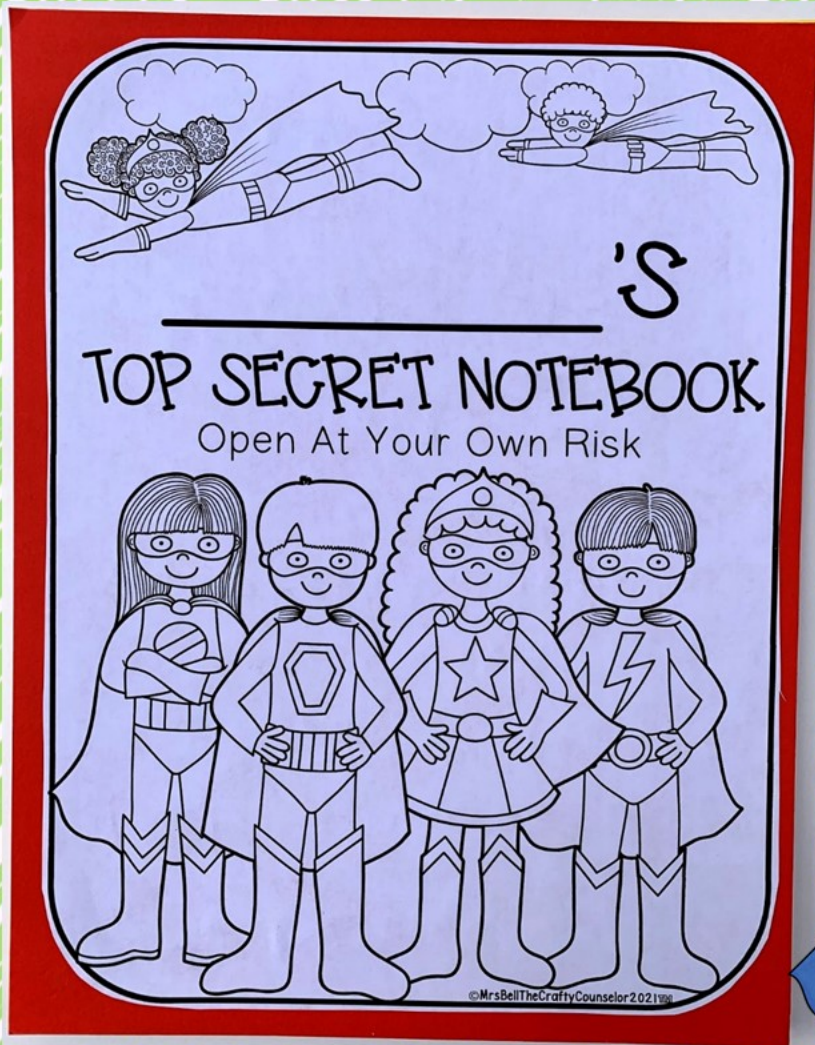


SUPERHERO

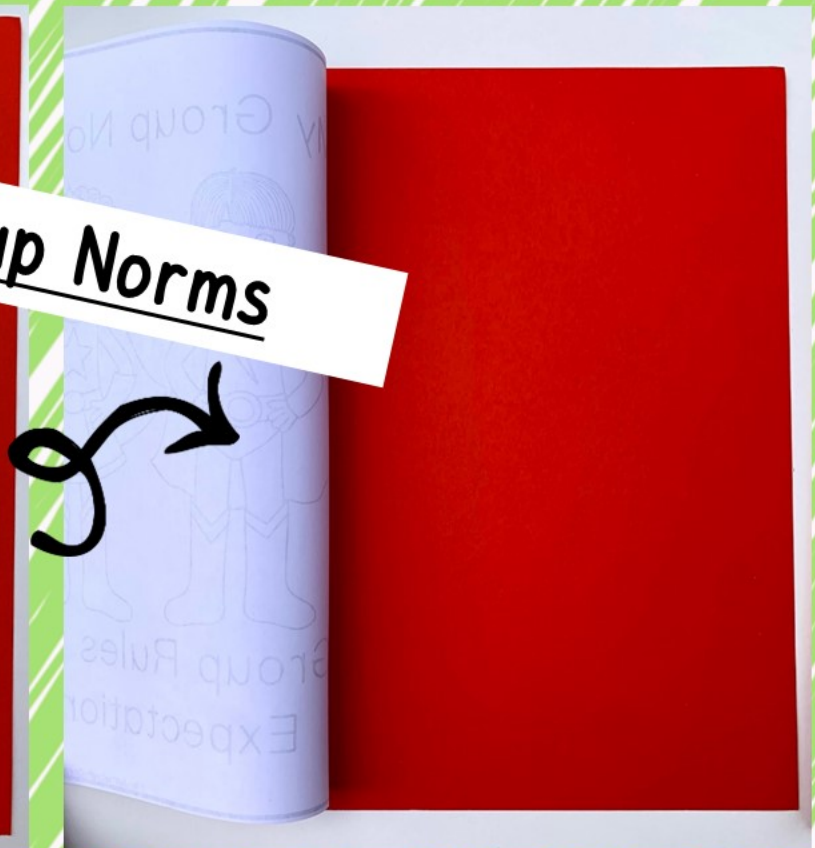
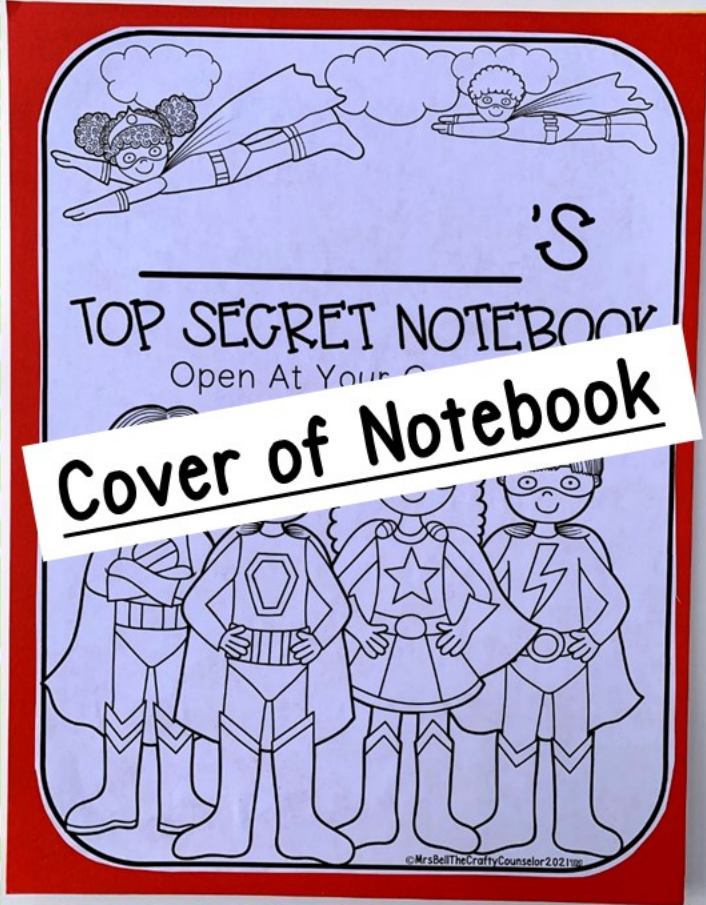
Interactive Book

Ten Week Self Control Curriculum



Mrs. Bell
The Crafty Counselor

SESSION #1 EXAMPLES



SESSION #2 EXAMPLES

STRENGTH AND WEAKNESS

Look at the words below. Color the boxes that describe your strengths and cross out the boxes that describe your weaknesses.

teamwork creativity adaptability collaboration

enthusiasm flexibility decision-making curiosity

focus honesty dependable integrity

listening leadership critical-thinking purpose

ambition balance attentive logical

determined thoughtful good-judgment sincere

happy stressed risk taker respectful

thinker detailed open-minded

reliable consistent patient ver

self-starter calm self-control

charisma rational competitive perfe

organized critical problem-solver



Strengths and Weaknesses

STRENGTH AND WEAKNESS

Every superhero has strengths that help them to succeed and weaknesses they must work through. What are yours? Use drawings or words to describe your answers.

BIGGEST STRENGTHS

BIGGEST WEAKNESSES

Which of your strengths help you to have super self-control?

Which of your weaknesses can lead to you losing self-control?



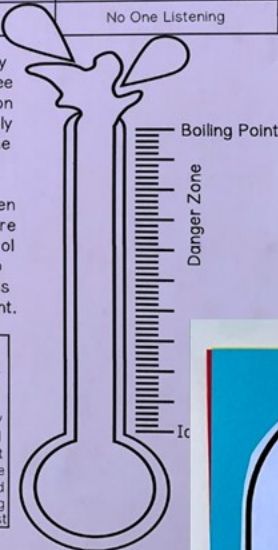
SESSION #3 EXAMPLES

TRIGGERS: WHAT AFFECTS YOUR TEMPERATURE GAUGE?

Triggers are things that cause strong feelings and test our emotional self control. The key to staying in control is identifying triggers and dealing with them in healthy ways. Below are a few common triggers. Color in the boxes that describe your triggers.

Being Blamed	Not Getting Our Way	Being Left Out
Feeling Uncared For	Being Made Fun of	Task is too Hard to Complete
Name Calling	Unfairness	Being Bossed Around
Rumors	Being Ignored	Excessive Noise
Not Feeling Heard	Losing a game	No One Listening

Everyone has a temperature gauge. Our body feels different ways depending on which degree we are at on the temperature gauge. Based on how much a trigger upsets you, you can quickly go from in control, to boiling over in anger. The more you allow the trigger to upset you, the higher your temperature will rise. People's behavior and responses are very different when they reach their boiling point than when they are chilling at an ideal level. Learning how to control your responses to your triggers is the key to learning how to control yourself. Self control is what keeps you from reaching your boiling point.



IN CONTROL	BOILING POINT
No Urge to Fight	Want to Hit or Kick
Confidence	Seeing Red
Mind Clear	Feeling Hot
Feel in Control	Shaky or Sweaty
Clear Thoughts	Overwhelmed
Calm Heart	Urge to Fight
Relaxed Fists	Sudden Headache
Calm Body	Fists Clenched
Feet Calm	Thoughts Racing
Feeling Like Yourself	Heart Beating out of Chest

Can you think of triggers that raise your temperature gauge?

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Triggers and Temperature Gauge

On an average day, what's your temperature?

0 1 2 3 4 5
ideal

6 7 8 9 10
boiling

When you feel strong emotions, how much self control do you have?

0 1 2 3 4 5
none

6 7 8 9 10
full

How does it feel to reach your boiling point? Draw or describe your answer.

Draw your calm and controlled state.

Draw your boiling point state.

TEMPERATURE GAUGE

My preferred temperature is:

Describe your boiling point.

What brings you to the boiling point?

Describe your triggers and how close they get to your boiling point.

5 - Getting Irritated

Draw your irritated.

0 - Completely In Control

Draw your in control.

Describe your in control.

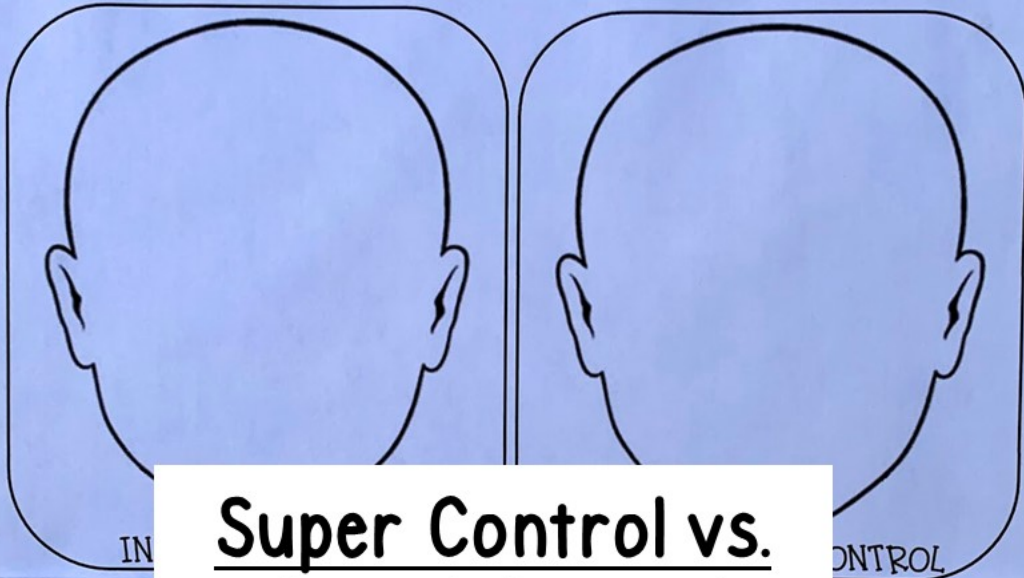
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SESSION #4 EXAMPLES

SUPER SELF CONTROL OR OUT OF CONTROL

How do you look when you are in control?
How do you look when you are out-of-control? Draw and describe.



Super Control vs. Out of Control

WHAT DOES OUT OF CONTROL
LOOK LIKE? DRAW IT.



WHAT DOES IN CONTROL
LOOK LIKE? DRAW IT.



SESSION #5 EXAMPLES

SUPERHERO MINDSET

When we are feeling strong emotions, what we say to ourselves can either help us or hurt us. Your mission is to sort the statements based on if they help you build a positive mindset or a negative mindset.

POSITIVE THOUGHTS
Positive thoughts help us to create a positive mindset. Positive mindsets help us to grow and achieve more than we thought possible. Positive mindsets allow us to develop our super skills.

NEGATIVE THOUGHTS
Negative thoughts create negative mindsets and attitudes that hold us back from reaching our hopes and dreams. Negative mindsets are one of self control's biggest enemies.

glue pocket template here

glue pocket template here

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select an end, run across page

Fold back and glue to page

POSITIVE MINDSET

Fold back and glue to page

I am not going to get better at this.

I will be the best at

glue to page

Superhero Mindset



SUPERHERO MINDSET

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I will be the best at

POSITIVE MINDSET
























NEGATIVE MINDSET

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SESSION #6 EXAMPLES

I CAN STAY SUPER CALM!

Look at the calm down strategies on the chart below. Act out each strategy one-by-one. Think of how each strategy makes you feel. If you feel like the calm down strategy helps you stay in control, color in the box. If the calm down strategy does not calm you down, cross the box out.

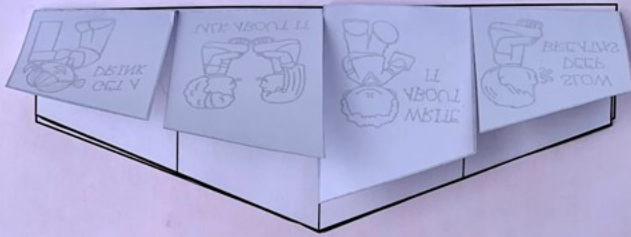
 STOMP IT OUT	 TALK ABOUT IT	 POSITIVE THOUGHTS	 READ A BOOK	 TAKE A SEAT FOR A BIT
 GO FOR A WALK	 FIND INNER PEACE	 THINK IT THROUGH	 SING A SONG TO YOURSELF	 PUSH IT OUT
 BUILD	 BREATHE	 WRITE ABOUT IT	 BOUNCE	
 MEDITATE	 SQUEEZE	 EXERCISE	 RELAX	
 PLAY A GAME	 STRETCH	 JUMPING JACKS	 GIVE YOURSELF A HUG	 SLOW DEEP BREATHS

Calm Down Strategies
Part 1

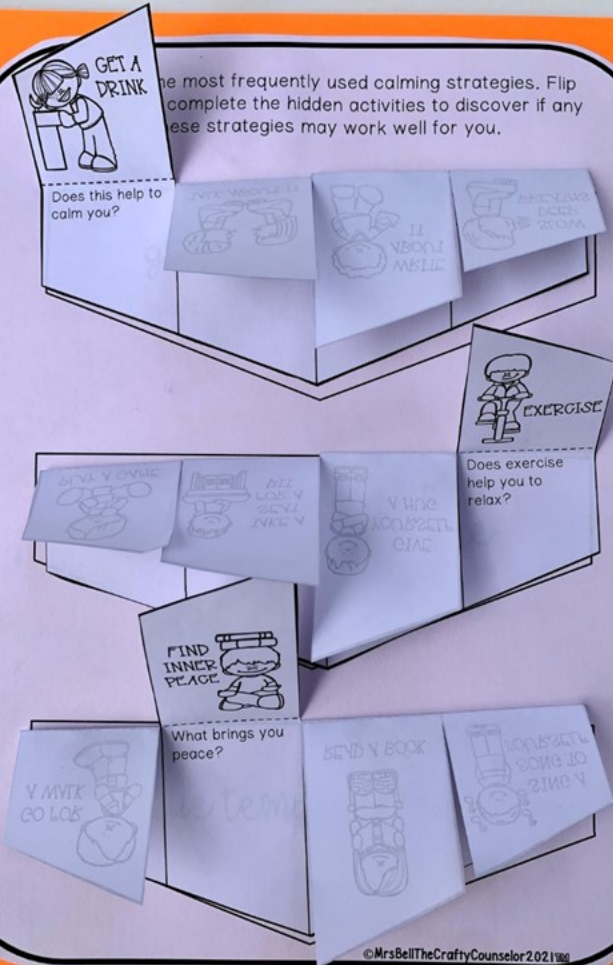
Which strategies do you think may work best for you? Draw or describe.

SESSION #7 EXAMPLES

Below are the most frequently used calming strategies. Flip the flaps and complete the hidden activities to discover if any of these strategies may work well for you.



Calm Down Strategies Part 2



SESSION #8 EXAMPLES

Shield of Strategies



SHIELD OF STRATEGIES

Look at the calm down strategies chart on the previous page. Add strategies you think would work best for you inside your shield. The next time you are upset, feeling strong emotions, or a bit overwhelmed, you can use one of your strategies. Using your strategies is the best way to have super self control in all situations.



Are there any calming strategies you use that weren't included on the chart? Are there any strategies that work well for you that we should add?

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Look at the calm down strategies chart on the previous page. Add strategies you think would work best for you inside your shield. The next time you are upset, feeling strong emotions, or a bit overwhelmed, you can use one of your strategies. Using your strategies is the best way to have super self control in all situations.



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SESSION #9 EXAMPLES

SELF CONTROL SCENARIOS

Read each situation, one-by-one. Think of a calming strategy or use the chart below as a reference that you think could help you to keep your super self control. You can use the chart on the page as a reference. Discuss why you think the strategy would help you to keep control in that specific situation. When done, put your scenario cards into the envelope for safe keeping.

STOMP IT OUT	TALK ABOUT IT	POSITIVE THOUGHTS	READ A BOOK	TAKE A SEAT FOR A BIT
GO FOR A WALK	FIND INNER PEACE	THINK IT THROUGH	SING A SONG TO YOURSELF	PUSH IT OUT
GET A DRINK	BUILD	BREATHE	WRITE ABOUT IT	BOUNCE
CRY FOR A LITTLE WHILE	MEDITATE	SQUEEZE	EXERCISE	RELAX
PLAY A GAME	STRETCH	JUMPING JACKS	GIVE YOURSELF A HUG	SLOW DEEP BREATHS



Scenario Sort

SELF CONTROL SCENARIOS

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CRY FOR A LITTLE WHILE	MEDITATE	SQUEEZE	EXERCISE	RELAX
PLAY A GAME	STRETCH	JUMPING JACKS	GIVE YOURSELF A HUG	SLOW DEEP BREATHS



SESSION #10 EXAMPLES

SELF TALK

Now that you have completed and learned each lesson in this book, what do you want to tell yourself? Write a letter to yourself that you can use for reflection as needed.

Dear _____

I'VE LEARNED

Skills and strategies as you've completed your book. You've learned to answer the questions below. Lift each flap and write your answers below.

Write one thought you had while completing this book.

Write one thing you will use more often.

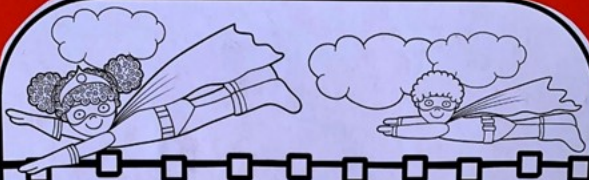
Write one thing that you want to teach someone else.

Write one thing that you learned that surprised you.

Write one thing that you learned that you will never forget.

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Self Talk and Group Recap




SELF CONTROL IS STRENGTH.

RIGHT THOUGHT IS MASTERY.

CALMNESS IS POWER.

-JAMES ALLEN



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Mrs. Bell

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