SELF-CONTROL
MIDDLE SCHOOL

COACH’S
Lesson Plans
# Self Control

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Introduction to

Self Control

Self Control: To be in control of what you do and say

Essential Question
How will I help students apply the Lifeline of Self Control to improve character development, social development and academic success?

Things to Remember

☐ Ambassador Lifeline Assignment
   One per Ambassador (sent home one week prior to lesson one)

☐ Lifeline Announcement
   One half sheet per classroom. Delivered by the Ambassadors at the end of Lesson One to their adopted classrooms.

☐ TeacherConnect
   One copy per every staff member including all custodians, cafeteria personnel, office personnel, bus drivers and teaching personnel. This should either be hand delivered by the Ambassador, placed in mailbox, or emailed to each staff member the first week of the Lifeline lesson.

☐ FamilyConnect
   One per every student in the school.

☐ Lifeline Lesson and Challenge
   One Lifeline Lesson per Ambassador
   One copy of the Self Control Action Plan per classroom. We suggest pasting this on a larger sheet to allow space for all students to sign the Action Plan.
   One Ambassador Evaluation per Ambassador copied front to back.

Notes:
Self Control: To be in control of what you do and say

When we use the Lifeline of Self Control we do what is right even if we don’t feel like it. Our Life Goal Pledge reminds us about this. Read it out loud.

Life Goal Pledge
I will treat people right even if I don’t feel like it.
I will do the right thing even if I don’t feel like it.
My will power is stronger than what I think or how I feel.
I am smarter than I think I am.
All things are possible.
Good news is coming my way.

TASK:
Doing what is right all the time is hard to do, especially in middle school. That is why it takes self control to do the right thing. When we have self control we do and say what is right no matter how we feel or think.

Write a paper (2 to 3 paragraphs) about a time you used self control even when you didn’t want to or about a time when you didn’t use self control and got into trouble. We can learn from our mistakes.

Bring your story back to school. Be prepared to share your story with your Ambassador team in Community Circle next week.
Lesson 1
Self Control

Welcome Message
This month we are going to teach our adopted classrooms why it is important to use self control. It is hard to do what is right all the time but it is important. People have to use self control every day. Whether we are irritated, annoyed, or just don’t want to be bothered, we have to filter what we do through what we know is the right thing to do. We have to keep in mind that the words we speak and the actions we take affect other people.

Task: Read or retell the story you wrote at home with a partner. After listening to each other’s stories, discuss why it is even that much more important that leaders use self control.

Community Circle
Introduce the Lifeline of Self Control. Let your Ambassadors know that they will be experiencing the Lifeline lesson of Self Control today. They will want to pay close attention to how you are delivering the lesson because they will be delivering the same lesson to their adopted classroom this month.

Model the Ambassador Lesson and Challenge

Community Circle
Pass out the Ambassador Lesson and Challenge; have them put them in their planner.

Talk through the lesson they just experienced. What did they like? What didn’t they like? Talk through your teaching process of the lesson. How did you start? How did you redirect the questioning? How did you use the STARS Tips? What Teaching Tools did you use? How did you close?

Encourage them to take notes on their lesson as you take them through your teaching process. They will use this discussion and experience as a guide to teaching the lesson themselves.
Lesson 1
Self Control

Close
Ask them to begin practicing their lesson delivery at home this week (with family; with friends; by themselves in front of a mirror). Let them know next week they will be collecting the FamilyConnect data and practicing their lesson and leadership skills.

Deliver the Lifeline Announcement and FamilyConnect
Before the Ambassadors go back to their classrooms, have them deliver the Lifeline Announcement and the FamilyConnect for Self Control. Have Ambassadors give the due date for the FamilyConnect. They need to inform classes that they will be back on the due date to collect information about who completed the FamilyConnect task. You may want the Ambassadors to post the Lifeline announcement sheet in the Ambassador Information Center.

* OPTION: If you have the FamilyConnect delivered to the student body other than what is described (through the office; by the coach), please be sure it is done in week 1 and the due date corresponds to the Ambassador meeting for week 2. The Ambassadors will still want to clarify to their class that they need to complete the FamilyConnect and emphasize the due date during their Lifeline Announcement visit.

Remember to:

Deliver the TeacherConnect
You will want to be sure the TeacherConnect goes out week 1.

Incorporate STARS Tips and Teaching Tools
Be sure to weave in Stars Tips and Teaching Tools when and where appropriate in preparing the Ambassadors to interact with their adopted classroom.
Welcome Message

This month we are going to teach our adopted classrooms why it is important to use self control. It is hard to do what is right all the time but it is important. People have to use self control every day. Whether we are irritated, annoyed, or just don’t want to be bothered, we have to filter what we do through what we know is the right thing to do. We have to keep in mind that the words we speak and the actions we take affect other people.

Task: Read or retell the story you wrote at home with a partner. After listening to each other’s stories, discuss why it is even that much more important that leaders use self control.
Lifeline Announcement
This month....

**Self Control**
To be in control of what you do and say

Challenge coming soon to you!

Lifeline Announcement
This month....

**Self Control**
To be in control of what you do and say

Challenge coming soon to you!
Lesson 2
Self Control

Welcome Message
Today we want to think about our FamilyConnect ideas. What did you and your family do this week with self control? Be prepared to share with our Ambassador group after you complete your task.

Task: Go directly to your adopted classroom and collect the number of students that completed the FamilyConnect task. Write the number down on your Data Collection Sheet. Return back to our room quickly. You will have procedures on what to do next when you return.

FamilyConnect Data Entry
After Ambassadors complete the task and have the data collected record their numbers onto your School-Wide Data Collection Sheet.

Community Circle
How were your adopted classrooms? Are you encouraging them in their Lifelines and Life Goals? Are you continuing to build relationships? Were there any problems? Keep reminding them the importance of their Family Connects and helping families learn and talk about the Lifelines.

Review how the teaching process will look in their adopted classroom. Walk through the materials and the steps Ambassadors will need to follow to make their lesson delivery a success.

Practice the Lesson
The students will spend time with their practice partner role playing and practicing their delivery, timing, and organization. As the Ambassador coach, you will be observing, making suggestions, and providing feedback during the practice time. This is a time for you to weigh their understanding.

Close
Give the Ambassadors encouragement, suggestions and feedback. Have each student choose a STARS Tip or a Teaching Tool that they believe they need to focus on during this lesson. Encourage them to write this on their lesson and practice it this week. Allow time for questions.
Today we want to think about our *FamilyConnect* ideas. What did you and your family do this week with self control? Be prepared to share with our Ambassador group after you complete the task.

**Task:** Go directly to your adopted classroom and collect the number of students that completed the *FamilyConnect* task. Write this number down on your Data Collection Sheet. Return back to our room quickly. You will have procedures on what to do next when you return.
Lesson 3
Self Control
Pre-Lesson

Welcome Message
It isn’t always easy to do the right thing—especially when the right thing to do isn’t the most popular. Self control helps us. When we call on self control, we keep in mind the needs of others and the good of our community. Today you will be helping students in our school learn three steps of how to practice the power of self control. If every student summons self control when they wanted to do something that wasn’t right, our school community would be a safer, more pleasant place.

Task: Give your neighbors a high five and encourage them to do their best. Look over your lesson with your practice partner.

Community Circle
– Build enthusiasm
– Review procedures
– Set time to meet back as a group
– STARS Tips and Teaching Tools
– Answer last minute questions
– Group Cheer/High Five/Affirmation/Encouragement

Lesson Delivery
Students deliver their lesson to adopted classroom.
It isn’t always easy to do the right thing—especially when the right thing to do isn’t the most popular. Self control helps us. When we call on self control, we keep in mind the needs of others and the good of our community. Today you will be helping students in our school learn three steps of how to practice the power of self control. If every student summons self control when they wanted to do something that wasn’t right, our school community would be a safer, more pleasant place.

**Task:** Give your neighbors a high five and encourage them to do their best. Look over your lesson with your practice partner.
Lesson 3
Self Control
Post-Lesson

Community Circle
It is crucial that your Ambassadors return and spend a short amount of time together immediately following their lesson to share their successes, concerns and celebrations. The following are sample questions you may want to ask the Ambassadors to help them process their experience and learning.

• What were your successes from your lesson today?
• Did you have to use Self Control?
• What surprised you?
• What STARS Tips did you feel confident using?
• What could you have done to improve your lesson?
• What STARS Tips or Teaching Tools did you improve?
• What Teaching Tool helped the success of your lesson?
• What advice would you give your fellow Ambassadors?
• What question would you like to ask your fellow Ambassadors because of something you encountered?
• What is one goal you would like to set for your next lesson?

Ambassador Coach Tip:
When answering the Ambassadors’ questions (when and where appropriate), return the question to the whole group and ask, “What would a leader do in this situation?”
Lesson 4
Self Control

Welcome Message
Today we will find out how many students in your class signed the Action Plan. Do they need encouragement to STOP, SAY, and DO to use self control?

Task: Go directly to your adopted classroom and collect the Challenge Data. Ask the teacher the percentage of students in their class that completed the challenge. Record the data on your Challenge Data Collection Sheet. Return to our room quickly. You will have procedures on what to do next when you return.

Challenge Data Entry
After Ambassadors complete the task and have the data collected record their answers onto your School-Wide Data Collection sheet.

Community Circle
Allow the Ambassadors to share and celebrate their classroom successes with the whole group. What changes did they see? What stories can they share from their interaction with their classrooms? During this time, you will want to celebrate the data findings.

Have the students open their planners to the STARS Tips Sheet. Have them reflect back on their Ambassador Evaluation Sheet. Ask them to choose two specific skills they will focus on for the upcoming Lifeline lesson and make note of these skills in their planner.

Create a “Gift”
Have the Ambassadors create their own poster, letter, or poem for their adopted classroom about Self Control. The Gift could be a poster about Stop, Say, and Do. In their gift, they will want to include the school-wide data from the FamilyConnect and Challenge (you will provide this data). They will also want to write a personal note to celebrate the school-wide success and a few words of encouragement to their classroom to step up as leaders and work harder on the Lifelines.

Close
Have the students deliver their Gifts to their classrooms. Remind them to use their STARS Tips and manners when visiting the classroom. Students should knock on the door, greet the teacher, and ask if they could give a word of encouragement/celebration to the class connected to Self Control.

REMINDER: Hand out the next Ambassador Lifeline Assignment to the Ambassadors
Welcome Message

Today we will find out how many students in your class signed the Action Plan. Do they need encouragement to STOP, SAY, and DO to use self control?

**Task:** Go directly to your adopted classroom and collect the Challenge Data. Ask the teacher the percentage of students in their class that completed the challenge. Record the data on your Challenge Data Collection Sheet. Return to our room quickly. You will have procedures on what to do next when you return.