

# SELF CONTROL

Week of August 29, 2011

## DAY 1

Good morning and welcome to *The Principal's Principles*. **SELF CONTROL** means taking charge of yourself and your behavior, as well as making good choices and being accountable for your decisions. You cannot control what happens around you, but you can always determine how you will respond. If you feel like talking back to your teacher, eating too much candy, or hitting your brother, self-control gives you power over those impulses and helps you choose a better response. Decide how you want to act, and make it happen! Make it a magnificent day!

## DAY 2

Good morning and welcome to *The Principal's Principles*. **SELF CONTROL** is a power that starts with your thoughts. A Roman poet known as Horace said, "**Rule your mind, or it will rule you.**" What you think determines how you act. Angry and hateful thoughts can lead to bullying and violence. Critical and unkind thoughts often result in mean behavior. Control your mind and you will control your actions. Make it a terrific day!

## DAY 3

Good morning and welcome to *The Principal's Principles*. **SELF CONTROL** helps you "hold your temper" when you feel angry. Compare holding your temper to holding a puppy. It is easy to hold a puppy, until it starts squirming and trying to jump out of your arms. If you don't hold on firmly, the puppy will run away. Holding your temper is also easy – until you become upset. Angry words may want to jump out of your mouth. You can hold firmly to your temper by counting to 10 or walking away until you feel calmer. Control your temper. Make it a wonderful day!

## DAY 4

Good morning and welcome to *The Principal's Principles*. **SELF CONTROL** means you are choosing your actions. A puppet is a toy that is controlled by the person who holds it. You can determine where a puppet goes or how it moves by pulling its strings or wiggling your fingers. Puppets say what you say, because you are in control. Unlike a puppet, you do not have strings on your arms and legs. You have your own voice. Use your self-control to make good choices to behave respectfully and speak kindly. Make it a tremendous day!

## DAY 5

Good morning and welcome to *The Principal's Principles*. Lots of people have big dreams. Those who actually reach their goals are the ones who exercise **SELF-CONTROL**. People with self-control are willing to do what they feel is important, even when they would rather be doing something else. If you want to be a great swimmer, you may have to be willing to train every day. If you want to be a master pianist, you may have to practice an extra 30 minutes before joining your friends to play. If you want to be a brilliant scientist, you will need to study and do your homework before playing video games. Use self-control to accomplish your goals! Make it a fabulous day!