

## SM 4-6 L4 MY SELF-CONTROL SUPERPOWER

**Grade:** 4-6

**Competency Area:** Self-Management

**Lesson Title:** My Self-Control Superpower (Lesson #4)

**T-SEL Standard:** 2.G.3. Students can create and follow routines, independently adapt to challenges and distractions, and apply perseverance strategies that work for them.

**Duration:** 20 minutes

**Materials Needed:** ChalkWild erasable backpack + ChalkWild chalk markers + terry cloth

### **Lesson Directions:**

- 1. Introduction:** Begin by gathering the students in a circle. Ask them, "Who can name a superpower?" Call on several students to share superpowers aloud. Explain to students that just as superheroes have lots of superpowers, each one of us also has a superpower called self-control. Ask students what self-control means. Invite several students to share their understanding of self-control. Reiterate to students that self-control helps us manage our emotions and make good choices, even when we are faced with a challenge.
- 2. Drawing Activity: "My Self-Control Cape."** Explain the activity: "Today, you'll draw a cape that shows what skills you have around self-control."
  - Provide each student with a copy of the Self-Control skills worksheet or project it for all students to see. Instruct students to draw a cape on their backpack and inside the cape to list at three three skills they could use to show self-control.
- 3. Sharing:** Instruct students to put on their backpacks and walk around the room. Their goal is to look at their peers' backpacks and find three other students who have the same self-control skills written on their capes. Once they find three they can sit back down.

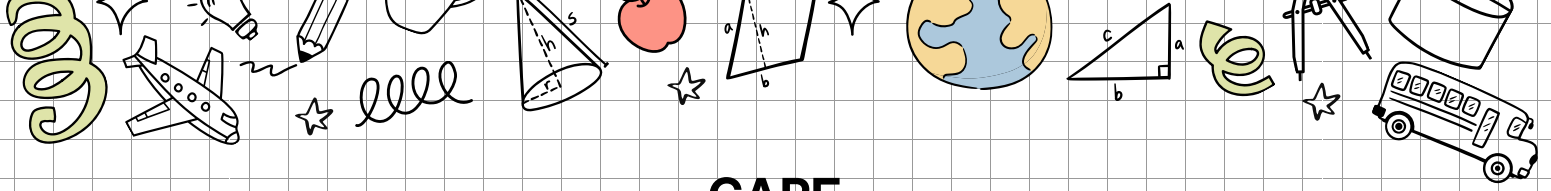
Gather the students back together as a large group.

Use the following questions to lead a class discussion:

- "Why is self-control the most important superpower of all?"
- "What situations might self-control be helpful in?"

End the lesson by reminding students that they are all superheroes, and their self-control superpower is always with them to help them make great choices.





# CAPE

