

Self-Control Journal Prompts.

Grades 1-4

1

Sometimes, you may feel angry or upset, and that's ok. Draw a picture of what you look like when you feel this way. What do you do to calm down and feel better?

2

When playing with your friend, it is important to take turns and share. Draw a picture of a time when you had to wait your turn. How did you feel when you did this?

3

Self-control helps us when we feel angry. Think of a time when you used self-control to calm down. What did you do to help yourself calm down? Draw a picture of how your body felt before and after you used self-control.

4

Imagine you wanted to eat your favorite cookie but you had to wait. Draw a picture or write a short story about how you used self-control to help you wait patiently.

5

Sometimes, you may feel like yelling or hitting when upset, but that's not a good way to solve problems. Think of a time when you had a problem with a friend and used self-control to help you solve it. Draw a picture or write a short story about what happened.

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6

Self-control helps you to control your actions. Think about when you used self-control, like when you calmly waited to play a game. Explain to a friend what self-control means and how it helps you make good choices.

7

Self-control takes practice. Think about things you can do to use self-control, like taking deep breaths or counting to 10 when something upsets you. Write about what you can do and how they help you stay calm.

8

Self-control is important. Think about when self-control is needed, like when you are angry or out of control. Write about why it is important to use self-control when this happens.

9

Self-control is helpful when you feel like doing something you shouldn't. Write a letter to your classmates to help them understand why they should use self-control.



Self-Control Journal Prompts.

Grades 5-8

1

Self-control is the ability to stop and think before acting. Think about the last time that you showed a lot of self-control. It could have happened in the classroom or at home. Maybe it was when you kept your cool when someone bothered you or how you waited patiently for your turn to speak. Describe how your body and mind felt before and after you showed good self-control. Be sure to provide enough details so your readers can understand what it was like to be there and feel those feelings.

2

Getting in trouble is never fun. Consider when you should have thought about potential consequences before choosing your actions. For example, maybe you said unkind words to a classmate or pushed someone when frustrated. Describe your thoughts when you chose your action and what you would change about your thoughts or actions if you could do it over again. Provide enough details so readers understand your thinking and how you would change your thoughts or actions.

3

Calming down can be a difficult thing to do sometimes. Think about when you had trouble calming down when you needed to. For example, your heartbeat may have raced; maybe you were pacing from place to place or breathing quickly. Describe in detail how your body and mind felt before and after you gained control using the self-control strategies you have practiced. Be sure to provide enough details so your readers can understand what it was like to be in that situation and feel those feelings.

Self-Control Journal Prompts.

Grades 5-8

4

Time travel has always captured the imagination of humankind. Think about and select a situation when you wished you had a time machine to go back to change a hurtful comment you said or your reaction to someone else. Then, write a story about a fictional character who travels back in time to help you use strategies for self-control for your selected situation. Make sure you include enough details so your readers can understand and follow your story.

5

Everyone would like to have a hero who appears when they are needed. Think about some situations in class where students could show more self-control. It could be when students speak out of turn, get out of their seats, or have trouble calming down. Write a fictional story about a hero who appears out of thin air to help and support you and your classmates when self-control should be used. Describe your hero, how they help, and the difference they make for you, your classmates, and your teacher.

6

More learning occurs if students use good self-control skills. Self-control includes resisting the urge to do or say something, staying calm when something is upsetting, stopping actions when asked, and waiting for your turn to speak. Imagine you have a student in your class who has poor self-control skills. Write a letter to this imaginary student to convince them to improve their self-control. Include enough details to support your ideas and convince your classmate to strengthen their self-control skills.

Self-Control Journal Prompts.

Grades 5-8

7

Helping another student is a thoughtful way to show that you care. Imagine a classmate who needs help using their self-control skills. Tell me how you would help that student use self-control strategies during class. Maybe you can help them by giving reminders or using a special signal. Describe your imagined classmate's actions and how you helped them gain control in three different situations.

8

The skill of self-control is important for students to use during class. Self-control includes thinking before acting, resisting the urge to do or say something, considering the consequences of actions, stopping when asked, or waiting for your turn to speak. Explain how your classroom environment would improve if students used more self-control and why you think it is difficult for some students to use. Be sure to include specific details to support your explanation.



Self-Control Journal Prompts.

Grades 9-12

1

Self-control is the ability to stop and think before acting. Think about the last time that you showed a lot of self-control. It could have happened in class or at home. Maybe it was when you considered the consequences before doing something or made a positive choice you would not usually make. Describe how your body and mind felt before and after you showed good self-control. Be sure to provide details so your readers can understand what it was like to be there and feel those feelings.

2

Conflict is never fun. Consider when you should have thought before acting. For example, maybe you took your friend's snack without asking or lost your cool when something triggered you. Describe what you were thinking during that situation and what you would change about your thoughts or actions if you could do it over again. Provide details so readers understand your thinking and how you would change your actions.

3

Calming down can be a difficult thing to do sometimes. Think about a time when you had trouble calming down. For example, maybe you began yelling, breathing rapidly, or broke something. Describe in detail how your body and mind felt before and after you gained control using the self-control strategies you have practiced. Be sure to provide enough details so your readers can understand what it was like to be in that situation and feel those feelings.

Self-Control Journal Prompts.

Grades 9-12

4

Time travel has always captured the imagination of humankind. Think about and select a situation when you wished you had a time machine to go back to change a poor decision. Then, write a story about a fictional character who travels back in time to help you use self-control strategies for your selected situation. Make sure you include enough details so your readers can understand and follow your story.

5

Helping another student is a thoughtful way to show that you care. Imagine a classmate who needs help using their self-control skills. Tell me how you would help that student use self-control strategies during class. Maybe you can help them by sending a direct message to their phone or by using a special hand signal to remind them. Describe your imagined classmate's actions and how you helped them gain control.

6

The skill of self-control is important for students to use during class. Self-control includes thinking before acting, resisting the urge to do or say something, considering the consequences of actions, stopping when asked, and waiting for your turn to speak. Explain how your classroom environment would improve if students used more self-control and why self-control is sometimes difficult. Be sure to include specific details to support your explanation.

Self-Control Journal Prompts.

Grades 9-12

7

Understanding your strengths and areas for improvement is essential for growth. Think about what areas of self-control you do well and what areas you need to work on. Explain how gaining additional self-control skills could help you during school. Provide enough details so your readers understand how improving your self-control skills could help you next semester.

8

Executive functions are often overlooked as important skills for students. Self-control is one of the most important executive function skills a student can use to help them think before acting, consider consequences, and make positive choices. Imagine that your principal does not see value in teaching these skills. Write a letter to your principal to persuade them to have these skills taught in your class. Include details to support your opinion and convince your principal that your ideas are correct.

