**[*favorite singer*] says – You Can Do It [*student name]!***

Lots of people have Self-Control. What is Self-Control?

Self control is when you:

Stop  and Think 

before you do or say something.

Sometimes when kids talk they ‘clap’ or say extra things like “Whew” or “Whoa”. That is OK…but sometimes it can bother other kids in the room.



**WHOA!**

Oh my! That talking and clapping are bothering me! I can’t do my school work!



clapping

SO…what can a person do if she feels like clapping or feels like saying ‘whew’ or ‘whoa’?

They can try Self-Control. Look at these cartoon ‘helpers’

 Self control is when you:

Stop  and Think 

before you do or say something.

If you feel like clapping, STOP and THINK,

Hey I can fold my hands or arms or I can open and close my hands like a hand exercise. That will be quiet and won’t bother anyone!



If a kid feels like talking and saying words a lot like ‘whew’, ‘whoa’, she can just whisper the words…then it won’t bother any one.

Guess who tries to do all these things**…[singer name]**! She knows everyone likes her singing but she also knows to be careful and not bother her friends with clapping or too much talking.

Uh oh, I have to remember to whisper and fold my hands so I don’t bother my friends. They like my singing but not all my talking!

**Insert favorite singer picture**

She whispers so she doesn’t bother her friends.

**Insert favorite singer whispering**

**[favorite singer name]** folds her arms or hands if she feels like clapping because that might be too loud for her friends.



You can try this [student name]! Whisper or fold your arms or hands so it is quiet for your friends!

**Insert picture of favorite singer giving a ‘thumbs’ up**

Try Self-Control [name]! When you feel like clapping or talking too much remember to and

You can





Insert favorite singer giving thumbs up

**Thumbs up to [name] for trying!**