

# Self-Control - Pre-K to 2nd Family Resource



## What is BrainAbouts?

BrainAbouts is a prevention and early intervention ecosystem that empowers young people to make positive choices, supports parents, and helps school staff overcome implementation obstacles with brain-based programming.

## Learning about Self-Control- Students learned that...

1. Self-control helps you stop yourself from doing something you might feel like doing because you know it's not the best choice.
2. Self-control happens in a part of the brain called the Frontal Lobe, which is right behind your forehead. This part of the brain helps you think clearly and solve problems.



## Family Connection

1. Think of a time the adults in the family had to practice self-control, share the story with the family.
2. Discuss how deep breathing can help us have self control.
3. Sing the "Self-Control Song" together, and let your child teach you the tune!

## Self-Control Song

When I'm feeling wild inside,  
I stop, take a breath, and count to five.  
I think before I act or say,  
Self-control helps lead the way!  
I can choose the right thing to do,  
Self-control helps me stay calm and cool!

