



# SELF-CONTROL

## Controls Impulses and Delays Gratification (CIDG) - Grades 3-5

“Controls Impulses and Delays Gratification,” a theme in the Fly Five social-emotional learning (SEL) competency of Self-Control, helps K-8 students practice waiting behaviors and delaying gratification to build stamina when working toward a goal. This theme also helps students recognize their temptations and the effects of impulsive behavior while offering positive behavioral alternatives.

### **STUDENT OBJECTIVE:**

The student will be able to identify how delaying gratification can be beneficial.

These past few weeks of transitioning to at-home learning have not been easy. Are you having daily battles to get started with schoolwork at home? Is your child losing focus and/or begging for technology time? When working independently, does your child try to sneak off and not finish their work? Do you feel like your child is emotionally regressing by using tantrums or whining to attempt to get out of schoolwork?

We're here to help! The following research-based tips will help your student to control their impulses and delay gratification while learning at home.





## TIPS...

Read the following research-based tips below to help your student control their impulses and delay gratification while learning at home.

### 1 Talk it Out:

Have a conversation with your child about the importance of patience while learning and working from home. Explain that everyone is juggling various responsibilities and acknowledge that having self-control right now can be hard. Be transparent with your own focus struggles while asking your child about theirs. Together, brainstorm ideas that will help you both stay on track.

### 2 Create a Family Oath:

Explain the importance of trusting your family at this time. In order for you to do your job from home, you need to trust that your child will do their job of learning and keeping up with assignments. Remind your child that true character is defined by what you do when no one is looking. Consider creating a family oath or pledge that focuses on a motto. For example: *“work first, play later.”* Sign it, then display it as a visual reminder to trust each other and work together to practice self-control, even when it is hard.





**3 Delay Gratification:** Use the home time in quarantine to build up your child's delayed gratification stamina! Our society is structured around instant gratification, and before this uncertainty life was so busy, we often found ourselves moving on to the next thing before we were finished with our present task. Teach your child (and yourself) the art of slowing down by using mindfulness. Practice cleansing breaths before watching TV, gratitude statements before dessert, or taking walks before technology time. This shift from the norm will help your child slow down and discover the sweeter side of delaying gratification.

**4 Celebrate Success:** It's not easy to delay gratification or withstand temptation. When you notice your child has completed their assignment before running outside, acknowledge their positive behavior with a well-earned high-five, silly dance, fist pump, or verbal acknowledgement. Positive reinforcement is an important facet in developing their ability to wait, so go ahead and keep up the praise! Don't be afraid to get creative with your acknowledgments.



## REFERENCES:

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