




SELF-CONTROL

Joyful mastery over one's passions (emotions/feelings) and desires.

- Ways to Cultivate:**
- Listen to others without interrupting.
 - Raising your hand to speak.
 - Controlling your reactions when angry or frustrated.

 Draw a picture of yourself practicing self-control.

 Write some words and phrases you would say if you were practicing self-control.

1. What is one way you already practice self-control?

2. What is one new way you could start practicing self-control?

3. Write a prayer asking Jesus to help you grow in self-control.

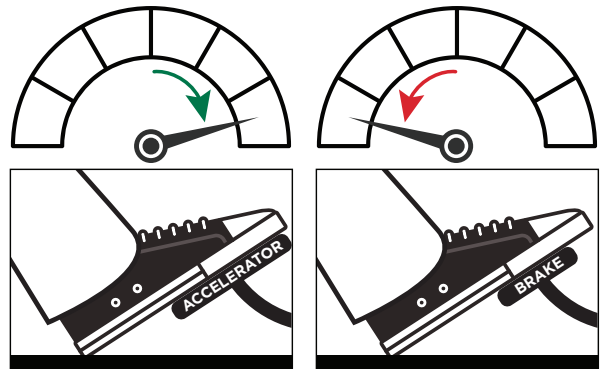
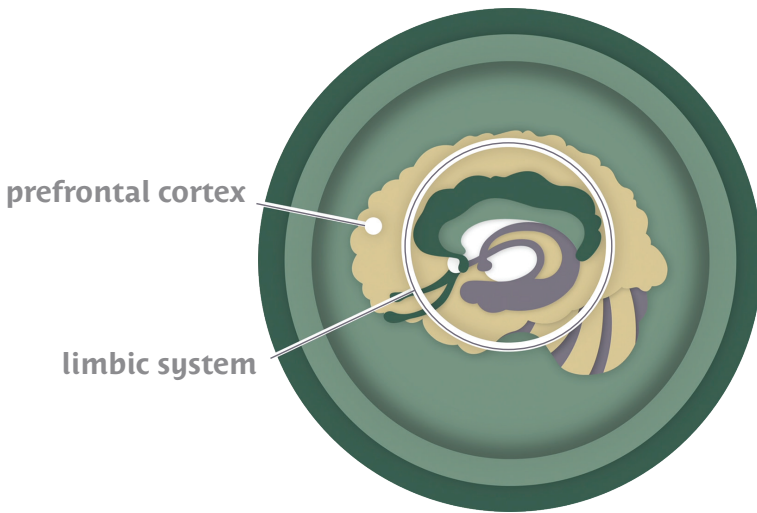


DIRECTIONS: Fill in the blanks from the video.

WORD BANK:

GAS PEDAL ALARM SYSTEM SELF-REGULATION
BRAKING SYSTEM SELF-CONTROL MODERATION

TEMPERANCE 2.2b



_____ is changing your behaviors, emotions, and thoughts on your own.

A very important aspect of self-regulation is the virtue of _____ or the joyful mastery over one’s passions (emotions) and desires. It allows us to hold back or restrain ourselves when we’re experiencing strong emotions - it gives us a chance to respond instead of react.

The Limbic System helps us with our emotions, memory and connecting with other people. It is the _____ of the brain.

The Prefrontal Cortex controls decision-making, focuses attention, and allows us to learn and interpret information. It is the _____ of the brain.

TALK IT OUT!

What is the most important thing I learned today?

What was surprising?
Confusing?
Interesting?


What do I want to learn more about?

What questions do I still have?




The strategy we are going to learn about is called Deep Breathing. This is an important and easy strategy for calming your nervous system anywhere you are. **LET'S TRY IT TOGETHER!**


Sit in a comfortable position. Relax your jaw and shoulders. Let your eyelids get heavy. Close your eyes if you feel comfortable.




Try to breathe a little more slowly and a little more deeply.




Pay attention to your breathing. Feel how your breath comes in and goes out.




If you feel your mind start to wonder, go back to focusing on your breath.



Put one hand on your stomach and one hand over your heart. Feel your stomach rise and fall with each breath.



Now slowly open your eyes, take a deep breath, and smile.




1. In what ways can deep breathing help your brain's "gas pedal" from taking over?

2. How will you use this strategy next time you feel overwhelmed by your emotions?



ST. CARLO ACUTIS

 Trace, color, or draw as you listen to the story.



"To always be close to Jesus, that's my life plan."
– St. Carlo Acutis

1. Write down the ways that St. Carlo Acutis experienced feeling excited and responded with self-control.

2. How will you be more like St. Carlo Acutis this week?
