CONTROL

STUDENT & PARENT DISCOVERY

Control: To have power over yourself.

Overview: Control gives you power over your body, emotions and actions. If you learn and practice good self-control, your life is more balanced.

Good control gives you the confidence to use your body in many different ways. You are willing to try new things such as the martial arts.

Good control helps you to process your emotions properly, helping you to make better choices and take the right actions.

Student: Control is so awesome because it gives you the confidence to use your body in many ways. You can move fast, slow, soft or hard and that feels great right?

Controlling your emotions helps you when you get angry or frustrated. If you find yourself getting upset, stop what you're doing, be very still, make a calm face and breathe softly. Once you've calmed down, go ask for help.

Control is also about having power over your actions. Like if someone is being mean to you at school, you can show good control by telling a teacher. You could also use your words with respect and tell them to stop it or just walk away.

Parent: Teach your children good self-control so they can use their bodies better, create emotional balance and take the right actions. It will help them to have better self-worth and confidence.

Children with good self-control make for a happy household. It nurtures an environment of respect and promotes harmony with siblings.

The best way to teach your children control is by example. Always speak respectfully and act calmly toward them no matter how challenging they may be. Your children will feel more loved and it will help them to recognize the value control has to offer.

If your children learn and practice good self-control, they will have the potential for a life that is more balanced and manageable.

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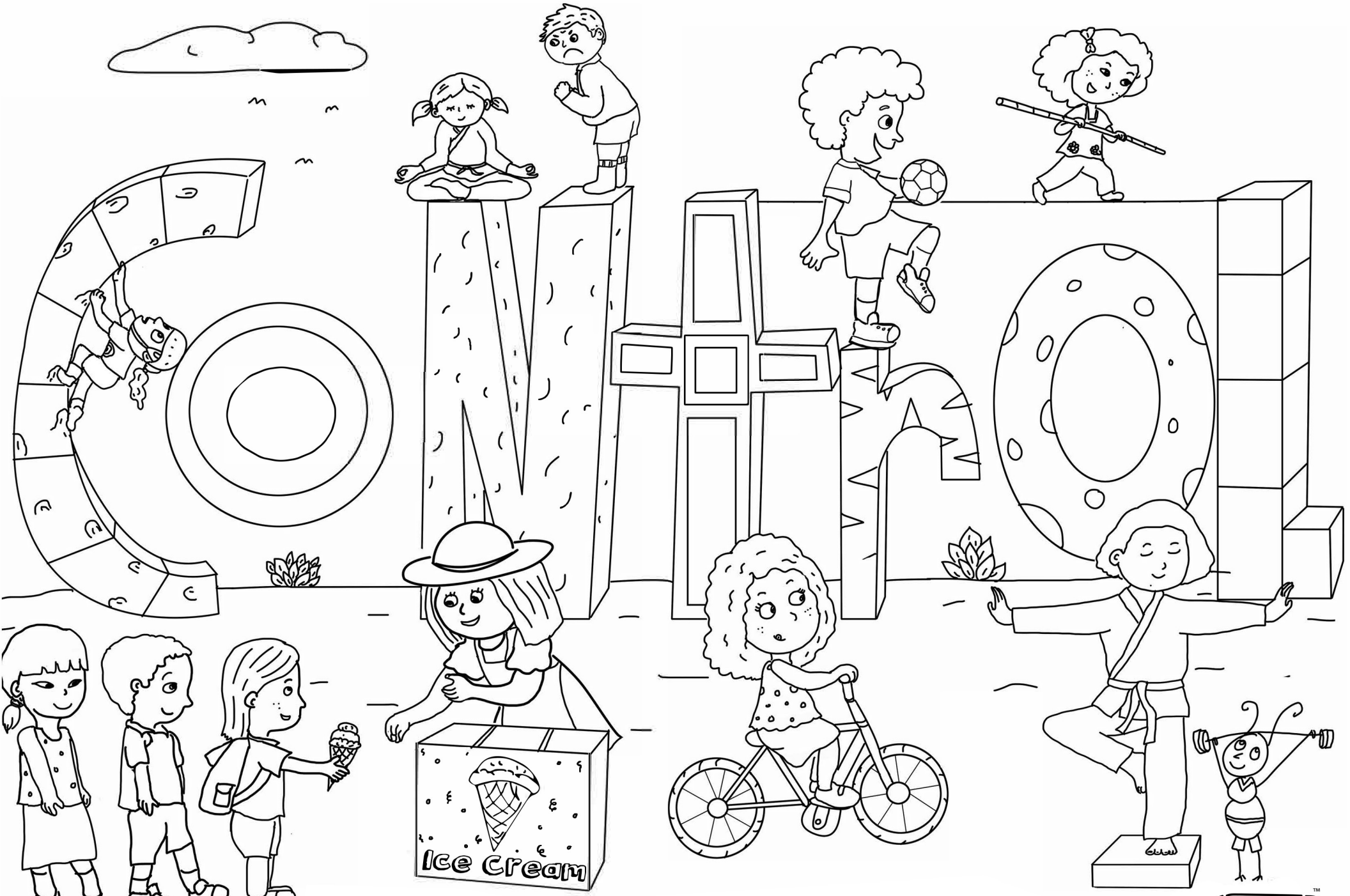

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