

# YOU GET WHAT YOU GET

A lesson on  
Self-Control

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# Learning Target

I can understand what it means to have self-control.

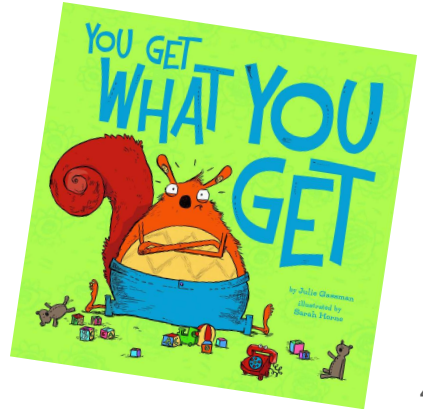


# Story Time: “YOU GET WHAT YOU GET”



# Questions from the story

- What did Melvin learn in the story?
- Do you think that Melvin will continue to try to use SELF-CONTROL?
- When Melvin was throwing a fit, did he look grown up or like a baby?
- Have you seen others who throw fits like that?



# Self Control

Showing self control means making good choices even when we don't feel like it. It is deciding the BEST way to act and DOING THAT.



# Self Control

Big emotions can hit us at any time like when we are excited, scared, even angry.



Big emotions are okay! We just have to learn to act with self control.

# Self Control

When a big emotion hits us, there are a few steps we can take to make sure we're acting with self control.

## Self Control

**1.Stop**

**2.Think**

**3.Act**

# Self Control

Using a piece of paper, I want you to draw and write about yourself showing self control.



# Learning Target

I can understand what it means to have self-control.



# Testing your Understanding: From Fist to Five

How well do you understand???

Using your right hand with a fist to mean you don't understand at all, five fingers to mean you could teach your neighbor what you learned, four fingers mean you understand, three fingers to mean you halfway understand, two fingers mean you need a review, and one finger means you need help.

