

Character and Life Skills: **Self-Control**

Pre-Viewing and Discussion Questions

Grade Level: **3-5**



Before watching...

Pre-viewing activities or discussions help focus attention when watching a video and build critical thinking skills. Consider breaking the word into its parts, “self” and “control” and discuss separate as well as combined meanings.

After Watching...

Discussion Questions

1. The kids say self-control is about “being able to control what you say and do” and “being able to contain yourself...settle down.” How do you define self-control?
2. One girl says, “There’s time to be off the walls and times to be calm and you gotta know when those times are.” What are some examples of times you can be “off the walls”? What are some examples of times you need to be calm? How do you change from one to the other?
3. A boy says, “Some kids don’t have any self-control.” Do you agree or disagree? Explain your answer. What is your advice to those who do not demonstrate self-control?
4. What tools do you use to demonstrate self-control?
5. The same boy says, “If somebody annoys you...you should be able to have self-control and walk away.” How does walking away demonstrate self-control? What would be some other choices that would show self-control? Are any of the choices easy? Why or why not?

Teacher Notes
