



Students throughout the District are learning about character building through a weekly series of character-building lessons. Each lesson provides a **Home Link** and a **Community Link** to reinforce the daily classroom lesson. The **Home Link** is designed to foster meaningful communication among family members.

The **Community Link** is a proactive tool designed to heighten good character awareness and promote socially responsible behavior in the community. Each week focuses on the character quality presented in our elementary schools and provides ideas for your consideration.

The Community Link

This week, our students are focusing on the quality of **SELF CONTROL**. They are learning about:

- The importance of practicing self control to resist peer pressure.
- How to set an example of self discipline for others to follow.
- The impact that self control has over making the right decision. For example, the more control one has, the easier it is to do the right thing.
- The importance of thinking before acting.

Please take the time to consider what this good character quality means to your own group or organization by sharing the following:

SELF CONTROL

means having control over one's emotions and actions.
SELF-CONTROL is to take charge of one's behavior.

Consider using this Community Link with your employees, membership or organization whenever possible.

What You Can Do!

- In your group or organization, what situations are likely to arise that might test the limits of an individual's self-control? What do you encourage your group members to do in those situations?
- Post this quote by Author Robert Burns: Post this Quote: "Prudent, cautious self-control is wisdom's root." Consider what it means to your organization.
- Food for thought: Make a mental checklist of the people that you come into contact with on a daily basis, then think of whether each of those persons would consider you to be in control over your emotions and actions.
- Integrate the practice of SELF CONTROL in your organization as often as possible.