



SELF-CONTROL

Controls Impulses and Delays Gratification (CIDG) - Grades K-2

“Controls Impulses and Delays Gratification,” a theme in the Fly Five social-emotional learning (SEL) competency of Self-Control, helps K-2 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 connect socially unacceptable behaviors that impact self and others.

SCENARIO:

“But I don’t want to do my schoolwork. I want to watch a show! Why can’t I go on your phone or the iPad? I want to play!” Parents, raise your hand high if you’ve heard this in the last few weeks. You are juggling the responsibility of teaching your child while also trying to work from home yourself, find the Zoom links, feed the family, clean up, do the laundry-- all while reassuring everyone that everything is okay. As early elementary aged children are trying to navigate living and learn at home, it is essential they understand the importance of having self-control and the impact that their actions can have on others in your household.





TIPS...

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.

1 Hold A Family Meeting:
Explain that during this time at home, everyone has their individual jobs to do. More than ever before, encourage the mindset that you are a team; each family member's behavior impacts the others ability to do their job. Brainstorm new family routines that encourage positive behavior and will help set everyone up for success. For example, consider implementing quiet hours in the morning. Everyone agrees that during this time, they will be mindful of the tone and volume of their voice to ensure a calm workspace for all!

2 Stick to a Schedule:
Research suggests that children thrive in a predictable environment. Along with your child, establish a new schedule to help reduce impulsive behavior. Consider structuring school activities in the morning with brain breaks and quiet time built in throughout the day. Allow flexibility within this new schedule so your children still have time for fun, silliness, shows, and video games as well as for learning!





3 Be Transparent:
The truth is, we are all struggling with self-control right now. Have a conversation with your child to let them know that we are all feeling lots of emotions and that that's okay. If you find yourself speaking in a short tone or having a tantrum of your own, acknowledge it. Explain the reasoning for your behavior and model accountability. Talk about the impact your actions may have had on others. The more you do this, the more likely your child will do the same.

4 Celebrate the Good Moments:
When your child is being flexible, practicing patience, and modeling positive behaviors, celebrate them! Did they safely get themselves their own snack and put it away, rather than disturb you while you were working? Hooray! Did they respond with a kind, "Ok, Mom, I'll wait to watch a show after dinner," rather than stomp away? Celebrate by openly acknowledging and sharing the greater impact these positive behaviors have on the family.



REFERENCES:

- American Academy of Pediatrics. (2007, June 1). The Importance of Family Routines. HealthyChildren.org. <https://www.healthychildren.org/English/family-life/family-dynamics/Pages/The-Importance-of-Family-Routines.aspx>
- Markham, L. (2015, June 17). 8 Steps to Help Your Child Develop Self-Control. Psychology Today. <https://www.psychologytoday.com/us/blog/peaceful-parents-happy-kids/201506/8-steps-help-your-child-develop-self-control>