

Commitment to Character

Self-Control - Managing your emotions and choosing acceptable behavior.

• **April is National Autism Awareness Month — Autism Awareness Month is aimed at educating the public about autism, promoting acceptance of individuals and families dealing with autism, and recognizing individuals that serve students with autism.**

Helping Kids Learn Self-Control

By learning self-control, kids can make appropriate decisions and respond to stressful situations in ways that can yield positive outcomes. Here are a few suggestions on how to help kids learn to control their behavior:

Ages 5 to 9

As kids enter school, they're better able to understand the idea of consequences and that they can choose good or bad behavior. It may help your student to imagine a stop sign that must be obeyed and think about a situation before responding. Encourage students to walk away from a frustrating situation for a few minutes to cool off instead of having an outburst. Praise kids when they do walk away and cool off — they're more likely to use those skills again.

Ages 10 to 12

Older kids usually better understand their feelings. Encourage them to think about what's causing them to lose control and then analyze it. Explain that sometimes situations that are upsetting at first don't end up being so awful. Urge kids to take time to think before responding to a situation. Compliment them as they use their self-control skills.

Ages 13 to 17

By now kids should be able to control most of their actions. But remind teens to think about long-term consequences. Urge them to pause to evaluate upsetting situations before responding and talk through problems rather than losing control, slamming doors, or yelling.

<http://kidshealth.org/en/parents/self-control.html#>

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Three Words a Day

April 1	Show your confidence.
April 2	Just say "no."
April 3	Small improvements count.
April 4	Decide to try.
April 5	Effort means work.
April 6	Do your share.
April 7	Little things first.
April 8	Questions take courage.
April 9	Communicate with parents.
April 10	Every improvement counts.
April 11	Keep physically active.
April 12	Troubles do pass.
April 13	Challenge yourself today.
April 14	Enjoy being alone.
April 15	High-five your mom!
April 16	Don't be discouraged.
April 17	Don't ignore directions.
April 18	Success follows failure.
April 19	Doing gets results.
April 20	Hurts sometimes teach.
April 21	Succeed with determination.
April 22	Discover new friends.
April 23	Experts once began.
April 24	Looks can hurt.
April 25	Different is okay.
April 26	Concentrate on today.
April 27	Winning is beginning.
April 28	Remember happy times.
April 29	Don't criticize friends.
April 30	Life needs discipline.

Websites of the month:

<http://www.the-best-childrens-books.org/Character-Education-books.html>

Ecards to send Aps can be found here among other things:

<https://www.nassp.org/recognition/national-assistant-principals-week/>

<http://www.showandtellforparents.com/wfdata/frame234-1055/pressrel14.asp>

Dinner Dilemmas

Purpose: To create family discussions that promotes Character Education in Pinellas County.

Dinner Dilemmas are designed to go home once a month with the students. Schools that send home a weekly newsletter could print one dilemma each week in its publication. During the week families are asked to discuss the dilemma. It is hoped that families will talk about the dilemma and decide how the character quality of the month relates to the situation presented. It is further hoped that families will discuss the dilemma of the week and decide how the character quality of the month applies to each family member.

Week 1

Situation: Sam and his brother are home alone. His parents have a strict rule about no snacks before dinner.

Dilemma: On the one hand Sam can give into his temptation and raid the cookie jar. On the other hand Sam knows he should show self-control and wait until after dinner.

Discussion: What advice do you have for Sam?

Week 2

Situation: Sam is playing ball with his friend. The ball accidentally hits Sam hard. It hurts, begins to swell, and is turning red.

Dilemma: On one hand Sam is very angry and wants to throw the ball back at him to show his friend it hurts. On the other hand Sam knows he should show self-control and calm down.

Discussion: What advice do you have for Sam?

Week 3

Situation: Sue's best friend becomes friends with a new student. Sue is jealous and worries about losing her best friend.

Dilemma: On the one hand Sue wants to tell her friend not to sit with the new student at lunch. On the other hand Sue knows she should show self-control and talk about her feelings.

Discussion: What is your advice for Sue?

Week 4

Situation: The students in Sue's class are loud and noisy. The teacher is trying to get their attention.

Dilemma: On one hand Sue wants to finish her conversation with her friends. On the other hand Sue knows to show self-control she needs to stop talking.

Discussion: What is your advice for Sue?

Books to read aloud on Self-Control:

Owl Moon by Jane Yolen

The Legend of the Indian Paintbrush by Tomie dePaola

Angry Dragon by Thierry Robberecht

April 4th is National School Librarian Day. It is set aside to honor all school librarians. School librarians spend long hours keeping the library organized, helping our children find the resources they need to keep learning and are dedicated to creating an environment they can learn in every day of the year. All of this hard work often goes unappreciated.

<https://nationaldaycalendar.com/national-school-librarian-day-april-4/>

QUOTE OF THE WEEK:

Quotes: Starting the week of April 1:

Week 1 - "Emotional control is the ability to eliminate overactive behaviors and replace them with reasonable behaviors." Unknown

Week 2- "We cannot live happily as human beings in the belief that our own actions don't matter." Alvin Toffler

Week 3 – "Life is an echo. What you send out—comes back." Zig Ziglar

Week 4- "Discipline and concentration are a matter of being interested." Tom Kite



If you learn
self-control,
you can master
absolutely
ANYTHING.

Contact
Information

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Next Month is May Caring Being kinds, friendly, considerate and willing to listen, give and share.