

TRUE CHARACTER



A Balanced Approach to
Character Development

Self-Control – School Age

Name: _____

Self-control means you “stop and think” before you act! We have to give ourselves a PEP talk. We Pause, then Evaluate, and, finally, Pick and Proceed. We are calm and make choices that are helpful. When we make a mistake, we apologize. Below, write what you would do in the different situations.

You see classmates picking on a fellow student at school.

What would you do?

You are playing a video game and mom asks you to stop and help make dinner. What would you do?

Your sibling keeps taking things from you without asking. What do you choose to do?

Describe a tough choice you have right now:

Determine 2 choices you have to solve it. Then answer yes or no to the questions following your choice.

Choice 1: _____ Is it safe and fair? _____ Will it work? _____

Choice 2: _____ Is it safe and fair? _____ Will it work? _____

Which choice will you make? _____