

Day 1: Self-Control

TP: Habit #1 is Be Proactive that means “I’m in charge of me” Proactive kids have control of themselves and make choices to show they are in control of their own choices.

Watch this video to be thinking how cookie monster is in control of himself and showing habit #1.

Self-Control Video

Discussion Questions: How does cookie monster have to be in control of himself? What things does he say to himself to help himself be in control? What were some strategies he used to be sure he was in control? What strategies do you know to help you stay in control of you? How will you stay in control of you today?