

Self-Control

Coach Talk:

It's important that everyone has self-control. You may want to kick someone else's soccer ball but you should not do that. You may want to talk to your friend when the coach is talking but that's not being nice to the coach. Sometimes other kids say or do things that make you mad but you have to think before you react. If you get pushed down during a match, show self-control and let the referee make the call.

- What does self-control mean?

Story:

At practice today the team played Freeze Tag. Carlos and Danielle love to play Freeze Tag. In Freeze Tag, you have to stay still when you get tagged. It takes a lot of control not to move a muscle. Coach explained that sometimes we have to have that same kind of control when someone does something that makes you angry. You may feel like saying something mean back or pushing them but that's not the right thing to do. When that happens it's best to just freeze for a minute and think about a better thing you can say or do.

- What should you do if someone says something mean to you?

Parent's Corner:

Children first learn to regulate their physical behaviors, then their emotional ones, according to Bedrova and Leong. Several processes are responsible for the emergence of self-regulation during the preschool and kindergarten years. These include the use of private speech, engagement in other-regulation, and generalization of rules. **Private Speech** is when speech and thinking merge. Private speech is audible but directed to the self rather than to other people. It contains information, as well as self-regulatory comments. For example. Mr. Smith raises his hand and says, "When I lower my hand, you jump." All of the preschool children start jumping up and down even before he gets his hand ready. The results is different, however, when Mr. Smith says, "Let's say, all together, 'One, two, three, jump,' and we'll jump on 'jump.'" The class says the four words together, and they all jump only on the word *jump*. Repeating the words rhythmically helps children to inhibit jumping at the wrong time. Private speech can provide children with the tools for self-regulation (2007).

Draw a Picture of Yourself Showing Self-Control While Playing Soccer: