Name: _____ Date: _____

Self-Control Coloring Reflection-1

Background knowledge:

Self-control means managing your actions and emotions. It helps you stay calm and make good choices. Self-control shows responsibility.

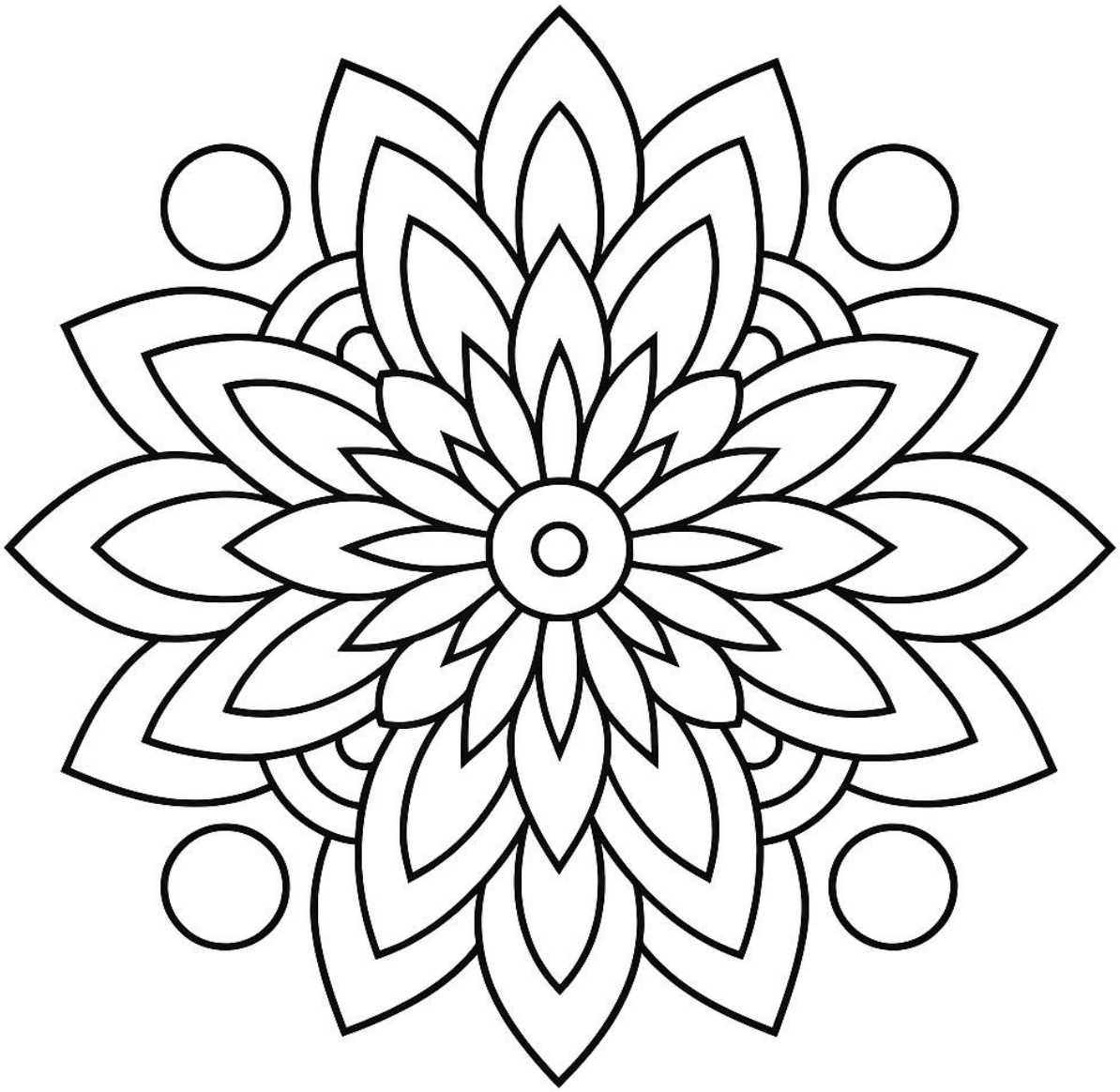
Prompt:

Write about a time you stayed calm instead of getting upset.

_____

_____

_____



Name: _____ Date: _____

Self-Control Coloring Reflection-2

Background knowledge:

Practicing self-control means thinking before you act. It helps you avoid mistakes and keep yourself safe. This makes others trust you more.

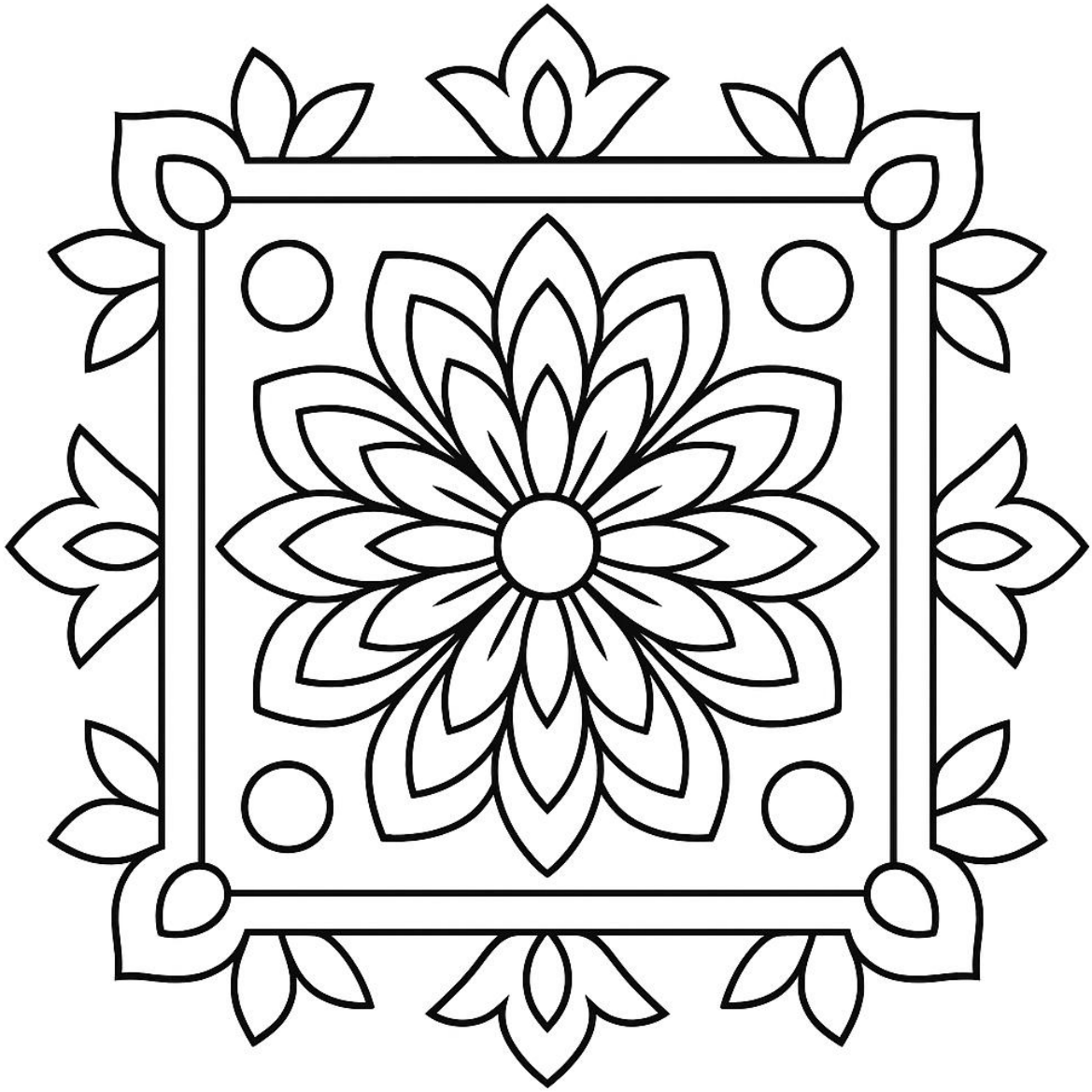
Prompt:

Write about a time you thought before acting.

_____

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Name: _____ Date: _____

Self-Control Coloring Reflection-*3*

Background knowledge:

Self-control means being patient. Sometimes you have to wait your turn or for something you want. Patience shows respect and maturity.

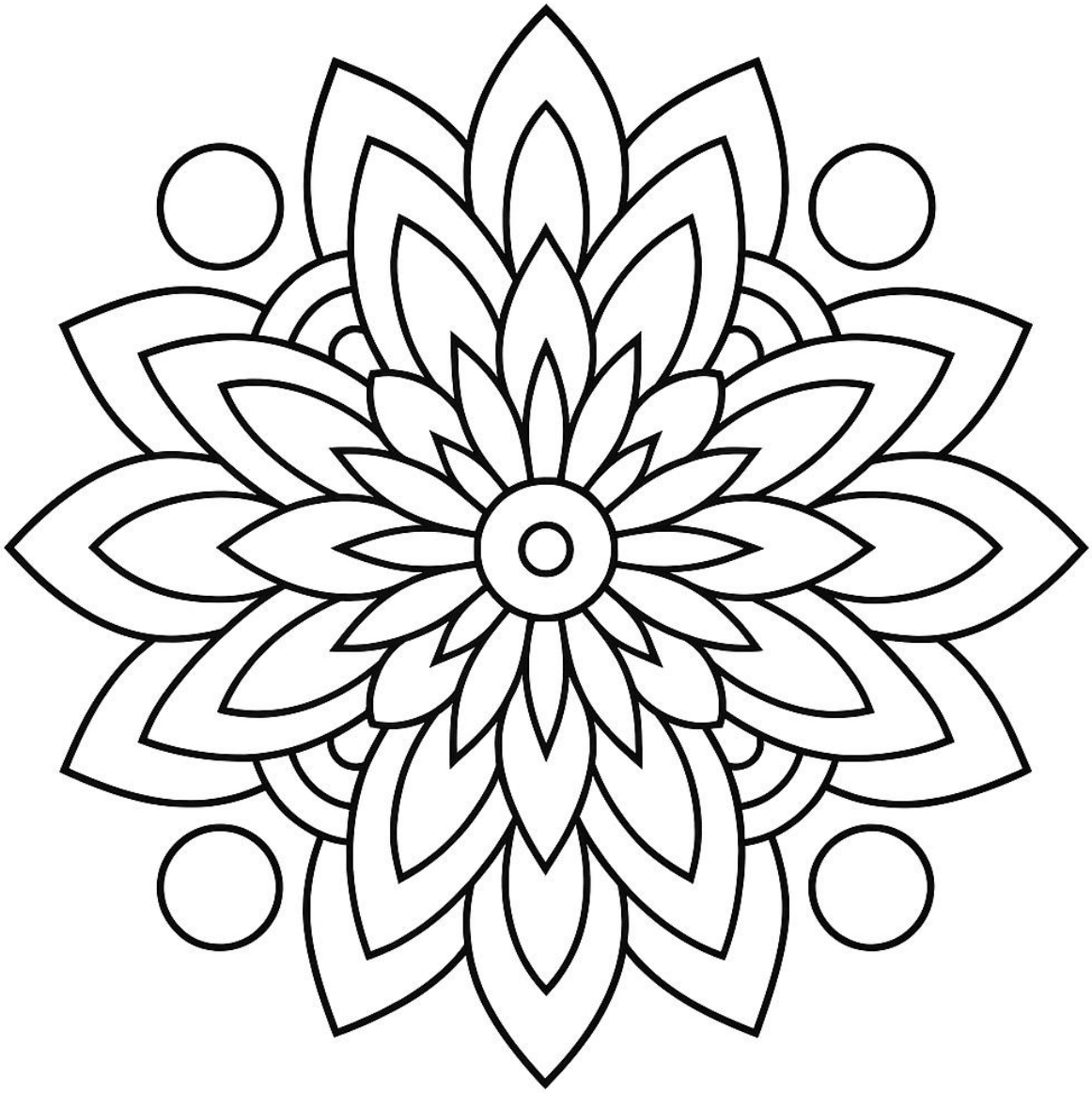
Prompt:

Write about a time you had to be patient.

_____

_____

_____



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Name: _____ Date: _____

Self-Control Coloring Reflection-4

Background knowledge:

When you use self-control, you handle anger in a healthy way. Instead of yelling, you find calm solutions. This makes your relationships stronger.

Prompt:

Write about a time you controlled your anger.

_____

_____

_____



Name: _____ Date: _____

Self-Control Coloring Reflection-5

Background knowledge:

Self-control means saying no to things that are not good for you. It helps you avoid negative choices. This shows strength and maturity.

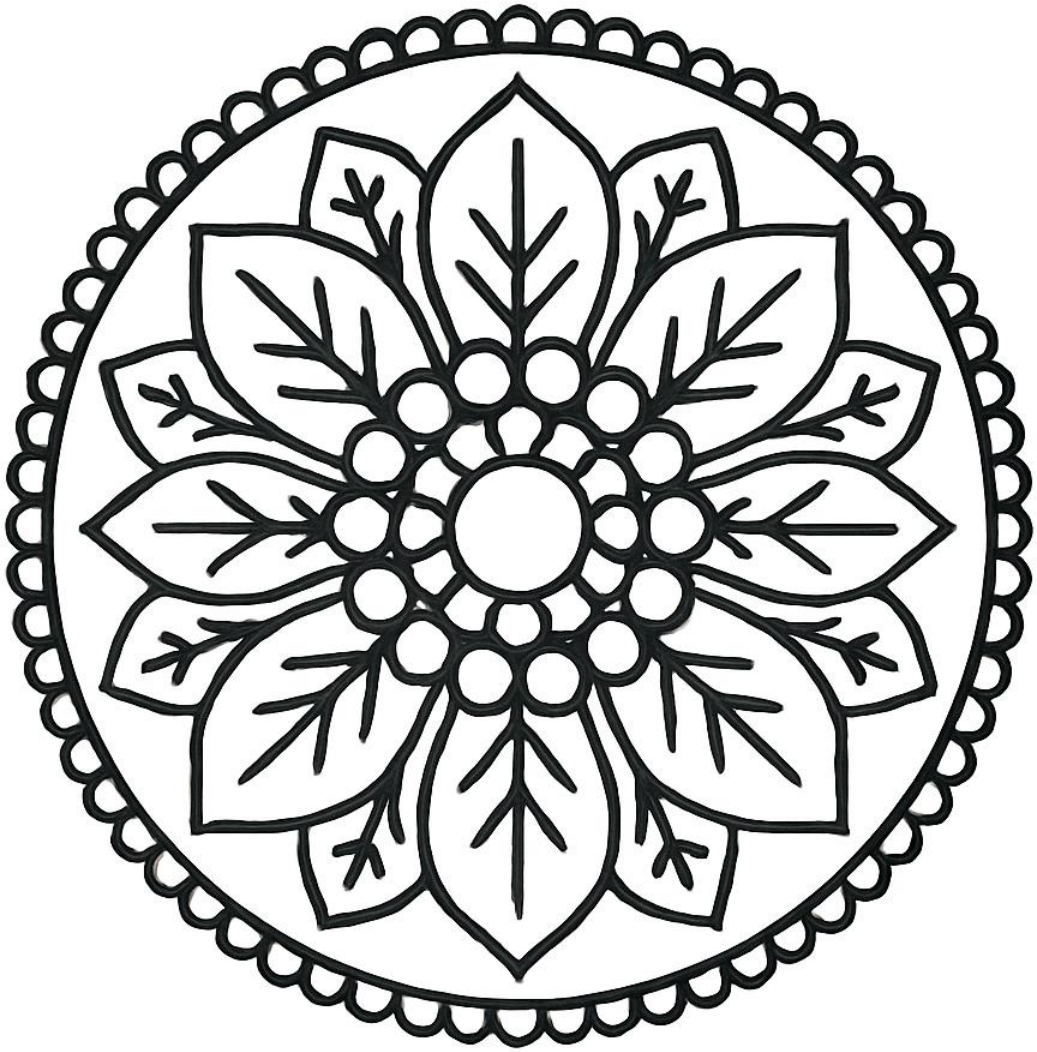
Prompt:

Write about a time you said no to something that wasn't right.

_____

_____

_____



Name: _____ Date: _____

Self-Control Coloring Reflection-6

Background knowledge:

Self-control helps you stay focused on your work. It means ignoring distractions and finishing tasks. This makes you more successful.

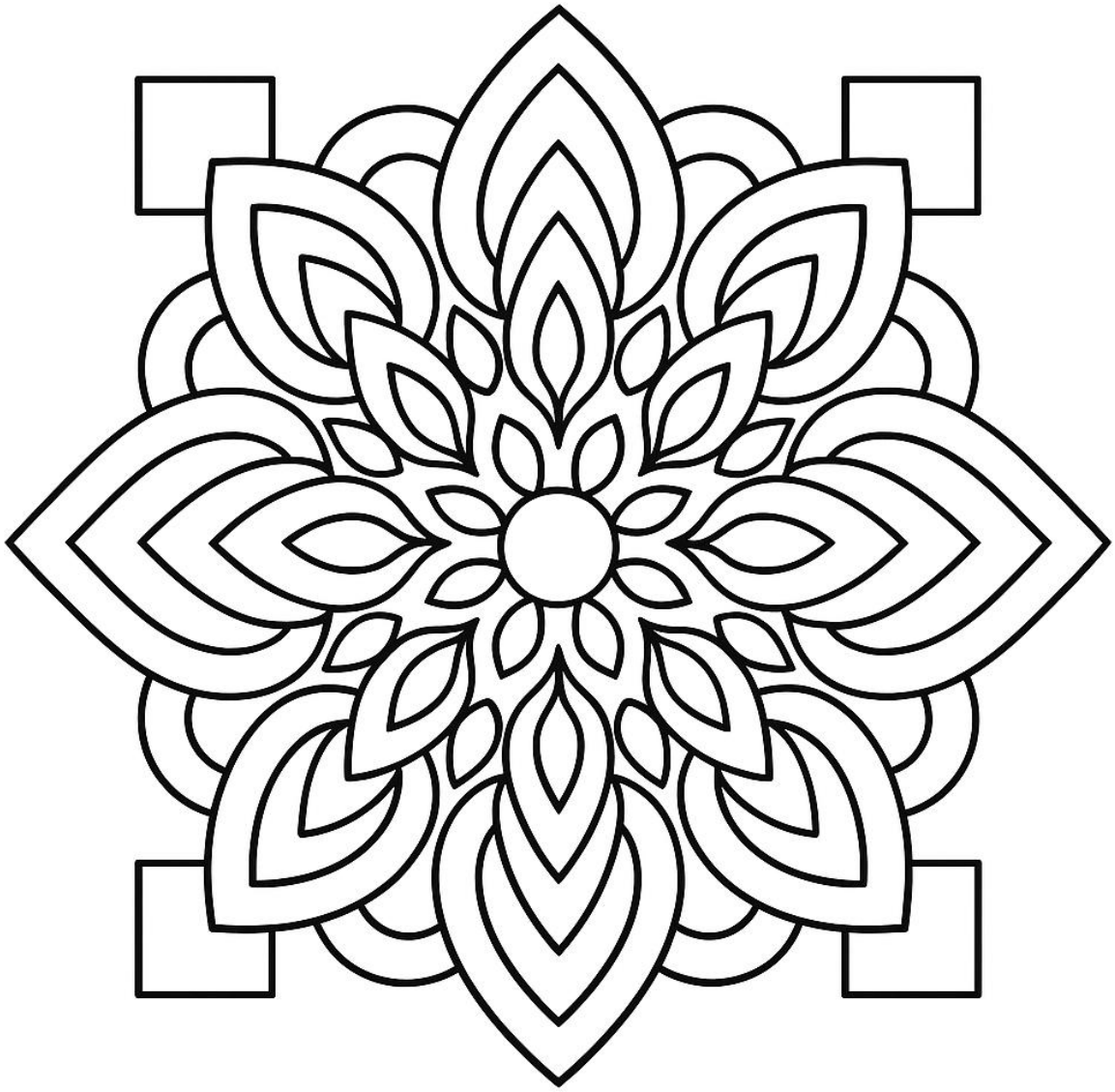
Prompt:

Write about one way you stay focused at school.

_____

_____

_____



Name: _____ Date: _____

Self-Control Coloring Reflection-7

Background knowledge:

Using self-control means keeping promises. When you follow through, people can count on you. This builds trust and respect.

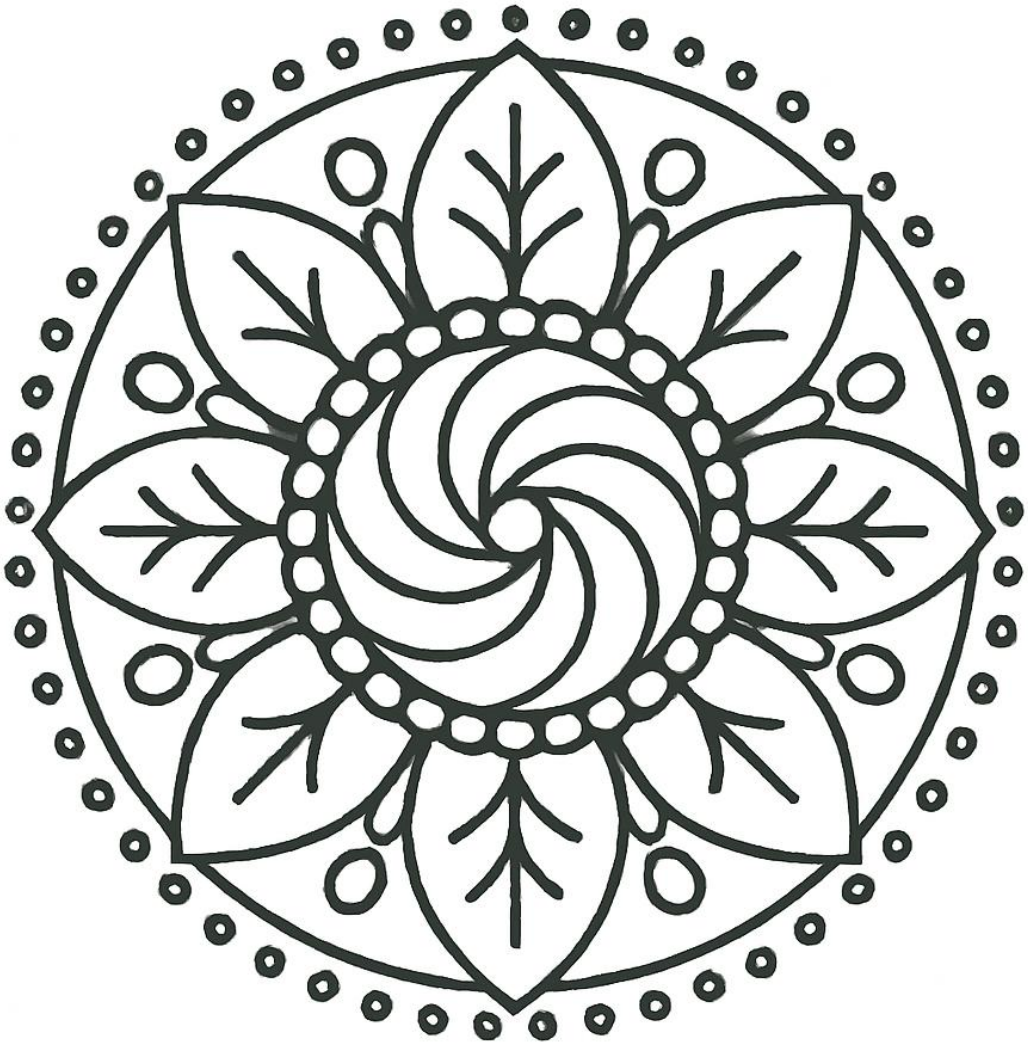
Prompt:

Write about a time you kept your word.

_____

_____

_____



Name: _____ Date: _____

Self-Control Coloring Reflection-8

Background knowledge:

Self-control helps you stay positive. It means not letting small problems ruin your day. A positive attitude makes you stronger.

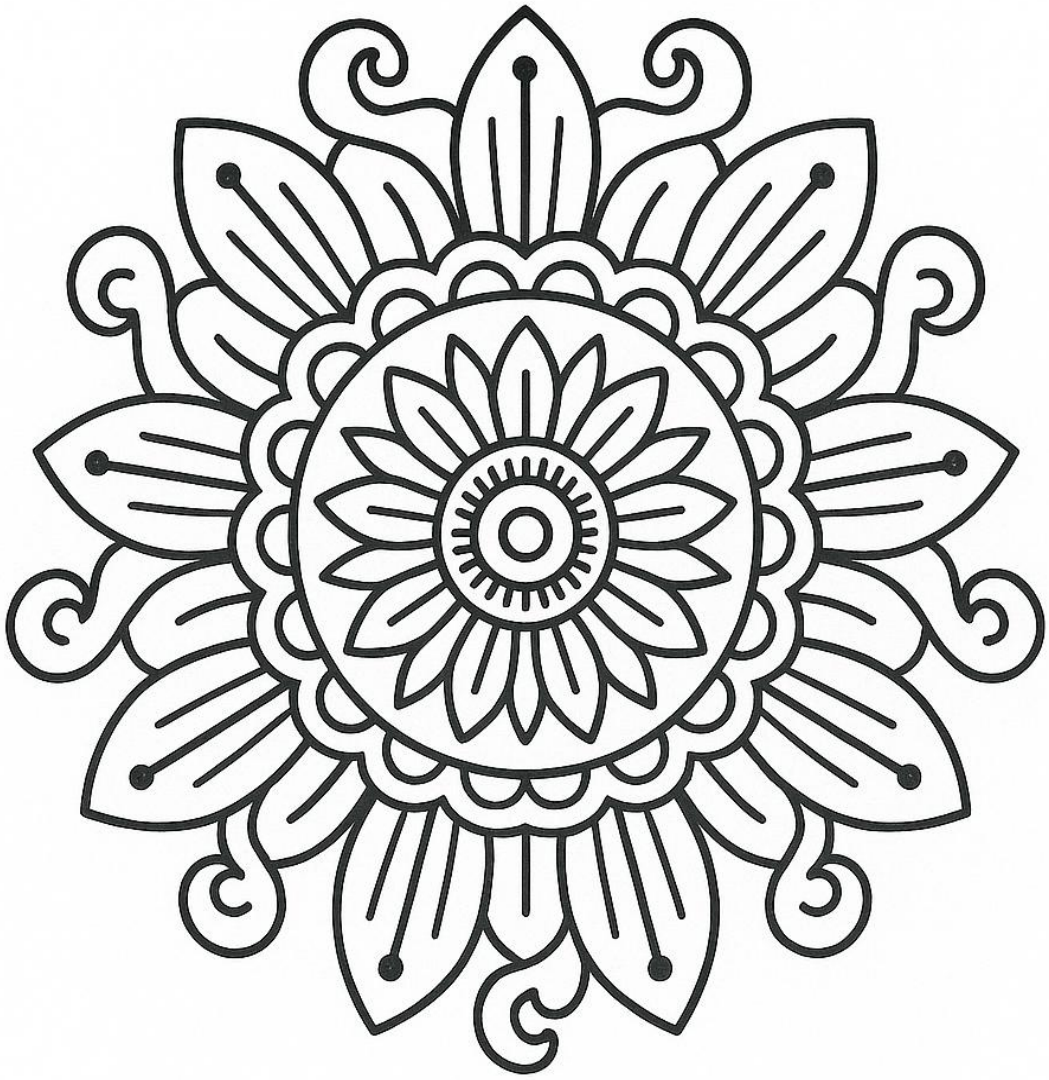
Prompt:

Write about one way you stay positive when things go wrong.

_____

_____

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Name: _____ Date: _____

Self-Control Coloring Reflection-9

Background knowledge:

Practicing self-control helps you reach goals. When you resist distractions, you stay on track. This leads to success.

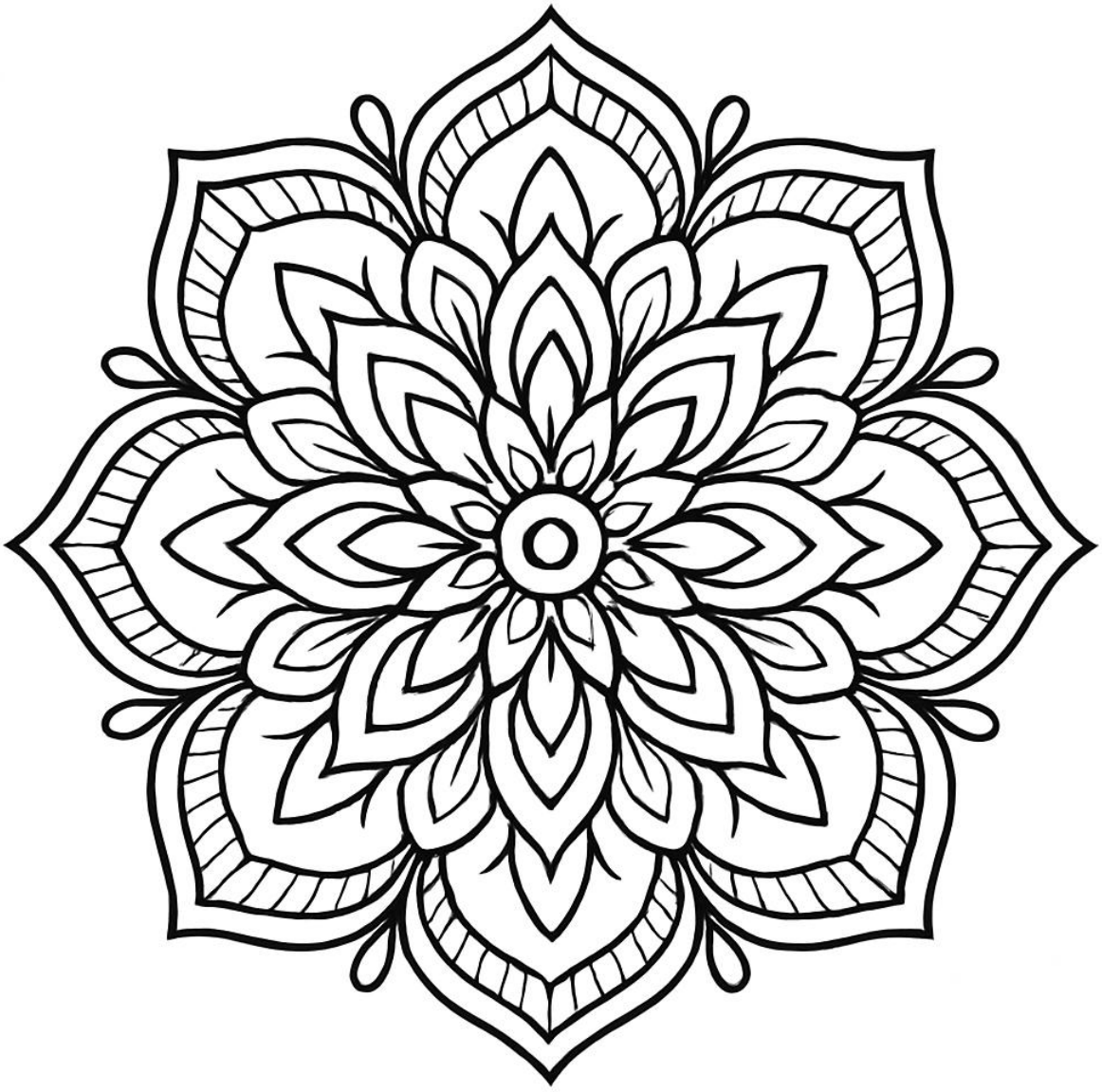
Prompt:

Write about a goal you are working on and how self-control helps.

_____

_____

_____



Name: _____ Date: _____

Self-Control Coloring Reflection-10

Background knowledge:

Self-control means making thoughtful choices every day. It helps you be the best version of yourself. It also inspires others to do the same.

Prompt:

Write about one way you practice self-control daily.

_____

_____

_____

