

# Self-Control



Self-control is the ability to control your emotions and behaviours when you get angry.

Sometimes we lose self-control when someone makes us mad. Can you name a time when you lost self-control.....  
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When we lose control we sometimes do things that we may not be proud of. Here is a list of things people use when they lose control. Tick each behaviour that you have experienced when you have lost self-control.



Scream



Call names



Slam doors



Break things



Run away



Threaten



Hit someone



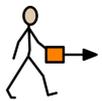
Hurt yourself



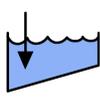
Throw things

It is very important that you learn healthy ways to handle anger and stress before you lose self-control. Losing self-control can get you into a lot of trouble with your parents, your teacher and even with the law.

When you feel yourself losing control, try doing these behaviours instead!



Take



deep



breaths



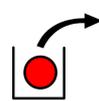
Walk



away



Talk



it out

If you feel yourself starting to get angry, try one of these activities to help calm yourself.

Write the name of each activity on the line provided.



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What other things can you do to help keep yourself from losing control?

.....  
.....

Take control of yourself!

The big part of growing up is learning how to control your emotions in a mature healthy way. Learning self-control can take a lot of time, hard work and practice. When you start showing others that you have self-control, people will see how responsible and mature you have become. You will earn respect from your parents, teachers and your peers.

