



**Expect Respect Character Trait:  
Self-Control**

**Focus for February: Black History**

**HOME CONNECTION**

<b>Daily Check In</b>	<p>Introduce your child to self-control by asking them these questions and discussing their responses:</p> <p><i>Why should I use self-control?</i>  <i>What does using self-control look like?</i>  <i>What should I do if I feel myself losing control?</i>  <i>How does using self-control help me?</i></p> <p>Then take time at the end of each day to ask your child these questions:</p> <p><i>How did I display self-discipline today? How did it feel?</i>  <i>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?</i></p>
<b>Activities to Promote Self-Discipline</b>	<p>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.</p>
<b>Meditation Time</b>	<p>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.</p>

