SELF CONTROL

DEFINITION: Control of one's emotions, desires, or actions by one's own will.

RELATED WORDS: control yourself, control your feelings, control your actions, develop good habits, don't go overboard, don't go to extremes, don't be greedy, don't be spoiled.

Benchmarks:
- TH.B.1 The student improvises, writes, and refines scripts based on heritage, imagination, literature, history, and personal experiences.
- HE.B.3 The student knows how to use effective interpersonal communication skills that enhance health.
- LA.A.1 The student will use the reading process effectively.
- LA.B.1 The student will use the writing process effectively.
- LA.C.1 The student will use listening strategies effectively.
- LA.C.3 The student will use speaking strategies effectively.
- LA.E.2 The student responds critically to fiction, nonfiction, poetry, and drama.
- MA.E.1 The student understands and uses the tools of data analysis for managing information.

Famous People:
- Thomas Edison - Scientist
- Henry David Thoreau - Conservationist
- Benjamin Franklin - Statesman
- Katherine Hepburn - Actress
- William Butler Yeats - Poet
- Ralph Waldo Emerson - Writer
- Abraham Lincoln - Statesman
- Johann Wolfgang - Scientist
- Calvin Coolidge - President
- Benazir Bhutto - Stateswoman

Activities:
- Current Events
- Role Playing
- Bulletin Board
- Lists of do's and don'ts of self control
- Recognizing students who show self control within the school environment
- Self control collage
- TV Advertisement
- Songs
- T-shirt designs
- Bumper Stickers
- Puppet Show
- Write a poem based on self control
- Portrait of a person exhibiting self control
- Characteristic T-chart comparing and contrasting behaviors of self control/out of control

Quotes:
- "No man is fit to command another who cannot command himself." - William Penn
- "Rule your mind or it will rule you." - Horace
- "The sign of an intelligent people is their ability to control their emotions by the application of reason." - Marya Mannes
- "First we make our habits, then our habits make us." - Charles C. Noble
- "Success usually comes to those who are too busy to be looking for it." - Henry David Thoreau
- "I have not failed. I've just found 10,000 ways that won't work." - Thomas Edison
- "Without discipline, there's no life at all." - Katherine Hepburn

Writing Prompts:
Expository:
Writing Situation: Everyone exhibits a different amount of self-control.
Directions for Writing:
- Think about an historical character or person that you greatly admire for their self control.
- Now write to explain how that character's self control impressed you.

Narrative:
Writing Situation: People that exhibit self control tend to be respectful, responsible, kind, and considerate in their actions and character.
Directions for Writing:
- Think about an historical event in which a person exhibited self control.
- Now write to describe how the historical event would have been different if the main character showed a different amount of self-control.

Persuasive:
Writing Situation: Self control is not being exhibited in the lunch room. At the end of the lunch period, the lunch room is a mess with paper, trash, and food waste.
Directions for Writing:
- Think about the rules of the lunch room.
- Now write to persuade why self control is an important character trait at your school.

Suggested Readings:

**Elementary:**
- The Crane Wife, Yagawa, Sumiko
- Pollyanna, Porter, Eleanor
- Missing May, Rylant, Cynthia
- Casey at the Bat, Thayer, Ernest L.
- It Could Always Be Worse, Margot Zemach
- The Best Prize of All, Mark Taylor
- Self Control, Henrietta Gambell
- The Children's Book of Virtues, ed. Bennett, William J.

**Secondary:**
- A Separate Peace, Knowles, John
- Pride and Prejudice, Austen, Jane
- Charlie and the Chocolate Factory, Dahl, Roald
- Elizabeth Jackson to Andrew Jackson

http://www.collier.k12.fl.us/CandI/ss/files/elizabethjackson.doc
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Horace