### Expect Respect Character Trait: Self-Control

**Focus for February: Black History**

**HOME CONNECTION**

| Daily Check In                                                                 | Introduce your child to self-control by asking them these questions and discussing their responses:  
|                                                                              | *Why should I use self-control?*  
|                                                                              | *What does using self-control look like?*  
|                                                                              | *What should I do if I feel myself losing control?*  
|                                                                              | *How does using self-control help me?*  
|                                                                              |  
|                                                                              | Then take time at the end of each day to ask your child these questions:  
|                                                                              | *How did I display self-discipline today? How did it feel?*  
|                                                                              | *Was there any time today that I did not show self-discipline? How did it feel? How can I change that behavior in the future?*  
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| Activities to Promote Self-Discipline | There are many activities and programs in the community that can help your child build self-discipline. They may include sports, music lessons, the responsibility of caring for a neighbor’s pet, memorization of scripture, a clean room, or a host of other activities. Decide which activity would be of interest to your child and get them started.  
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| Meditation Time | Meditation is a process of self-control, it requires willpower to be able to sit and allow thoughts to come and go, without acting on them or becoming fixated by ideas. Setting aside time, even for 5 minutes of time in your family’s schedule for meditation, can help build the muscle for self-control and the capacity to allow emotions to arise without having to act on them.  