

Ssssslow it down

Put yourself in the following situations then use these three questions to help with using self-control.



#1. Emotions

Ask yourself, **how do I feel** about this event?



#2. The Kick Off

Ask yourself, **what happened** that made me feel like this?



#3. Action Plan

Ask yourself, **what can I do** to help achieve the outcome I would like?

You're throwing a ball in the house and break your mum's favourite lamp. Mum hears the crash and comes running to see what happened.

1. How do I feel? _____

2. What happened? _____

3. What can I do? _____

You're in the middle of a game on your phone. Just a few more points and you'll beat your high score. You hear Dad say it's time to turn off the game.

1. How do I feel? _____

2. What happened? _____

3. What can I do? _____

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