



Written and Illustrated By:

**Liz Pearson**

(M.S., C.A.S. in School  
counseling)

# I can control Myself

Coping skills for  
kiddos who struggle  
with self control

Everyone struggles with self control sometimes. Some people struggle more than others - it's okay! That's what Coping Skills are for!



Hint → for ways to improve self control, Keep reading!

# First things First:

The ONLY person who  
can control you is you!

You CAN show self  
control!

You can do it!



In order to best control your impulses, it's important to take good care of your body:

- Eat a healthy, well balanced diet
- Get enough sleep each night
- Get enough exercise every day

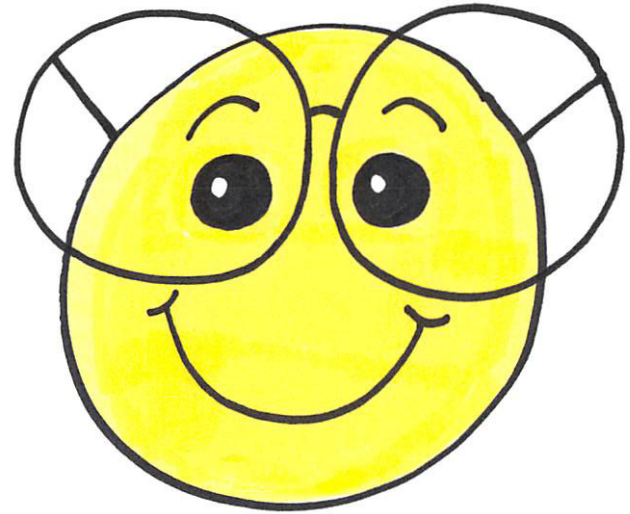


ZZZZZ



In order to best control your impulses, it's important to take good care of your mental health:

- use your coping skills
- spend your time with supportive people
- Make time for rest and activities you enjoy



On days when you're struggling with self control more than usual, get some exercise!

It will help get rid of some energy and calm your body a bit.



Ideas on next page



# Exercise:

- Jumping jacks
- sit-ups/crunches
- Jump rope
- Run/walk/jog
- Ride a bicycle
- Hopscotch
- Dance
- Yoga
- obstacle course
- skip
- Walk like an animal
- Hop on one foot

You don't have to do anything fancy-  
just move!



If you struggle to control  
what you say, T.H.I.N.K.  
before you speak:

Ask yourself  
these questions

Is what I'm about  
to say:

**T** True?  
**H** Helpful?  
**I** Inspiring?  
**N** Needed?  
**K** Kind?





If you struggle to control your actions, think of a Stoplight before you do things - it gives you a few seconds to choose your action:



**Stop!**

Think about what you are about to do

If it's safe, helpful, and what you want to do, act.

Example  
on next  
page! ★

# Examples of Stoplight technique:

Jenny sees a lollipop on the counter - she wants to take it...



**STOP** Jenny stops

**THINK** She thinks, "this might belong to someone else."

**ACT** Jenny decides to ask about the lollipop first and avoids getting in trouble! (It is her brother's lollipop)

Penny wants to go out and play in the back yard...



**STOP** Penny stops

**THINK** She thinks, "mom might wonder where I am if I just go out."

**ACT** Penny asks her mom if she can go out and avoids her mom being panicked!

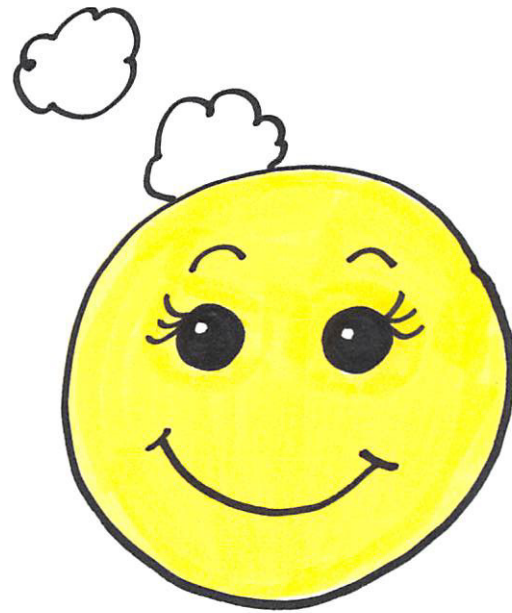
Another strategy you can try to improve self control is to "press pause."

Before you do or say something, pretend to "press your pause button" and pause to think!



When you are struggling  
not to do things you know  
you shouldn't do, think  
one step ahead:

If I do this,  
What will  
happen? Will  
I be glad I  
did this?



If you did not show self control and did or said something you wish you hadn't:

- Apologize if anyone else was affected negatively
- Fix what you can in the situation
- Plan how you will avoid doing it again
- Forgive yourself - you're only human!

Don't Forget:

You are BRAVE and  
you are STRONG!

You CAN Show  
Self Control!



