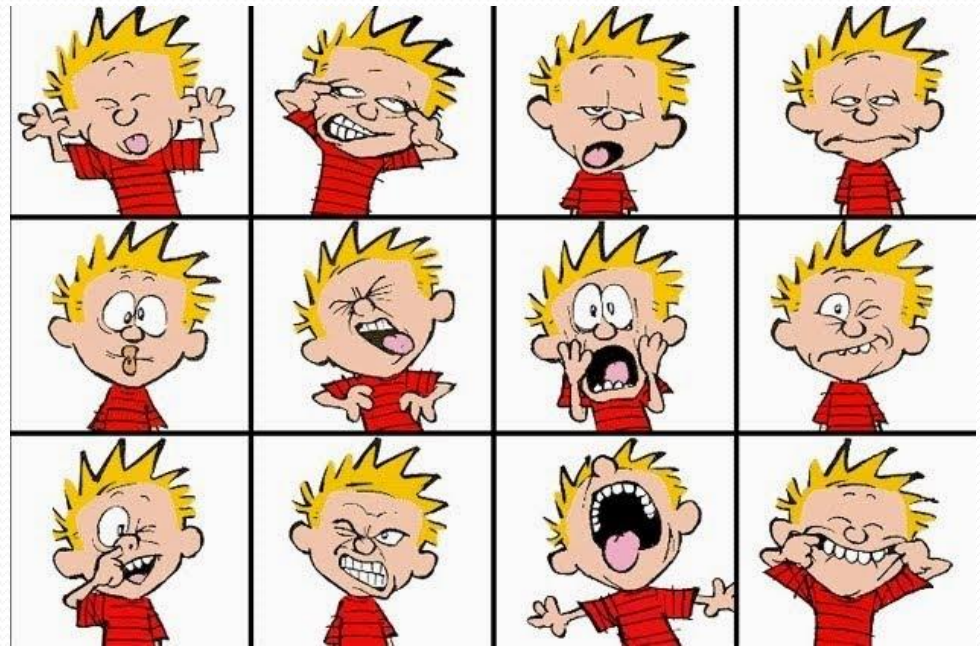


- **Self control** is the ability to control oneself, in particular one's emotions and desires or the expression of them in one's behavior, especially in difficult situations.

Self-regulation vs. Self-Control

- *There is a profound difference between self-regulation and self-control. Self-control is about inhibiting strong impulses; self-regulation, reducing the frequency and intensity of strong impulses by managing stress-load and recovery. In fact, self-regulation is what makes self-control possible, or, in many cases, unnecessary. The reason lies deep inside the brain.*

– Dr. Stuart Shanker



Teaching Self-Regulation/ Control

- Define what self-regulation/ control looks like?
- For recognizing what self-regulation use a video from the resource page below to help start the conversation.
- Sharing examples, children or the teacher models self-regulation.
- Reading stories, either about paragons of self-regulation or picture books (pinterest has great some suggestions).

Proactive vs. Reactive

Proactive vs reactive thinking: How to be proactive

What does it mean to be "proactive", as opposed to "reactive"? And how can we do it? This is what this article is about. The word "reactive" implies that you don't have the initiative. You let the events set the agenda. You're tossed and turned, so to speak, by the tides of life. Each new wave catches you by surprise. Huffing and puffing, you scramble to react to it in order to just stay afloat.

In contrast, the image we associate with "proactivity" is one of grace under stress. To stay with the previous analogy, let's say you're in choppy waters. Now, you look more at ease. It's not just that you anticipate the waves. You're in tune with them. You're not desperately trying to escape them; you're dancing with them.

It would be great to dance with the rhythm of life, using the ebb and flow of events as a source of energy. But is this only possible to those people who are endowed with a proactive attitude (or, maybe, a "proactive gene")?

I believe that being proactive is not a mysterious quality that we have, or don't have. It is a way of dealing with things, that we can develop and strengthen. So, being proactive means being able to anticipate what the future will be, and to react accordingly before it actually happens.

ONE: To be proactive, what you have to do is ask yourself what is likely to happen, and react to it before it happens.

TWO: It takes energy to rise above the difficulties of the moment, to see the big picture and to make the changes you need to make.

THREE: Sometimes, you may not have that energy. At such times, it serves no purpose to berate yourself for being weak. Think of your "reactivity" as a symptom instead of a failure. You need a break. Take it.

Sometimes, the most proactive thing you can do is take a break. Use this "Time Out" to refocus on what you're doing and how you're doing it.

Strategies for Self-Regulation/Control

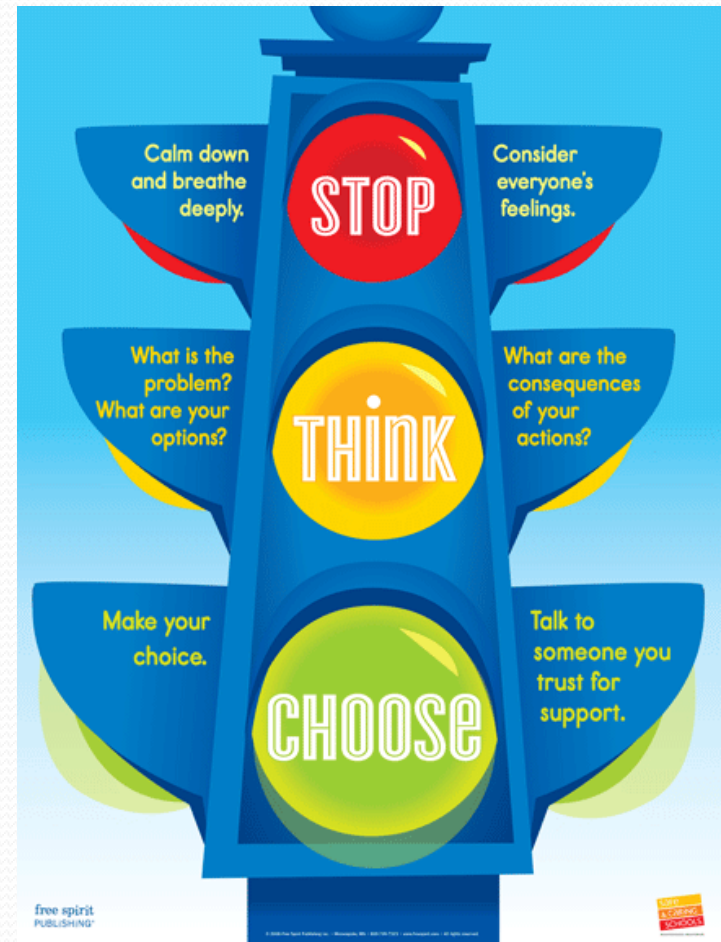
Tips and strategies:

- [SelfRegulationTipsandStrategies.pdf](#)

<https://www.cdd.unm.edu/ecspd/resources/pdfs/QualityChildcare/Resource%20Guide/SelfRegulationTipsandStrategies.pdf>

- [naeyc.org \(Self-Regulation.pdf\)](#).

https://www.naeyc.org/files/yc/file/201107/Self-Regulation_Florez_OnlineJuly2011.pdf



Self Control

5 Ways to Improve Self Control
by @Inner_Drive
www.innerdrive.co.uk

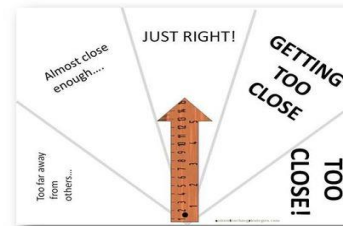


- 1 Remove the Temptation**
People who focus on the temptation are more likely to engage in it. So make sure your environment helps you perform to your best.
- 2 Maintain Good Energy Levels**
Self-control requires energy. Don't underestimate the power of a good night's sleep and a healthy diet.
- 3 Set Specific Goals**
Focusing on what you want to achieve helps you persist with your goal and helps you prioritise your actions.
- 4 Use Negative Associations**
Associate something bad with what's distracting you and you'll be less likely to do it.
- 5 Develop a Plan**
Generate a plan for how to behave in a specific situation. This will boost your self-control.

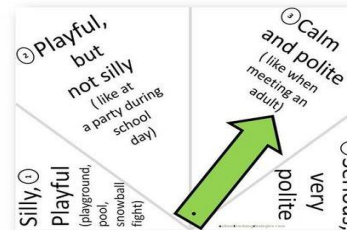
Self-control meters



...for voice volume



...for personal space



...for levels of formality

SELF-CONTROL

1

STOP

2

think

3

what could happen?

4

is that what you want?

CLIMB Theatre

WWW.CLIMBTHEATRE.ORG

How Big is My Problem?

5

Emergency

You definitely need help from a grownup (fire, someone is hurt and needs to go to the hospital, a car accident, danger).



4

Gigantic problem

You can change with a lot of help (getting lost, hitting, kicking, or punching a friend, throwing or breaking things, bullying).



3

Big problem

You can change with some help (someone is mean to you or takes something that is yours, a minor accident, needing help calming down).



2

Medium problem

You can change with a little help (feeling sick, tired, or hungry, someone bothering you, being afraid, needing help).



1

Little problem

You can change with a little reminder (not being line leader, not winning a game, not taking turns, making a mess).



0

Glitch

You can fix yourself (changing clothes, cleaning up toys, forgetting favorite toy or blankie).



What can I do?



Self-Regulation/Control Resources

- “Gopher Broke” (Proactive vs. Reactive) (Most grades)

- (<https://www.youtube.com/watch?v=XxNSNQayDxk>)

- “Bridge” (Proactive vs. Reactive)

- (https://www.youtube.com/watch?v=GnB3MpUfv_k)

- Cookie Monster

- (<https://www.youtube.com/watch?v=9PnbKL3wuH4>)

- Howard Wigglebottom

- (<https://www.youtube.com/watch?v=2IqVJHVkTLE>)

- Self-regulation article

- (<https://www.education.com/reference/article/self-regulation-development-skill/>)



Conflict Resolution

Peaceful Conflict Resolution

*R*espect the right to disagree.

*E*xpress your real concerns.

*S*hare common goals and interests.

*O*pen yourself to different points of view.

*L*isten carefully to all proposals.

*U*nderstand the major issues involved.

*T*hink about probable consequences.

*I*magine several possible alternative solutions.

*O*ffer some reasonable compromises.

*N*egotiate mutually fair cooperative agreements.

Robert E. Valett

WHAT

- What (exactly) do I want to achieve?
- What are the facts?
- What would happen if no decision was made or solution found?
- What do I need in order to find a solution?

WHY

- Why do I want to achieve a solution?
- Why did the problem or opportunity arise?
- Why do I need to find a solution or way forward at all?
- Ask 5 Whys

HOW

- How will the situation be different?
- How relevant is the information I am gathering?
- How can I find out more?
- How can I involve relevant people?

WHERE

- Where did the issue arise?
- Where does it impact?
- Is the "where" important?
- If so, why?

WHO

- Who am I trying to please?
- Who cares about this situation? Who is affected?
- Who is involved (information, help, action)?
- Who needs to be informed?

WHEN

- When did the issue arise?
- When do we need to act?
- By when must it be resolved?

Wisdom for your Walls

When
you can't control
what's happening,
challenge yourself
to control the
way you respond
to what's happening.
That's where
your power is!

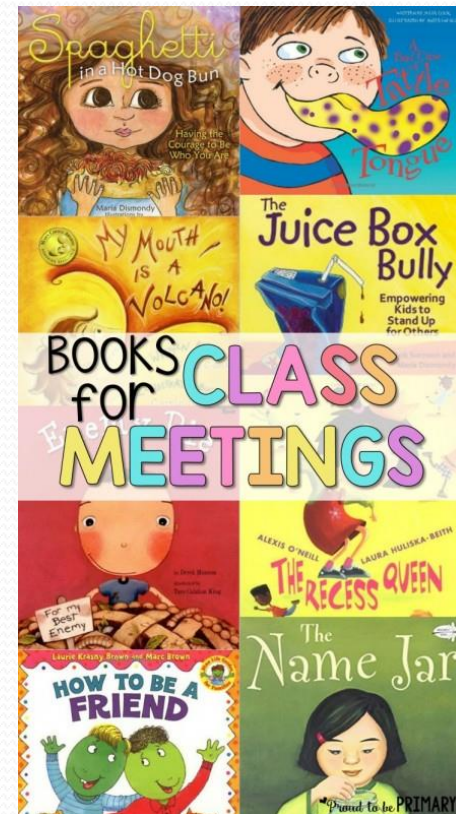
TheMindsJournal.com

**By constant
self-discipline
and self-control
you can develop
greatness of
character.**

Grenville Kleise // Quoteistan.com

Self-Regulation/Control Texts

- [How to Be a Friend: A Guide to Making Friends and Keeping Them](#) by Brown
- [Two](#) by Otoshi
- [The Name Jar](#) by Choi
- [My Mouth is a Volcano](#) by Cook
- [Bad Case of the Tattle Tongue](#) by Cook
- [Interrupting Chicken](#) by Stein
- [The Juice Box Bully](#) by Sornson
- [Stop Picking on Me](#) by Thomas
- [Spaghetti in a Hot Dog Bun](#) by Dismondy
- [Enemy Pie](#) by Munson
- [The Recess Queen](#) by O'Neil
- [You're Mean, Lily Jean](#) by Wishinsky
- [How Full is Your Bucket? For Kids](#) by Rath
- [Chrysanthemum](#) by Henkes
- [The Way I Feel](#) by Cain
- [The Way I Act](#) by Metzger
- [How Are You Peeling?](#) by Freymann



Self Regulation/ Control Texts

Sometimes I Feel Like a Fox

by Danielle Daniel

Show Me Happy

by Kathryn Madeline Allen

A Kiss Means I Love You

by Kathryn Madeline Allen

When Sophie's Feelings Are Really, Really Hurt

by Molly Bang

Crankenstein

by Samantha Berger

You Will Be My Friend!

By Peter Brown

How Do You Feel?

by Anthony Browne

Janine

by Maryann Cocca-Leffler

Mine!

by Shutta Crum

Prickly Jenny

by Sibylle Delacroix

Hunter's Best Friend at School

by Laura Elliott

Clark the Shark

By Bruce Hale

The Day Leo Said I Hate You!

by Robie H. Harris

Bernice Gets Carried Away

by Hannah E. Harrison

Peace Is An Offering

by Annette LeBox

Millie Fierce

by Jane Manning

Wild Feelings

by David Milgrim

My No, No, No Day!

by Rebecca Patterson

Dinosaur Vs. Mommy

by Bob Shea

The Most Magnificent Thing

by Ashly Spires

Voices Are Not for Yelling

by Elizabeth Verdick

Miracle Melts Down

by Rosemary Wells

Hats Off, Harry!

by Rosemary Wells