

December Building Block: Self-Control



*If **SUCCESS** is your great goal,
You must practice **SELF-CONTROL**.
Use common sense in all you do.
Controlling emotions is helpful too.
I knew a fish who took the bait.
Good judgment gone, the hook he ate.
My friend was fried upon the grill.
With **SELF-CONTROL**, he'd be here still.*

*(Excerpt taken from the book,
Inch & Miles: The Journey to Success)*

Always Show Self-Control

Coach Wooden knew the trait of **self-control** was an important part of becoming your personal best. Therefore, self-control was a skill that he had his players practice daily. They prepared to play, practiced the game, and took care of their bodies. In addition, they learned how to control themselves after they had won the game. Coach Wooden stresses that it takes self-control to reach success, but that self-control should also be exercised once success is reached. For as Coach Wooden said, “Winning takes talent, to repeat takes character.”

Helping your child stay in control:

Expressing self-control isn't always easy when you're a child-especially when you feel angry, frustrated, or hurt. Try teaching your child to do the following when he or she is feeling angry:

- **Relax.** Teach your child to take a deep breath and think about what is making him or her feel mad. Deep breathing and reflection can be ways to help your child calm down.
- **Talk.** Ask your child to use words to express how he or she is feeling. This will encourage your child to work through the problem.
- **Think.** Have your child think about different ways that he or she can make the feelings of anger go away. Some suggestions are: taking a walk, doing a project, or finding solutions to the problem that made him or her angry.

A journey is really just a lot of small steps. Start by taking these steps with your family:

1. Be a teacher. When your child is struggling with self-control, use it as an opportunity to teach him or her what to do to regain control.
2. Group projects can often bring out frustrations. Teach your child what to do if he or she is having trouble working with others.
3. Remind children that self-control also comes in the form of modesty.

Source: Premier, a member of the School Specialty Family

The true test of a man's character is what he does when no one is watching.

~Coach Wooden~