

North Grove Vikings are

Committed to

Character

Character Trait of the Month

Self-Control

What it means: the ability to control oneself, in particular one's emotions and desires, especially in difficult situations

Synonyms:

- Self-discipline
- Willpower
- Composure

Quote:

"If you learn self-control, you can master absolutely ANYTHING." – Unknown

In history...

George Washington was praised for his wisdom, judgement, courage, and dignity on the battle field. Congress elected Washington as the first Chief Executive because of his trusted moral character. He was applauded for his self-control in working with the military. Many admirers consider Washington's self-control the key facet of his character. He could master any event because he had mastered himself. Washington's character is what held together the founders in a midst of tremendous trials so they could construct a workable republic.
<http://www.visionandvalues.org/2010/03/the-character-of-george-washington/>

What it looks like:

- Decide your best choice
- Stop and take a breath
- Walk away
- Think about your choices and consequences
- Control impulse emotions
- Remain "cool" under pressure
- Restrain negative reactions
- Don't let situations escalate when provoked or confronted

What do North Grove Vikings say about trustworthiness?

"Whenever you control your actions even when you are not asked to."
– Avery Osborn, 4th grade

"Self-control is walking away when you are angry."
– Quinton Bolin, 2nd grade

At Home Discussion:

Conversation Starters:

- What does it mean to have self-control?
- What things or situations make it hard for you to control yourself?
- How does self-control help people act more kindly?
- When was the last time you lost your self-control?