



OBJECTIVE:

This object lessons deals with the importance of self-control and how we must think before we act to keep ourselves and our friends safe. It will help students learn how to exercise self-control when they are confronted with negative influences, or when they are experiencing feelings of frustration or anger. They will discover the benefits of self-control and how they can apply it to their daily lives.

TIME NEEDED: 20-30 minutes

GROUP SIZE: Any size group

MATERIALS:

- Bottle of bubbles

LESSON:

All you need for this lesson are some dollar store bubbles, and you have some “Self-Control Bubbles”! Break out a bottle of bubbles (I know you have some in your closet!) and get your class together in the classroom or outside on the playground in a circle.

Explain that you are going to blow some bubbles in their directions, and the first time you do, they can pop away as much as they want. The first time you blow some bubbles you already KNOW what is going to happen. They are going to go NUTS! Let them! They will jump all over the place trying to pop all of the bubbles and laugh and probably shout at all of the craziness that is happening. Make sure everyone gets a lot of bubbles to pop. Let it happen.....

Then get control again (it may take a few minutes) and tell the students that this time they are going to practice SELF CONTROL. This time when the bubbles go up they are going to stay in their seats or stay still, breathe, and watch the bubbles fall without saying anything. Start blowing bubbles again. Remind them, they MUST NOT pop a single one... even if it lands right on their nose! Explain that the feeling of really, really wanting to do something, but holding back, is called self control. Start blowing bubbles.

Next, you can ask for a volunteer. Choose someone you know will resist the bubbles. Ask the volunteer if they trust you. Blow some bubbles directly at them. Praise them for using self-control. Then go around the circle and blow more bubbles at each student (I make sure to get right 'up in their face' (*within reason*) so they really, really have to control themselves!) - making sure to encourage all of them to think about how it feels to have self control.

When the last bubble hits the ground ask the students, "How did that feel?"

A lot of them are going to say that was hard, I wanted to jump up, I wanted to pop the bubbles, etc. Use this as a class discussion about how it feels when we want to lose control in the classroom or other situations with our friends and family. Is it ok to go crazy and do whatever we want? No, because it isn't safe and it cause PANDEMONIUM. Is it hard sometimes to show self-control? YES! Of course it is but we are all capable of it.

Self-control is not just one's ability to exercise "will power," control urges and desires that may have a negative effect on our lives, like getting into trouble and being angry. Self-control is the driving force in our lives that helps us achieve our goals and dreams. It represents taking control over one's life, one's destiny. Learning to have self-control may be challenging but it will help you become successful in life. A great way to gain control is to make having good character a significant part of your life.

DISCUSSION:

- Can you think of a time when you needed to use self-control?
- How can we use self-control in the classroom?
- What does it look like when we use self-control?
- What are some things you can do to get under control when you are out of control?
- Can you think of a time when you or someone else was out of control?
- What kind of negative influences can make us out of control?
- Why is it important to have self-control?
- Is it easier to have self-control if you have good character and goals set for your life? Why?
- Does it take courage to have self-control?

IT TAKES COURAGE TO HAVE CHARACTER!

