



january 2022

If you've ever uttered the words, "Keep your hands to yourself," or "Wait until dinner," then you get why we need to spend a month focusing on...

SELF-CONTROL:

Choosing to do what you should even when you don't want to.

Self-Control

JANUARY 2022



SAY IT:

Self-control means choosing to do what you should even when you don't want to.

KNOW IT:

ASK A KID:

- Have you ever wanted to keep playing video games at night but your mom or dad said it was time to get a bath and get ready for bed? How did you act? What did you say?
- Think of someone you know that lacks self-control. Think of someone that you know that has great self-control. What are the main differences in their attitudes and behaviors?

ASK A GROWN UP:

- Think of a time when you lacked self-control. What happened?
- How does it feel to choose to do what you should even when you don't want to?
- What do you have trouble resisting? What do you do to avoid being tempted?

SEE IT:

Self-control can be a difficult lesson to learn as a young person. Have you ever seen a toddler throw a temper tantrum? It's because they don't yet possess the skills to practice self-control. The attached video is a great depiction of Donald Duck and his struggle with self-control. Watch with a grown up and discuss the strategies the radio host is suggesting to practice self-control. Discuss in detail if Donald Duck is using these strategies.

<https://www.youtube.com/watch?v=ygvkPOZNVQc>

BE IT:

Make a list of things in your life that you want to do but are unhealthy for you. How can you avoid making these unhealthy choices? For example, you really like to eat greasy foods or chocolate but they are unhealthy food options. What are some things that will help you choose to do the right thing, even when you don't want to? Are there certain places that you should avoid or are there specific times that you could avoid these places? Come up with some practical strategies to help you sharpen your self-control.

PHASE

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In the elementary years,
a child develops skills that
equip their future.

Here are three questions that all elementary-aged children are asking:

1. Do I Have Your Attention?

In Kindergarten and first grade, a child craves adult attention and approval.

2. Do I Have What It Takes?

In second and third grade, a kid wants to know how their abilities compare with peers.

3. Do I Have Friends?

In fourth and fifth grade, a kid begins to prioritize friends in a new way.

Relationships create a safe place to resolve who we are. Relationships bring clarity. When kids see themselves the way a loving adult sees them, it changes how they see themselves

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SELF-CONTROL // JAGUAR // BLACK

At up to six feet long (nose to tail) and weighing 100 to 300 pounds, the jaguar is the largest cat in North and South America. It only trails in size to lions and tigers. Solitary and territorial, jaguars keep to themselves.


They are disciplined when it comes to hunting. Though a jaguar might have a mid-day meal, it often waits for nightfall to hunt, when stealth and night vision will secure a full belly. While most cats avoid water, jaguars are powerful swimmers. Even caimans and crocodiles are not safe from them.

A jaguar's stunning coat pattern features broken rosettes with a thick outline, sometimes with a spot in the middle – a perfect camouflage for the rainforests and grasslands these stealthy cats roam. This pattern is more complex than that of their leopard cousins, whose rosettes are more plain and numerous, and their cheetah cousins, who have simple dark spots. Rarely, a jaguar might be all black (melanistic), known as a black panther.

Before the 1880s, jaguars could be found from central Argentina up through the southwestern United States. They now occupy roughly half that range in 18 countries. An occasional individual has been spotted in the United States, but no US breeding populations have been documented in more than 50 years. Most of them currently live in the Amazon Basin.

Jaguars are threatened by habitat loss, poaching, and sometimes conflicts with livestock breeders. Deforestation is a huge problem for many species. Conservationists are working to establish wildlife corridors for jaguars, so they can move freely to new areas to find mates and ensure future generations.

SELF-CONTROL: *Choosing to do what you should even when you don't want to*



A jaguar often chooses to wait for dinner, when chances are better to catch it!

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SELF-CONTROL // JAGUAR // BLACK

What we call "black" is actually the absence of color. White is what we see when all light is reflected from something, and black is what we see when an object absorbs light. Black gives depth and variation to all colors. While it might be mysterious or foreboding to some, black is also the color of power and elegance. Judges wear black robes. A few hundred years ago, when laws in many cultures prohibited certain colors to be worn by certain classes, black was worn by people of many different backgrounds.

SELF-CONTROL: Choosing to do what you should even when you don't want to