

SELF CONTROL



LEARN IT

Set out two toys. Tell the children they can play with one now, but if they will wait until later after clean up (or other designated activity), they could play with both. Self-control is making a choice. Sometime we have to choose what is harder because it is the right thing to do. Why is self-control hard sometimes? What can we do to show self-control?



READ IT

Picky Peggy by Jennifer Dussling

Emiline at the Circus by Marjorie Priceman

Zach Gets Frustrated by William Mulcahy



EAT IT Ants on a Tightrope

Spread peanut butter on pre-cut celery sticks. Then add raisins to the top to make ants balancing on a tight rope.



PLAY IT The Floor is Lava

This fun balance game can be played indoors or outdoors and will get the kids moving! Place colored carpet squares or construction paper on the floor inside or use outside mats if outdoors. The regular floor or ground is "lava" so it can't be stepped on. Turn on the music and have the kids dance from square to square balancing on their squares to not step in the lava!



MAKE IT Nature's Sun Catcher

Summertime is the perfect time to take a nature walk. While on the walk, ask children to collect a few pieces of nature such as leaves, sticks, tiny rocks, or a pretty flower. Cut the center out of a paper plate. Attach clear contact paper to the back of the plate where the sticky side is showing through the center of the plate. Now they can add their treasures from nature to the contact paper. Add a second piece of contact paper to seal the items in. Finish with a piece of yarn to hang their sun catchers in a window to watch the sun shine through.



FIND the shapes in the Circus. Draw a line to each shape.

