

CHARACTER BUILDING – PILSEUNG PROGRAM

“Total Success for your Mind and Body”

THEME: SELF CONTROL.

What is self control? Self control is making a choice about how you will behave and act rather than just relying on your impulses. Good self control puts you in control of what happens to you.

Why is self control so important (and a tenet of Taekwondo): Self control is thinking before acting, like looking before crossing the street. It prevents impulsive behavior that may have negative or dangerous consequences. It is also critical for getting along with other people. In young people, it is extremely important to develop self control now to avoid bigger problems in teen age and young adult years like skipping school, eating excessively, taking drugs, drinking, driving dangerously, quitting jobs, etc.

How do you help others develop self control? It is very important not to lose control yourself and to act as a model to show others/your children how they should be acting. It's important to be firm and calm and set consequences. Here are some age appropriate methods to learn self control:

Ages 3 – 5 - Use time outs for as long as it takes the child to calm down, praise them when they use self control.

Ages 6 – 9 - As your child understands better, teach them strategies to control their behavior like thinking about their actions and coming up with ways of responding to tempting or frustrating situations, and learning to relax and stay calm.

Ages 10 – 12 - Encourage your child to think about the situation that is causing him to lose control and then analyze it – sometimes when they rethink why they are reacting a certain way they can control their reaction better

Ages 13 – 17 - Teenagers should be able to control their actions now, but sometimes choose not too. They also are not always good at evaluating the long-term consequences of their actions, and tend to think of their bodies as indestructible and make poor choices at times.

Adults – Realizing our mind can be our best friend or worst enemy, adults can use positive thinking and will power to exercise self control.

What are examples of how I can use good self control:

1. **Study, homework time and household jobs.** Resisting the urge to waste time when you should be studying, or to constantly procrastinate or make excuses to not get work done. Control and discipline yourself to do the jobs you need to do. Use your time wisely.
2. **Temperament and social skills** – Think about when it is you get angry, and then learn ways to stop yourself from reacting to an upsetting situation so you can control your reaction. Counting to ten when you feel yourself getting upset works for many people, or enjoying the satisfaction from knowing you did not lose your control also works. Think about what you say before making negative comments.
3. **Health/fitness/diet** - Use self control and discipline to limit what junk food or fast food you eat and drink (pop, coffee, ice cream, chips, fried foods, etc.), limit or eliminate your alcohol or tobacco usage, and get enough exercise daily for fitness, health, and energy.
4. **Financial** - Spend your money wisely and avoid impulse buying.
5. **Annoying Habits** – Use self control to reduce or eliminate habits you have that annoy others.

SELF CONTROL CHALLENGE:

Choose an area you would like to increase your self control in.

Decide how you can accomplish this, and what strategies you'll need to use.

Write down your plan to use self control.

Don't give up! Work hard to gain control over your impulses and be in control of yourself.

STUDENT/PARENT STATEMENTS:

I/my parent has read and I understand what this information on habits means.

I HAVE TAKEN THE SELF CONTROL CHALLENGE!!! I chose the following to do:

Comments: _____

Student: _____ Parent(s) _____

Directions: Review and discuss these ideas with your child. Guide them in understanding what self control is and how to develop it. Help check their progress in meeting this challenge. Once they have completed the Challenge, have them turn in this completed sheet.