



BRIGHT HORIZON ACADEMY  
LEARNING TODAY FOR A BRIGHTER FUTURE

# Character Development

## All About **Self-Control**

AssalamuAlaikum Parents,

This month, Bright Horizon Academy will be learning about SELF-CONTROL. Each month we focus on a character trait by exploring what it means, why it's important and how we can practice it. Listed below is a weekly calendar of different ways the students will learn to exercise self-control.

### **April:**

Week 1: Words

Week 2: Actions

Week 3: Thoughts

Week 4: Class Projects

Learning happens best when it is done both at school and at home. Below are some ways that you can help your child continue to learn about self-control.

### **Practice It!**

Write down the names of several colors, using a color other than the name of the color you are writing. For example, write the word "red" in black, or the word "purple" in blue. Have your child try to read the words written, not the color in which they are written. Encourage your child to go slow and think about what they are doing.

### **Praise It!**

Praise children for waiting patiently. Notice when they plan ahead: "Great job getting all your stuff organized!" And it's just as important to praise your child for not losing control in frustrating or difficult situations by saying things like, "I like how you stayed calm" or "Good job keeping your cool."

### **Talk About It!**

Here are some discussions points to help you talk about self-control with your child:

- What is self-control and why is it important?
- Tell me about a time when you have had to use self-control?
  - Why can it be hard to use self-control?
- Tell me about a time when using self-control was difficult for you.
- What are some things you can do to make it easier to use self-control?
- When you act or speak without thinking, what kinds of things do you say or do?