

TRUE CHARACTER

A Balanced Approach to
Character Development



Self-Control – Young Kids

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, evaluate the choices our friends are making.



Jerry ate Tom's cheese when
Tom got up from the table.

Good choice? YES NO

Did he show self-control?

YES NO



The kids work together on the
project for school.

Good Choice? YES NO

Did they show self-control?

YES NO



Tom got angry and pushed Meg
down.

Good Choice? YES NO

Did he show self-control?

YES NO

When we make a mistake we need to remember to **A – Apologize**, **B – Because**, **C – Can I fix it**.

Help Tom apologize for pushing Meg.

A – Apologize -- I am sorry for _____

B – Because -- (circle why Tom pushed Meg)

It's not kind to push

You were in my way

I wanted to

C – Can I fix it by: (choose one way to fix it)

Kicking you

Stepping on your things

Hugging you