**Mr. McMahon F.I.D. Social Skills Lesson 9- Using Self Control**

Direcitons: For lesson 9, you will review Skillstreaming’s skill steps on how to use self control. After reviewing the skill steps, answer the questions listed below.

**Skill 26- Using Self-Control**

**SKILL STEPS**

1. **Tune into what is going on in your body that helps you know you are about to lose control of yourself.**

Are you getting tense, angry, hot, or fidgety?

1. **Decide what happened to make you feel this way.**

Consider both internal (inside) and external (outside) factors. Internal factors could be hunger or being tires, outside factors are usually caused by another person doing something to you.

1. **Think about ways you can control yourself.**

Use coping skills- slow down, count to 10, breathe deeply, remove yourself from the situation, and so on.

1. **Choose the best, appropriate way to use self control.**

**Assignment 9 Directions**- Considering the skill steps above to write a simple, appropriate response to the following role play situations.

1. ***At school****:* What’s the last thing you remember happening at school that made you lose self control? How could you have handled that situation better?

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1. ***At home:*** How have you been doing with using self-control at home? List an example of when you lost control of your emotions and also list an example of when you almost lost control, but were able to control your emotions using coping skills.

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1. ***Friend Group:*** Do your friends usually do a good job of helping you control yourself, or do they do the opposite and make you lose control of your emotions?

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1. ***Corona Virus:*** Being stuck at home can be hard to handle. I’ve had a hard time controlling how many snacks I eat during the day, and I’ve had to really work on getting back to a normal diet. What’s the biggest struggle you’ve had controlling while stuck at home during the quarantine?

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