



Self-Control in the Classroom

Self-control is the capability to control one's behaviors or thoughts, particularly in difficult situations, to obtain a reward or avoid punishment.

When asked, "I can wait for what I want," students responded:
Not at all true: 13% A little true: 29% Pretty much true: 39% Very much true: 20%

Self-Affirmation

Promote self-control by having students think about what is most important to them and what their core values are, and have them write it down. Research has shown self-affirmation to be an effective method of increasing self-control in situations when self-control is depleted.

Mindfulness

Mindfulness is an awareness of the present moment. Meditation is one form of mindfulness exercise. Having students practice mindfulness, even in brief increments, may enhance self-control.

Social-Emotional Learning

Social-Emotional Learning (SEL) focuses on five core competencies, including self-management, which incorporates self-control and emotion management. SEL programs can be incorporated into the standard curriculum. Routines can also help students maintain self-control:

- "Stop and Stay Cool," a step-by-step process for staying in control of strong feelings.
- "Decision Tree" that students can use to make choices.

For more information about the Social Emotional Health Survey, see: www.project-covitality.info



Students with high self-control perform better in school.

Studies show that students with high self-control report:

- Higher grades
- Fewer office discipline referrals and suspensions
- Better relationships with family and friends
- Self-Control is linked to long-term positive effects:
- Children with high self-control are more likely to grow up to:
- Have lower levels of alcohol abuse and eating disorders
- Have a higher-paying job
- Have more money saved

Resources

NASP: Teaching Young Children Self-Control Skills, Information for Parents and Educators

What is Social and Emotional Learning?

Teaching Big Kids Self-Control