

Discussion Questions

Character and Life Skills: **Self-control: Kids in the Classroom**

Focus: **Self-Management**

Grade Level: **3-5**

Pre-viewing

If you have watched the video of kids discussing this character word, remind students of the definitions developed and discussions of the topic. If you have not watched the other video, consider creating a definition of the word as a group and sharing stories that illustrate the word.

After Watching the video: Discussion Questions

1. What does anger mean to you? What does self-control mean to you?
2. Compare/contrast self-control and self-management in a Venn Diagram. What do you notice?
3. The kids in the video discuss what makes them angry and how to respond to those things. What makes you angry and what are some good and/or bad ways to respond?
4. There are both good and bad ways to respond to things that frustrate you. What are some good ways to respond and what are some bad ways?
5. Brainstorm some ways to calm yourself down when you are angry. Compare your list with classmates.
6. Why is calming down when you are angry important? What are consequences of not calming down when you are angry?
7. In one of the skits the kids did, one girl responded impulsively to a boy, she reacted without thinking. How do you think others feel when you respond on impulse to something?
8. How do you feel when someone is angry with you? Why is it easy to be angry back to them?
9. Think about a time when a situation escalated because you or another person did not exercise self-control. How could this situation have been handled better?
10. How is self-control related to peace and respect?

Notes
