September Character Strengths

Self-Regulation & Self Control

Self-regulation is about 1) being aware of our thoughts, our feelings, and our actions and 2) making sure that they match what’s going on around us. And, self-control means that 3) I’m going to change my thoughts/feelings/actions to make sure that they’re appropriate for a situation.
Self-regulation is the ability to monitor and control our own behavior, emotions, or thoughts, altering them in accordance with the demands of the situation. It includes the abilities to inhibit first responses, to resist interference from irrelevant stimulation, and to persist on relevant tasks even when we don't enjoy them.
Self-control is the ability to control oneself, in particular one's emotions and desires or the expression of them in one's behavior, especially in difficult situations.
There is a profound difference between self-regulation and self-control. Self-control is about inhibiting strong impulses; self-regulation, reducing the frequency and intensity of strong impulses by managing stress-load and recovery. In fact, self-regulation is what makes self-control possible, or, in many cases, unnecessary. The reason lies deep inside the brain.

– Dr. Stuart Shanker
Teaching Self-Regulation/ Control

- Define what self-regulation/ control looks like?
- For recognizing what self-regulation use a video from the resource page below to help start the conversation.
- Sharing examples, children or the teacher models self-regulation.
- Reading stories, either about paragons of self-regulation or picture books (pinterest has great some suggestions).
Proactive vs. Reactive thinking: How to be proactive

What does it mean to be "proactive", as opposed to "reactive"? And how can we do it? This is what this article is about. The word “reactive” implies that you don’t have the initiative. You let the events set the agenda. You’re tossed and turned, so to speak, by the tides of life. Each new wave catches you by surprise. Huffing and puffing, you scramble to react to it in order to just stay afloat.

In contrast, the image we associate with “proactivity” is one of grace under stress. To stay with the previous analogy, let’s say you’re in choppy waters. Now, you look more at ease. It’s not just that you anticipate the waves. You’re in tune with them. You’re not desperately trying to escape them; you’re dancing with them. It would be great to dance with the rhythm of life, using the ebb and flow of events as a source of energy. But is this only possible to those people who are endowed with a proactive attitude (or, maybe, a “proactive gene”)?

I believe that being proactive is not a mysterious quality that we have, or don’t have. It is a way of dealing with things, that we can develop and strengthen. So, being proactive means being able to anticipate what the future will be, and to react accordingly before it actually happens.

ONE: To be proactive, what you have to do is ask yourself what is likely to happen, and react to it before it happens.
TWO: It takes energy to rise above the difficulties of the moment, to see the big picture and to make the changes you need to make.
THREE: Sometimes, you may not have that energy. At such times, it serves no purpose to berate yourself for being weak. Think of your “reactivity” as a symptom instead of a failure. You need a break. Take it. Sometimes, the most proactive thing you can do is take a break. Use this “Time Out” to refocus on what you’re doing and how you’re doing it.

http://proactivemindfulness.com/reactive/
Strategies for Self-Regulation/Control

Tips and strategies:

- SelfRegulationTipsandStrategies.pdf

- naeyc.org (Self-Regulation.pdf).
Self Control

1. **Remove the Temptation**
   People who focus on the temptation are more likely to engage in it. So make sure your environment helps you perform to your best.

2. **Maintain Good Energy Levels**
   Self-control requires energy. Don't underestimate the power of a good night's sleep and a healthy diet.

3. **Set Specific Goals**
   Focusing on what you want to achieve helps you persist with your goal and helps you prioritise your actions.

4. **Use Negative Associations**
   Associate something bad with what's distracting you and you'll be less likely to do it.

5. **Develop a Plan**
   Generate a plan for how to behave in a specific situation. This will boost your self-control.

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Self-control meters

...for voice volume

...for personal space

...for levels of formality

http://Control-Meters-.pdf
SELF-CONTROL

1. STOP
2. think
3. what could happen?
4. is that what you want?

How Big is My Problem?

5. Emergency
   You definitely need help from a grownup (fire, someone is hurt and needs to go to the hospital, a car accident, danger).

4. Gigantic problem
   You can change with a lot of help (getting lost, hitting, kicking, or punching a friend, throwing or breaking things, bullying).

3. Big problem
   You can change with some help (someone is mean to you or takes something that is yours, a minor accident, needing help calming down).

2. Medium problem
   You can change with a little help (feeling sick, tired, or hungry, someone bothering you, being afraid, needing help).

1. Little problem
   You can change with a little reminder (not being line leader, not winning a game, not taking turns, making a mess).

0. Glitch
   You can fix yourself (changing clothes, cleaning up toys, forgetting favorite toy or blanket).
What can I do?

- Walk away and let it go.
- Tell them to stop!
- Ignore it.
- Go to another activity.
- Talk it out.
- Rock, paper, scissors, go.
- Apologize.
- Use an I message.

Problem solving wheel!
Self-Regulation/Control Resources

- **“Gopher Broke”** (Proactive vs. Reactive) (Most grades)
  - [https://www.youtube.com/watch?v=XxNSNQayDxk](https://www.youtube.com/watch?v=XxNSNQayDxk)

- **“Bridge”** (Proactive vs. Reactive)
  - [https://www.youtube.com/watch?v=GnB3MpUfv_k](https://www.youtube.com/watch?v=GnB3MpUfv_k)

- **Cookie Monster**
  - [https://www.youtube.com/watch?v=9PnbKL3wuH4](https://www.youtube.com/watch?v=9PnbKL3wuH4)

- **Howard Wigglebottom**
  - [https://www.youtube.com/watch?v=2IqVJHVkTLE](https://www.youtube.com/watch?v=2IqVJHVkTLE)

- **Self-regulation article**
Conflict Resolution

Peaceful Conflict Resolution

Respect the right to disagree.
Express your real concerns.
Share common goals and interests.
Open yourself to different points of view.
Listen carefully to all proposals.
Understand the major issues involved.
Think about probable consequences.
Imagine several possible alternative solutions.
Offer some reasonable compromises.
Negotiate mutually fair cooperative agreements.

Robert E. Valett

WHAT
• What (exactly) do I want to achieve?
• What are the facts?
• What would happen if no decision was made or solution found?
• What do I need in order to find a solution?

WHY
• Why do I want to achieve a solution?
• Why did the problem or opportunity arise?
• Why do I need to find a solution or way forward at all?
• Ask 5 Whys

HOW
• How will the situation be different?
• How relevant is the information I am gathering?
• How can I find out more?
• How can I involve relevant people?

WHERE
• Where did the issue arise?
• Where does it impact?
• Is the “where” important?
• If so, why?

WHO
• Who am I trying to please?
• Who cares about this situation? Who is affected?
• Who is involved (information, help, action)?
• Who needs to be informed?

WHEN
• When did the issue arise?
• When do we need to act?
• By when must it be resolved?
Wisdom for your Walls

When you can't control what's happening, challenge yourself to control the way you respond to what's happening. That's where your power is!

TheMindsJournal.com

By constant self-discipline and self-control you can develop greatness of character.

Grenville Kleise // Quoteistan.com
Self-Regulation/Control Texts

- Two by Otoshi
- The Name Jar by Choi
- My Mouth is a Volcano by Cook
- Bad Case of the Tattle Tongue by Cook
- Interrupting Chicken by Stein
- The Juice Box Bully by Sornson
- Stop Picking on Me by Thomas
- Spaghetti in a Hot Dog Bun by Dismondy
- Enemy Pie by Munson
- The Recess Queen by O’Neil
- You’re Mean, Lily Jean by Wishinsky
- How Full is Your Bucket? For Kids by Rath
- Chrysanthemum by Henkes
- The Way I Feel by Cain
- The Way I Act by Metzger
- How Are You Peeling? by Freymann
Self Regulation/ Control Texts

Sometimes I Feel Like a Fox  
by Danielle Daniel
Show Me Happy  
by Kathryn Madeline Allen
A Kiss Means I Love You  
by Kathryn Madeline Allen
When Sophie’s Feelings Are Really, Really Hurt  
by Molly Bang
Crankenstein  
by Samantha Berger
You Will Be My Friend!  
By Peter Brown
How Do You Feel?  
by Anthony Browne
Janine  
by Maryann Cocca-Leffler
Mine!  
by Shutta Crum
Prickly Jenny  
by Sibylle Delacroix
Hunter’s Best Friend at School  
by Laura Elliott
Clark the Shark  
By Bruce Hale
The Day Leo Said I Hate You!  
by Robie H. Harris
Bernice Gets Carried Away  
by Hannah E. Harrison
Peace Is An Offering  
by Annette LeBox
Millie Fierce  
by Jane Manning
Wild Feelings  
by David Milgrim
My No, No, No Day!  
by Rebecca Patterson
Dinosaur Vs. Mommy  
by Bob Shea
The Most Magnificent Thing  
by Ashly Spires
Voices Are Not for Yelling  
by Elizabeth Verdick
Miracle Melts Down  
by Rosemary Wells
Hats Off, Harry!  
by Rosemary Wells