

*Amie
Dawn*

THE SELF-CONTROL PATROL WORKBOOK

Self-control is an important attribute for all children to develop, particularly for children with Attention Deficit Disorder with Hyperactivity (ADHD) or other behavioral problems. While these children almost always benefit from behavioral programs, these programs do not teach them the inner controls that are necessary for social success and improved academic performance.

The Self-Control Patrol Workbook is designed to make learning self-control skills fun. Included in the workbook you will find more than 50 activities designed to:

- Teach the value of learning self-discipline.
- Teach children to anticipate the consequences of their behavior.
- Teach children to communicate their thoughts and feelings instead of acting them out.
- Teach children the importance of following rules.
- Teach children the effect that their behavior has on others.
- and much more.

The Self-Control Patrol Workbook is designed to be a part of a complete therapeutic program for impulsive children or children having behavioral difficulties. The activities are designed as "therapeutic homework" to give children extra time to think and learn about self-control issues.

13
14
15

ANGER ASSESSMENT

1. What usually makes you angry?



Write it below

2. How does your body feel when you get angry? (Check all that apply to you.)



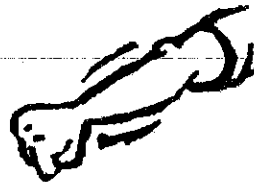
Tight Jaw



Tears



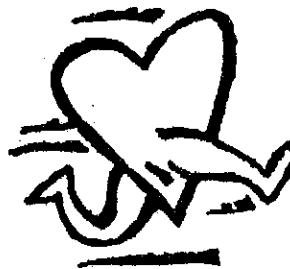
Hot Face



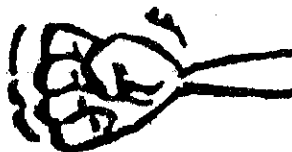
Tight Muscles



Shallow Breathing/
Dizzy



Speeding
Heart Rate

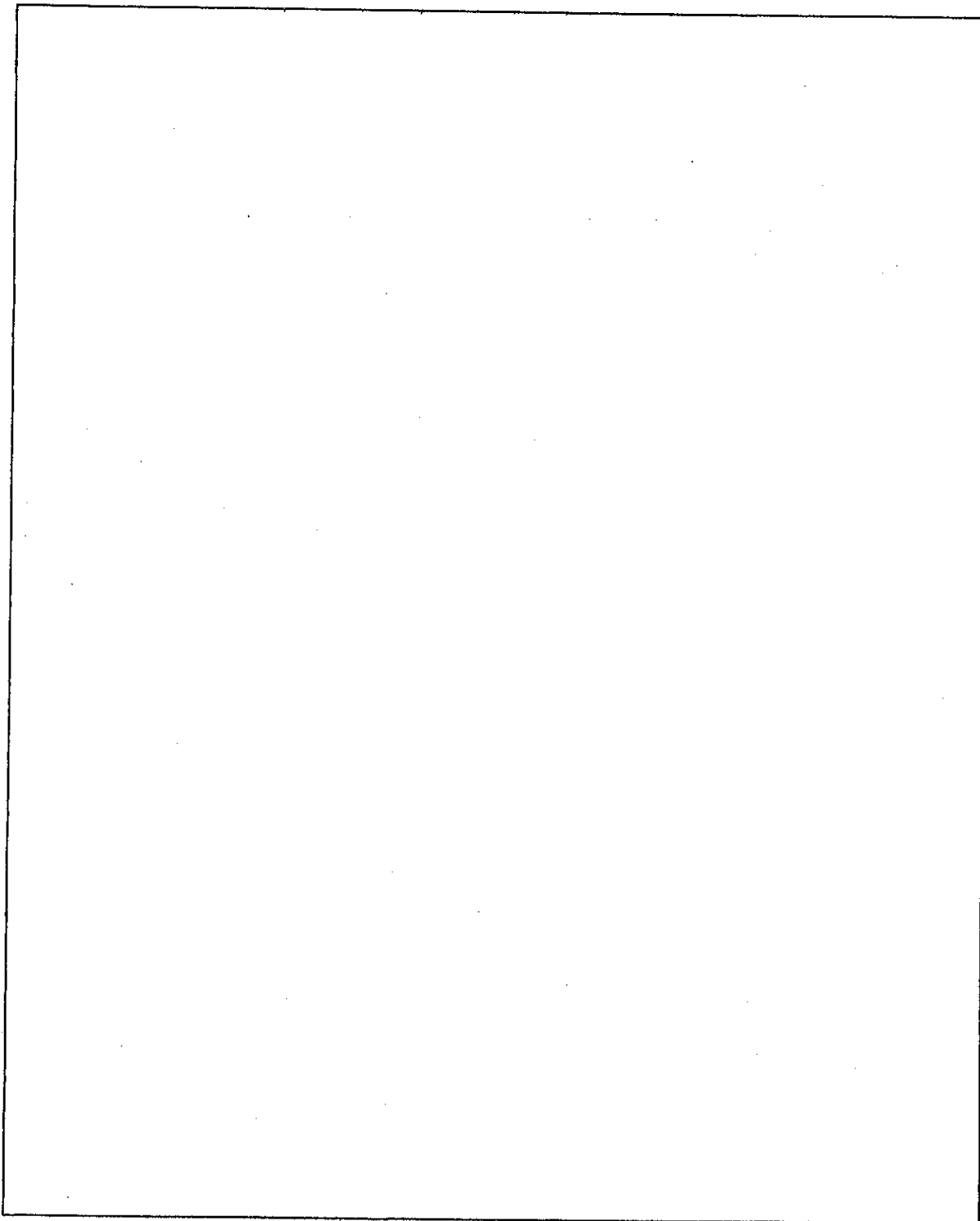


Clenched Fist



Feelings of
Confusion

3. Draw a picture of your body when you are angry. Color in red the parts of your body where you feel the anger.



BEHAVIOR

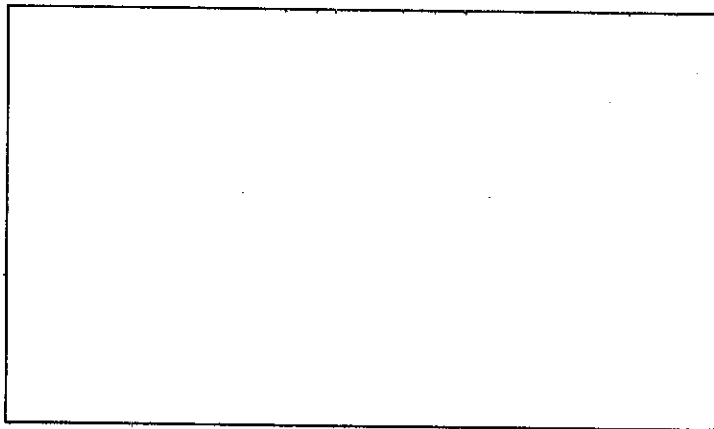
4. What do you usually do when you get angry? (Check all that may apply.)

- Pretend that I'm not angry
- Use the silent treatment
- Call names
- Tease
- Insult and make smart remarks

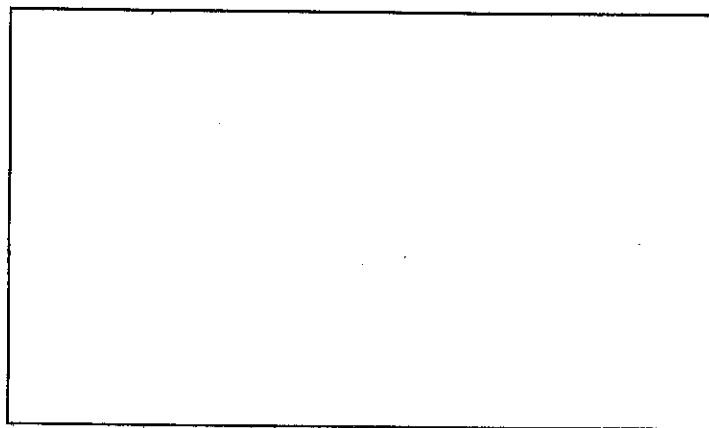
- Talk about someone's mother
- Talk behind someone's back
- Yell
- Push, shove, or kick
- Bite
- Use obscene gestures
- Curse
- Threaten
- Hit
- Slam doors
- Throw things

5. Draw a cartoon showing an angry situation in your life.

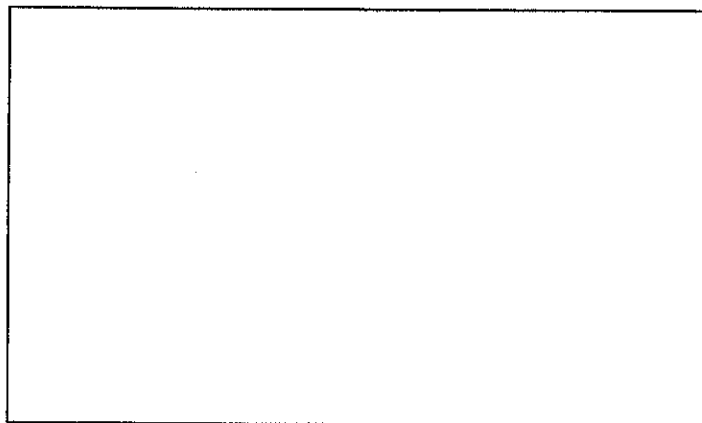
What made me angry.



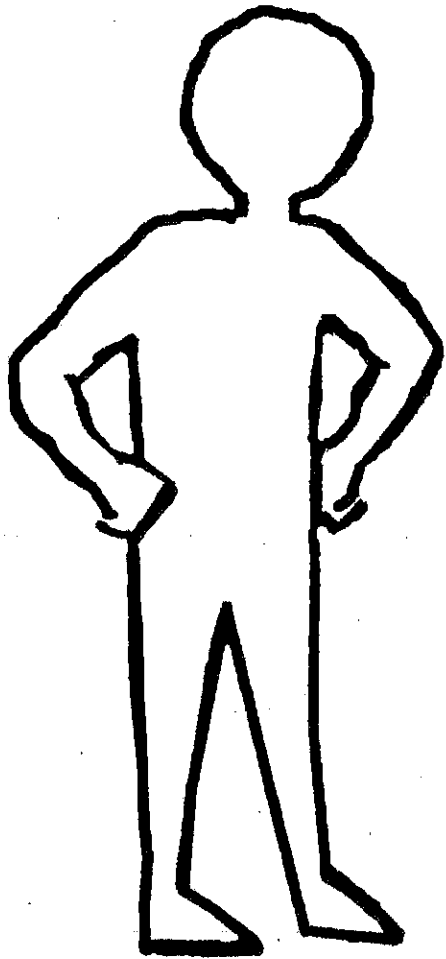
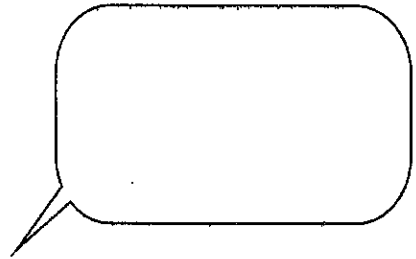
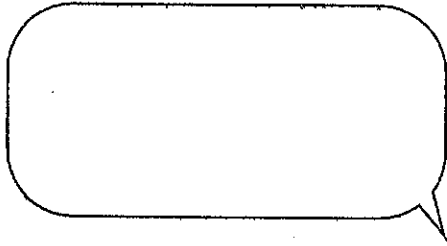
What I said and did.



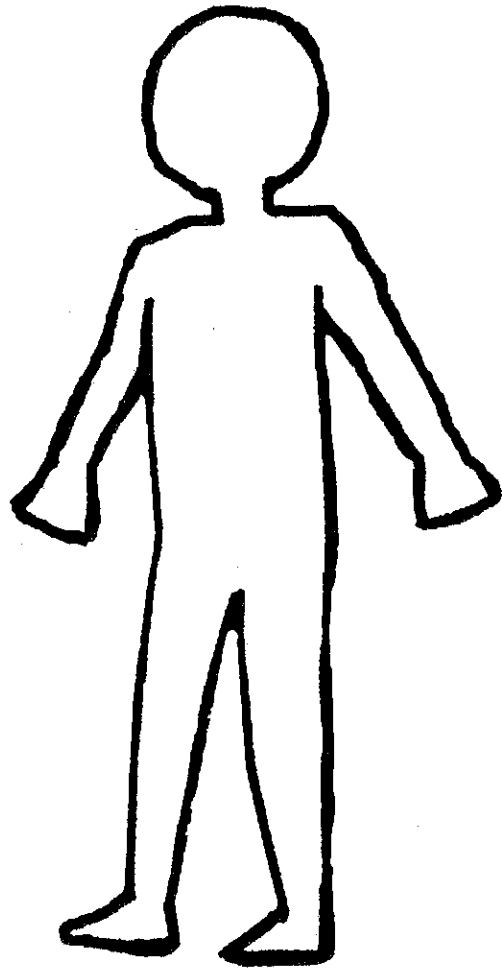
What happened next.



7. Who is in this picture below? Complete the picture showing what happens when you get in trouble for losing your temper.



(You)



(_____)

8. How do you feel after you get in trouble? (Circle all that apply.)
Write about a time when you had each feeling.

Scared



Mad



Sad



Lonely



Guilty

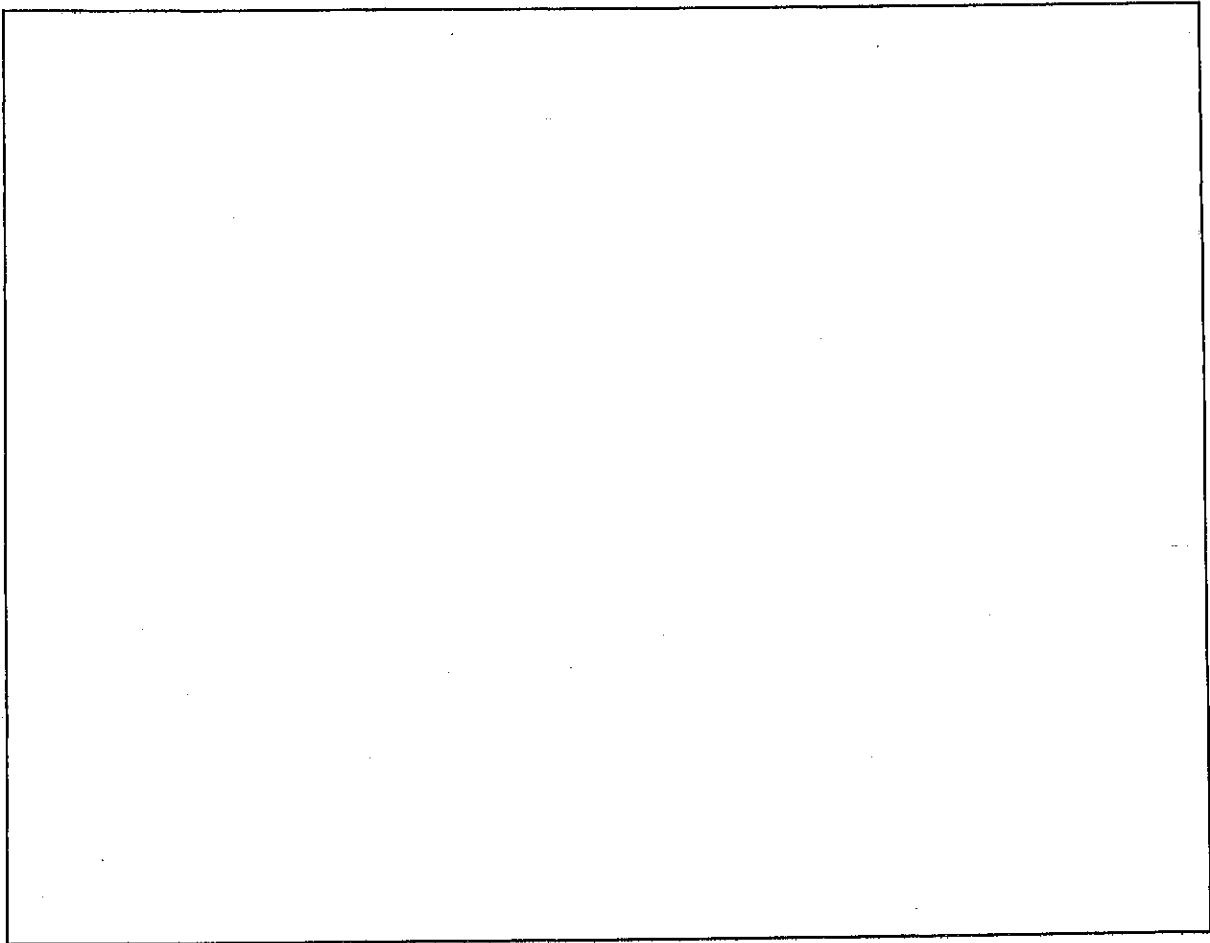


9. What privileges do you lose when you get in trouble at home?

What happens when you get in trouble at school?

10. How would you feel about yourself if you didn't get in trouble as often?

Draw a picture of how things would be different.



11. Would you be willing to try some new behaviors to help you stay out of trouble?

Yes

No

Not Sure

If you marked either "Yes" or "Not Sure," then



CONGRATULATIONS

(You may go to the next page.)

If you marked "No," take a 24-hour break and come back tomorrow.

ANGER AWARENESS QUIZ

Mark "T" for True and "F" for False.

- ___ 1. Anger is a bad emotion.
- ___ 2. Only bad people get angry.
- ___ 3. Some people cannot control their anger.

- ___ 4. It is helpful to try to ignore angry feelings.
- ___ 5. Once you get angry, there is nothing you can do to calm down.

ANGER FACTS

(To be read aloud)

1. **False.** Anger is not a bad emotion. Anger is a normal emotion.
2. **False.** If I am normal, I will feel angry at times. Every human being experiences anger. My mom, dad, brother, sister, teacher, principal, and best friend all feel anger sometimes.
3. **False.** Angry feelings can always be controlled. If I don't know how to control my anger, I can find out by asking a parent, teacher, counselor, or friend.
4. **False.** Ignoring my angry feelings is like squeezing one end of a balloon. The anger simply moves to another location, but it always comes back, sometimes when I least expect it.
5. **False.** Once I am angry, I can activate an "anger plan" to calm myself down. If I plan in advance, I'll know what to do.

Read the above facts again standing up.

Read them sitting down.

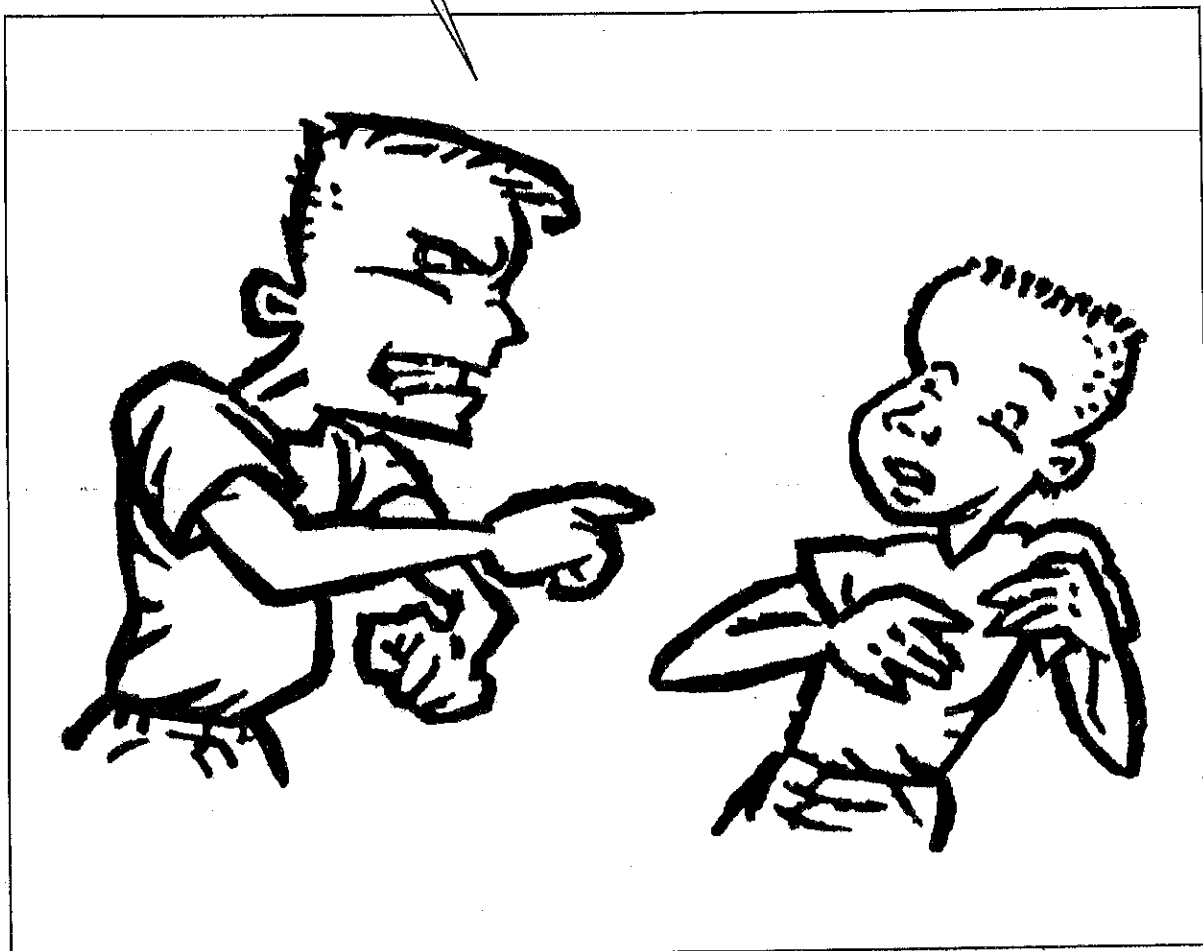
Read them in a whisper.

How many can you remember without looking?

ANGER IS A SIGNAL THAT . . .

1. I am being hurt or threatened. . .

You're dead meat!



2. Someone I care about is being hurt or threatened. . .



3. Something I care about is being hurt or threatened. . .



Anger warns me that something doesn't feel right.

Draw a picture showing how you would react to being hurt or threatened.



A car that is in control can
take you many places. . .



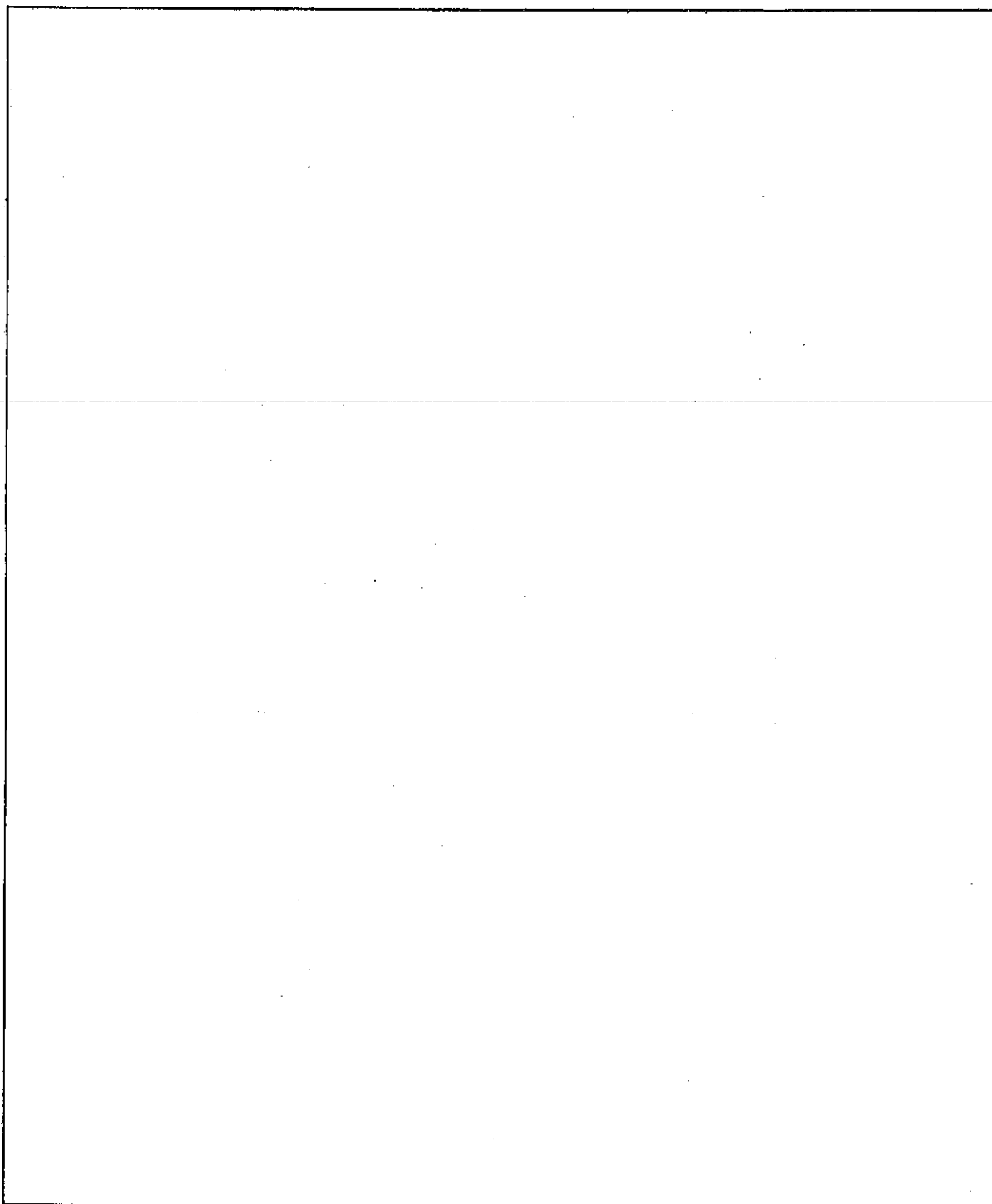
A car out of control rarely reaches
its destination. . .

Therefore, it is important to stay
in control.



What type of "control" car are you? _____

Draw a car that represents you below.



THE POWER OF WORDS

Can you recall receiving a compliment? If so, write it below.

How does it make you feel?

Can you recall something unkind that was said to you? Write it below.

How does it make you feel?

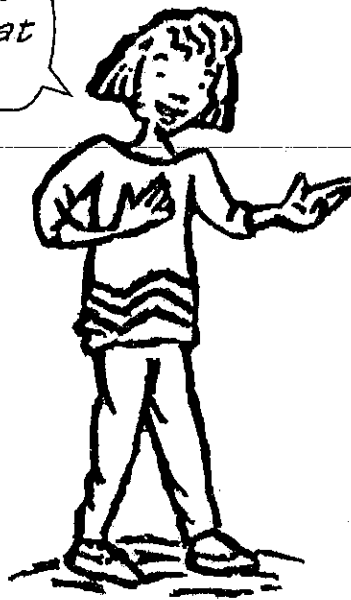
WORDS are POWERFUL.
They have the power to HURT or HEAL.

"I" Messages state how you truly feel without blaming, insulting, threatening, or calling names.

"You" Messages usually involve blaming, threatening, or name-calling.

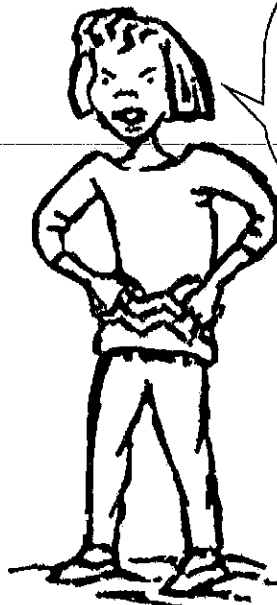
"I" Message

I want you to save me a seat on the bus.



"You" Message

You'd better save me a seat on the bus or you'll be sorry.

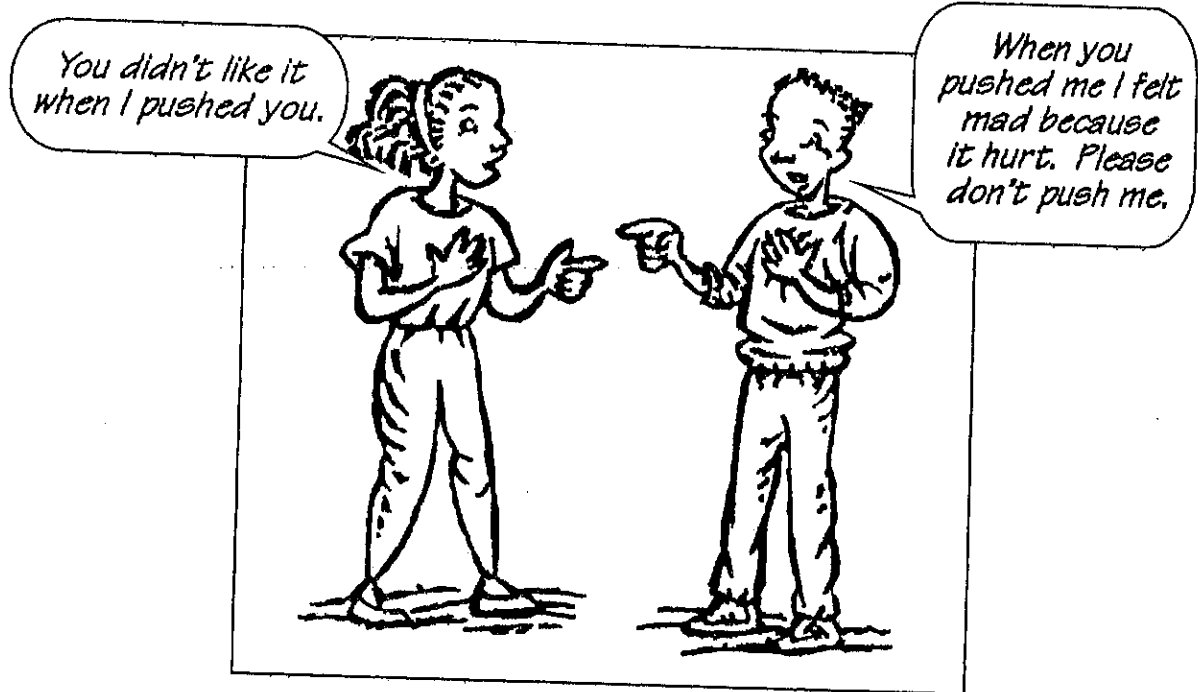


If these statements were said to you, how would you respond?

_____	_____
_____	_____
_____	_____
_____	_____

"Power Talk" is another effective way to communicate your feelings in a way that doesn't insult or blame.

For example:



**NOTICE!!! No blaming. No name-calling.
No insults. No threats.**

Now, you try:

When you _____
I Feel _____ Because _____
Please _____

or

I get mad when you _____
Because _____
Please _____

POWER TALK RERUN

Do you remember the last time you were angry?

Suppose you could rerun the scene using Power Talk. Write down what you would say below.

Describe what happened.

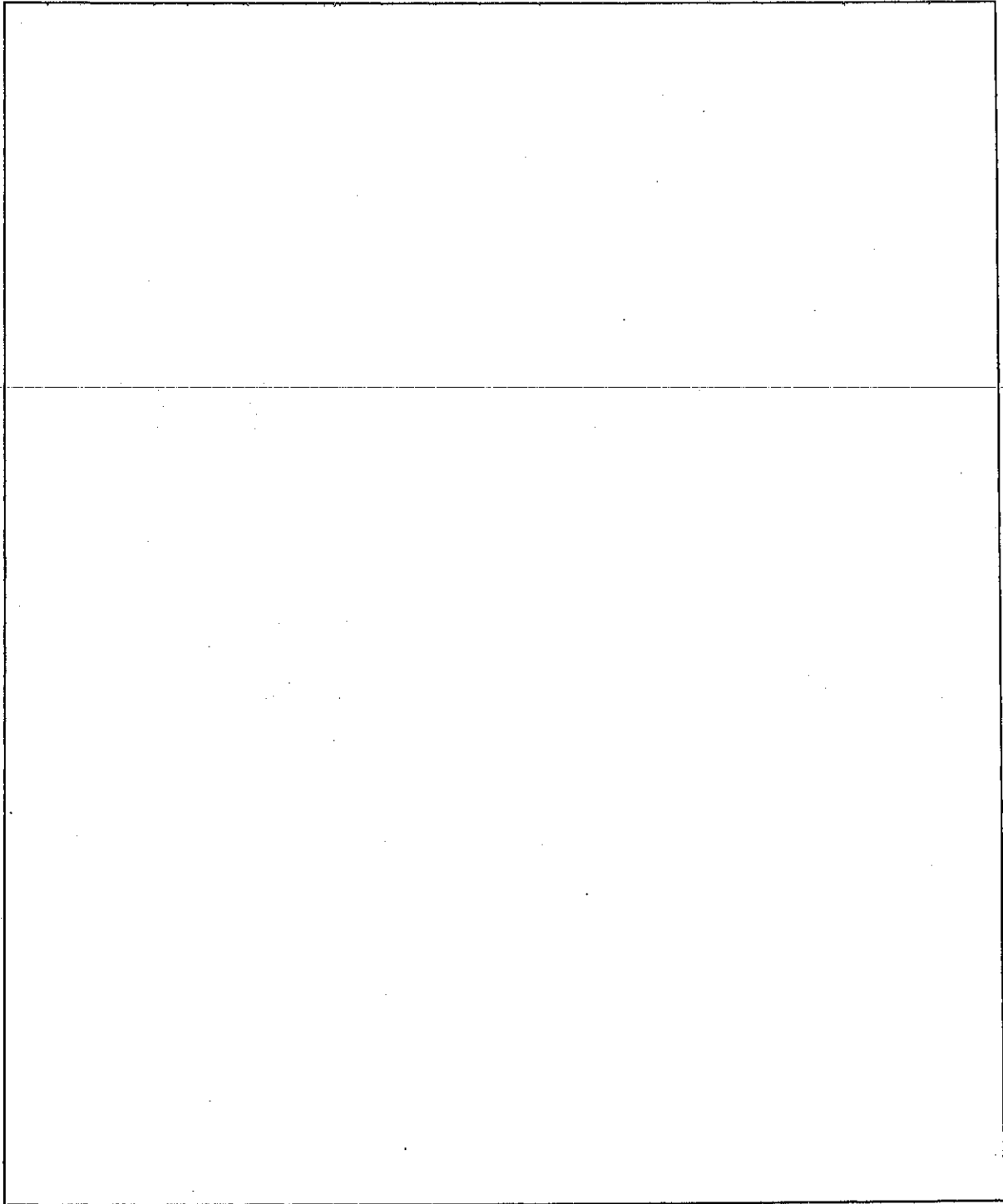
Now use Power Talk.

Power Talk can also be used to communicate Positive feelings.



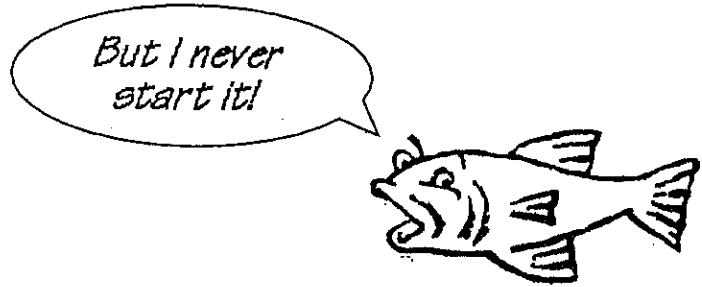
Power Talk Works!

**Draw a cartoon of yourself using Power Talk
with your best friend.**

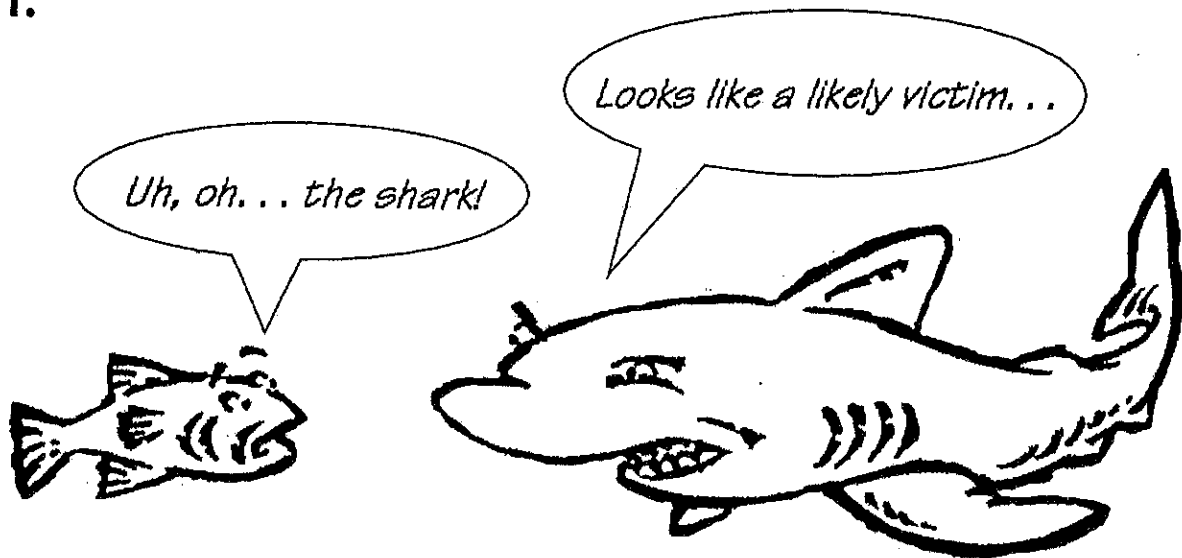


SELF-CONTROL SHORELINE

Christopher Codfish is minding his own business when he is suddenly approached by the menacing scavenger, Sidney Shark.

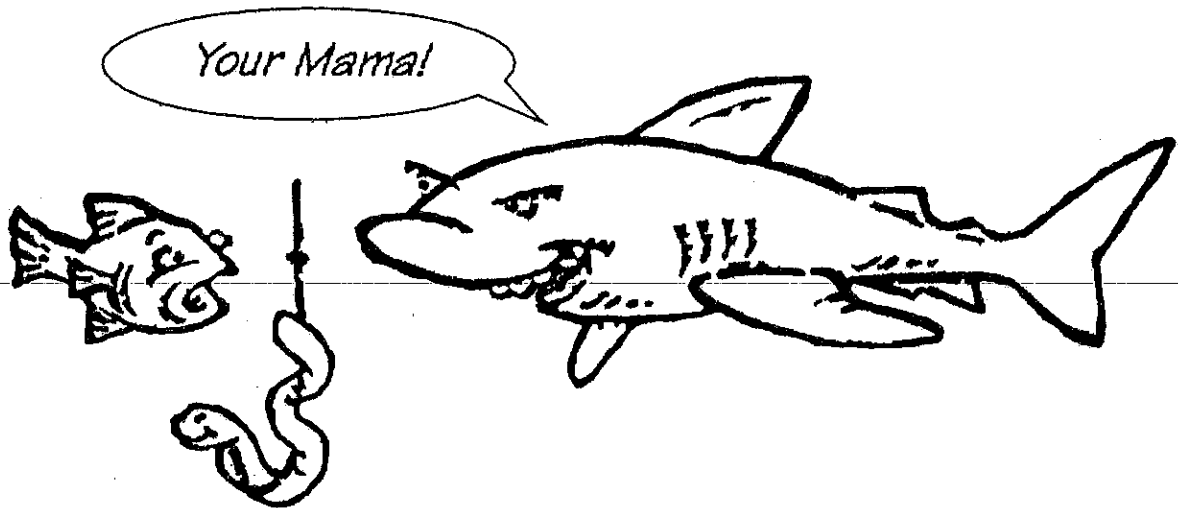


1.



Suddenly Sidney throws him a hook,
loaded with the enticing bait.

2.

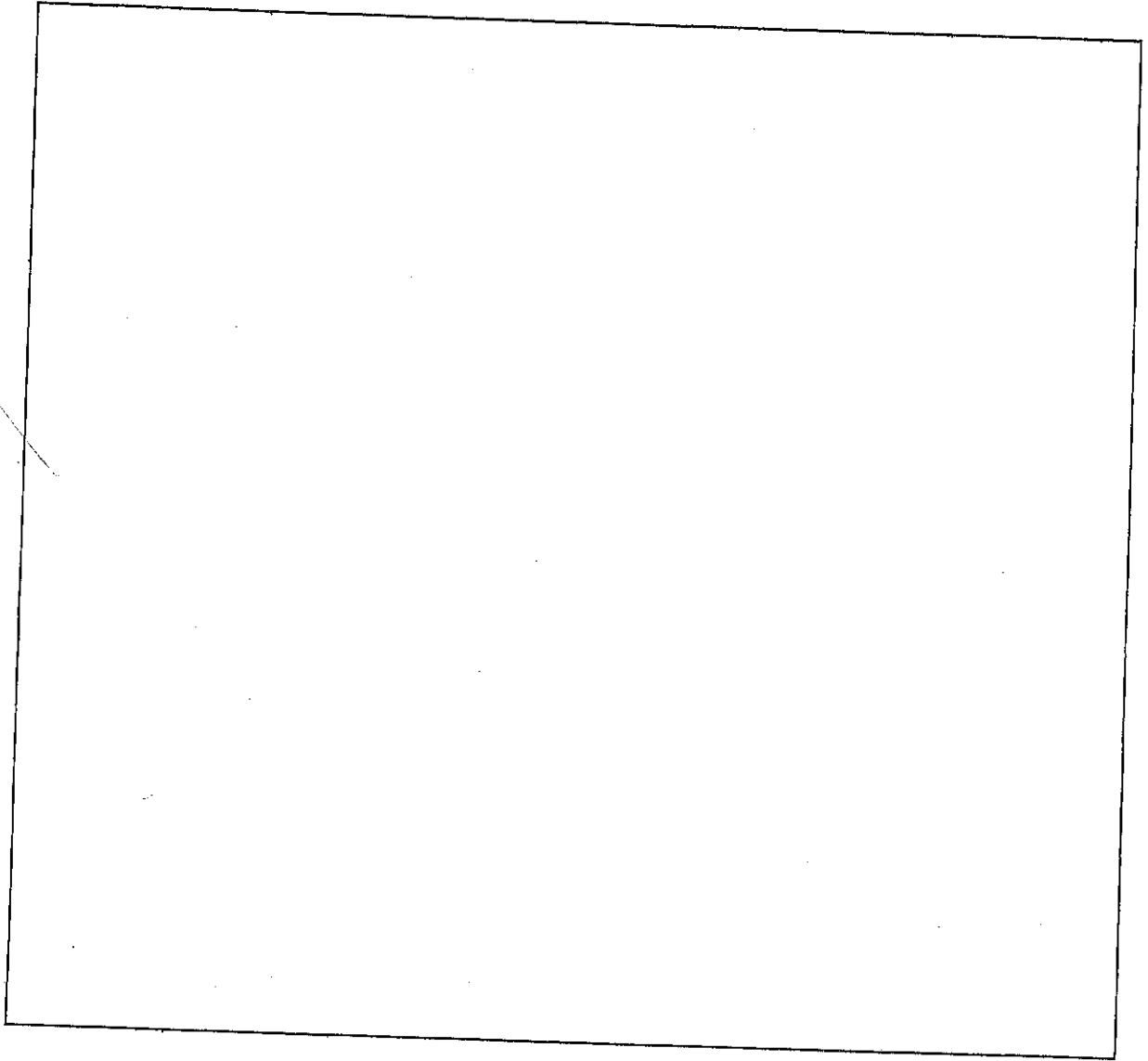


3.

What is Christopher to do? (Put a check next to your answer.)

- (a) Take the bait and jump on the hook.
- (b) Swim away to peaceful waters.
- (c) Use an "I" Message.
- (d) Counterattack with a "You" Message.
- (e) Use Power Talk.
- (f) Faint.

4. Draw a picture of what will happen next.



5. REMEMBER:
Don't be shark bait.
Don't be dinner.
Swim away. And be a winner.

INTERVIEW

Your assignment is to interview someone in your life whose self-control you admire. This interviewee may be an adult or a peer.

Name of Interviewee: _____

1. How do you control your temper?

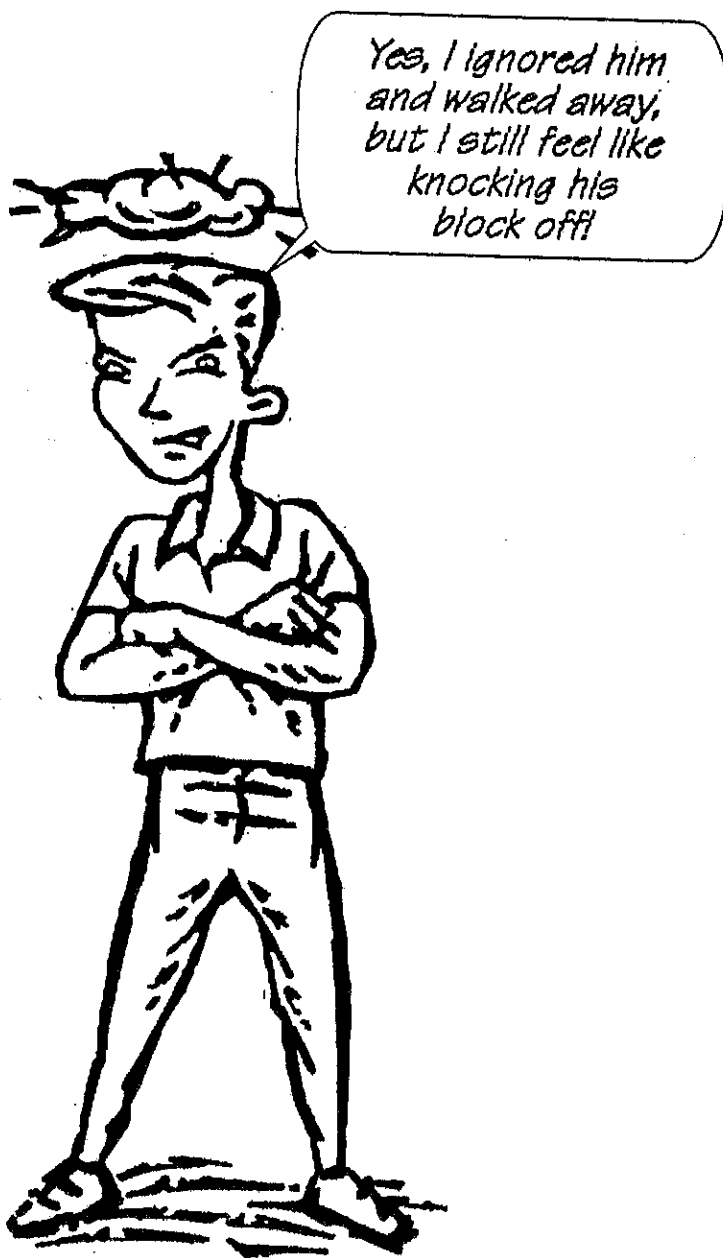
2. What do you do when other people aggravate you?

3. What do you see me doing that might cause others to want to aggravate me?

4. (Question of your choice.)

5. What do you advise me to do when I start to feel angry?

Anger gets stuck in the body. Simply using a calming technique or ignoring someone will not get rid of the anger (although it will keep you out of trouble).



The best way to dissolve your angry feelings is through vigorous exercise. Which form of exercise appeals to you? (Check all that apply.)

- Taking Deep Breaths
- Fast Walking
- Riding My Bike
- Football
- Baseball
- Soccer
- Cheerleading
- Jumping Rope
- Track
- Lifting Weights
- Martial Arts
- Rollerblading
- Swimming
- Other _____

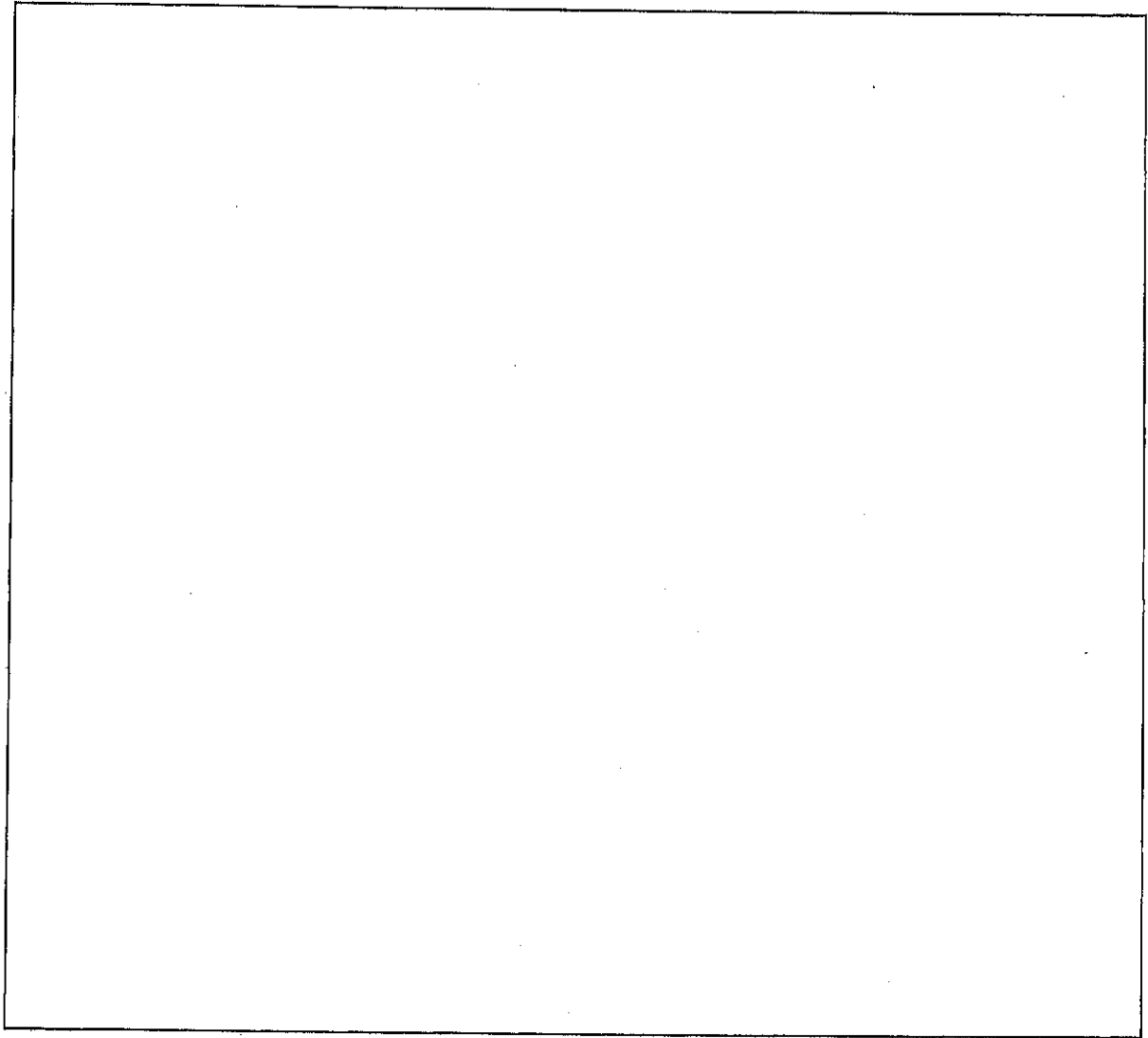
Whew! I feel better now!



SHRINK THE PICTURE

1. Draw a picture of something that makes you mad, angry, or sad every time you think about it.

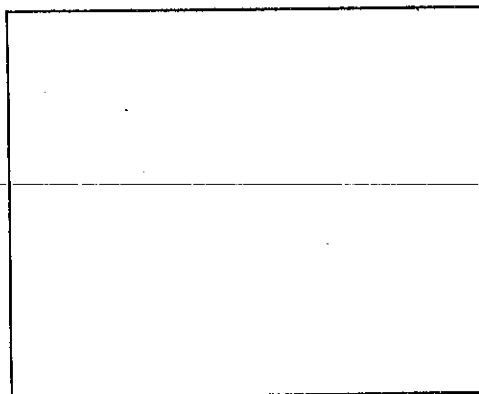
Picture A



2. Color the picture with bright, vibrant colors.
3. If there is conversation in the picture, is it loud or soft?

4. Now draw the same picture, using only a pencil, in the tiny space provided below.

Picture B



5. Every time you think of the upsetting scene (Picture A), shrink the size of the picture in your mind to the size of Picture B.

If there are voices in the picture, turn down the volume to a whisper. Close your eyes and try to shrink the picture to the size of a postage stamp.

Can you do it?

DAILY PERSONAL PEACE PLAN

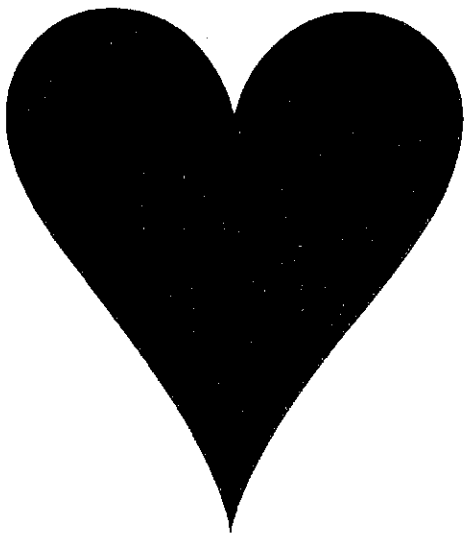
(From the list below, choose a different strategy on each of five days.
Then decide with an adult which strategy works best for you.)

When I Am Angry Today, I Will:

- _____ Ignore the person(s).
- _____ Walk away (or take my attention away).
- _____ Remind myself of the consequences of losing my temper.
- _____ Talk to an adult.
- _____ Talk to a friend.
- _____ Use Power Talk:
I was mad when you _____
Because _____
Please _____
- _____ Distract myself by doing schoolwork.
- _____ Distract myself by engaging in something fun.
- _____ Dissolve my anger by exercising.

SOCIAL SKILLS

Place a check beside any behaviors that are typical for you.



Friendship Meter

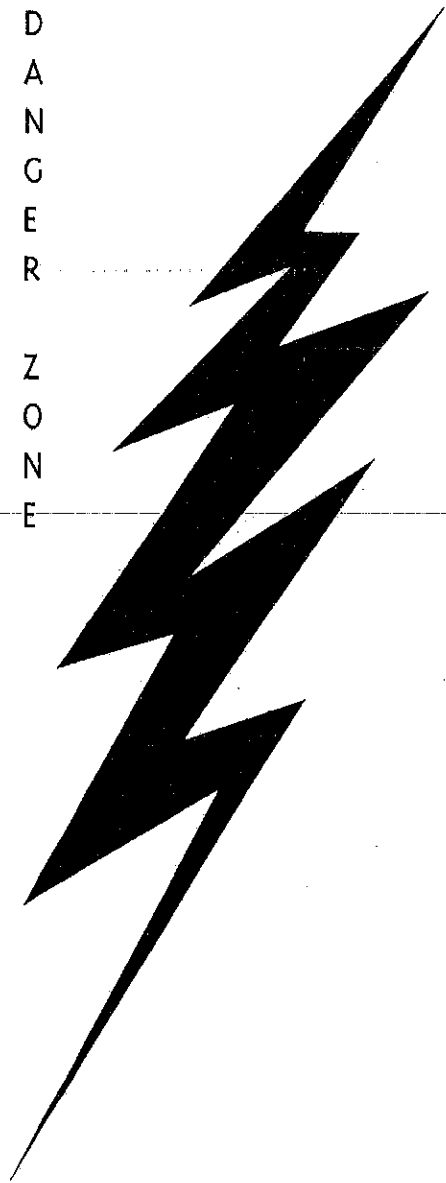
- Being Honest
- Playing Together
- Showing Kindness
- Allowing Space/Time
Apart
- Helping/Sharing
- Returning What You
Borrow
- Talking About Feelings
- Using "I" Messages
- Being Able to Say "No"
- Not Believing
Messengers
- Keeping Promises
- Knowing Your Own
Strengths

Place a check beside whichever of these you've caught yourself doing

Problem Meter

D
A
N
G
E
R

Z
O
N
E

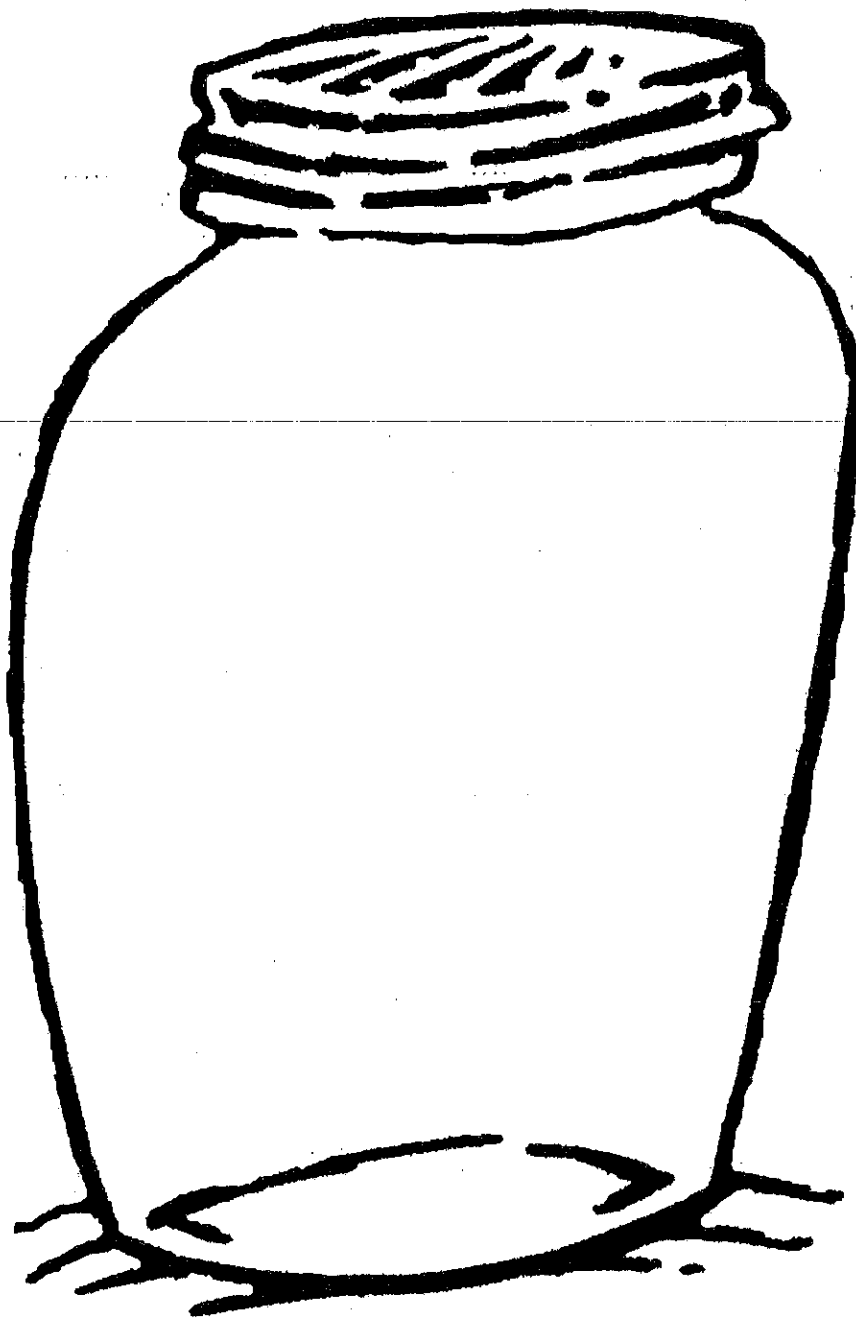


- Breaking Promises
- Being Possessive/Jealous
- Not Spending Time Together
- Being Dishonest
- Hiding Your True Feelings
- Being a Messenger
- Spreading Gossip and Rumors
- Using "You" Messages (Blaming)
- Using the Silent Treatment
- Being Late
- Name-Calling/Insulting
- Threatening
- Hitting

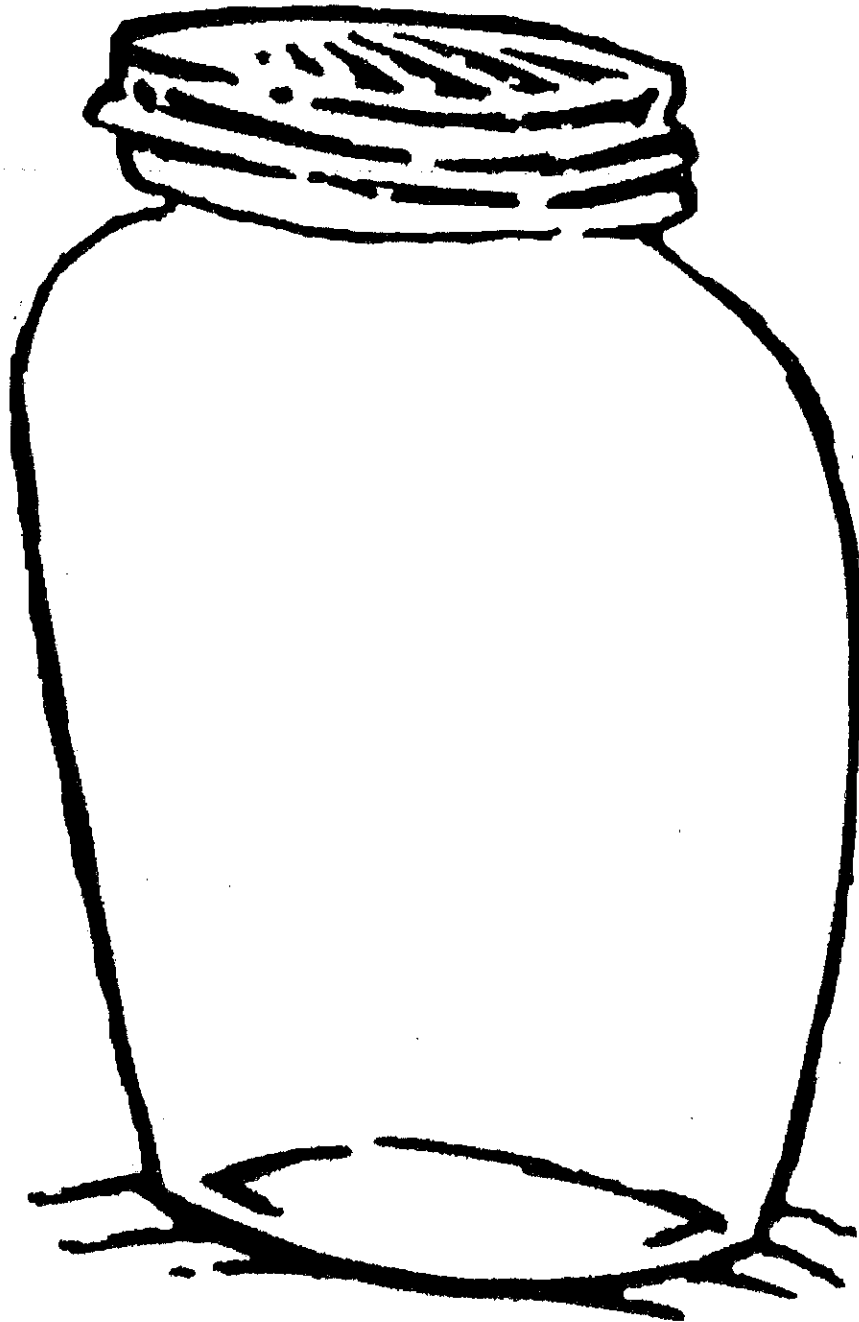
**HAVING SOCIAL SKILLS IS LIKE
A "PROTECTIVE SHIELD"
AGAINST ANGER.**



Write the social skills you
have mastered in this jar.



Write the social skills you
still need to practice in this jar.





Yeah, and just like my dog, it doesn't talk back!



FEELINGS TOSS

Toss a penny onto this page. When it lands on a feeling word, describe a time when you experienced that feeling.

Angry	Sad	Happy	Loving
Confused	Nervous	Jealous	Amused
Worried	Scared	Excited	Compassionate
Frustrated	Hopeful	Hopeless	Lonely

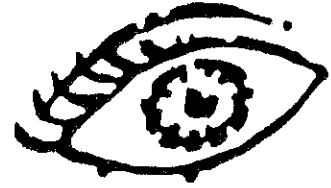
Which feelings do you usually share? _____

With whom: _____

Which feelings do you keep to yourself? _____

WATCH YOUR THOUGHTS

Thoughts come before feelings.
Thoughts cause feelings.



For example:

Thought. . .

He gave me a dirty look. Nobody looks at me like that and gets away with it!



Feeling: Angry

What do you think he will do next?

Thought. . .

*He gave me a
dirty look. I don't
like that, but
maybe he's having
a bad day.*



Feeling: Irritated/Confused

What do you think he will do next?

What do you tell yourself before you get angry?

What could you say to yourself instead?

THINGS I TELL MYSELF

Now Hear This. . .

Put a check beside each statement that you believe is true about yourself.



1. I'm stupid.
2. I'm ugly.
3. Other kids are more talented than I am.
4. I'm no good at sports.
5. Nobody pays attention to what I do.
6. Nobody pays attention to what I say.
7. Nobody likes me.
8. I'm a loser.
9. I'll probably fail.
10. If I don't win, I'm no good.
11. I have to go first.
12. People will like me better if I'm tough.
13. People should always agree with what I think.

MY AFFIRMATIONS

Using the numbers that you checked on the previous page, ask an adult to help you complete each statement. In this way, you can practice changing your negative self-talk and you will feel less angry and more hopeful.

1. _____ is hard for me but I would improve if I _____.
2. I don't like my _____. But I do like my _____.
3. I would like to develop a talent in _____. I could begin to work on this by _____.
4. I need more practice in _____ (or) what I really like to do is _____.
5. Whose attention do I want? _____.
I can get it by _____.
6. Who do I want to listen to me? _____.
The person has time to listen when _____.
7. My friend _____ likes me.
8. I can learn from mistakes. I've learned that _____.
9. I can pass if I _____.
10. If I don't win, I can still have a lot of fun playing _____.
11. I'm important whether I'm first or _____.
12. It's better to be liked than _____.
13. What I think is okay. What you think is okay. I don't have to convince you and you don't have to convince me. It's okay to have different _____. We're both okay.

MORE ABOUT ME

OK, so I get angry. Now what?



1. Three things I like about myself are:

2. Two things I would like to change about myself are:

3. My favorite subject in school is _____
and I make my best grades in _____

4. My favorite year in school was (is) _____
because _____

5. My favorite sport or hobby is _____

6. I feel safe telling my real feelings to _____
because _____

7. When I grow up, I would like to _____

VALUES SURVEY

Which is important to you?

Rank from 1 - 6 (1=most important and 6=least important)

_____ Making my parents proud of me.

_____ Knowing I've done a good job.

_____ Hearing compliments about my achievements.

_____ Getting awards (certificates, etc.).

_____ Winning (knowing I've done better than someone else).

_____ Other _____

Parent Recognition Statement

I hereby recognize and value the fact that my child,

_____ is motivated by _____

Signed, _____
Parent Signature

HOW AM I DOING NOW?

Fill out the following worksheet for seven consecutive days to practice your new self-control skills.

I Lost Control Today By:	M	T	W	Th	F	Sat	Sun
Name-Calling							
Insulting/Teasing							
Threatening							
Pushing							
Hitting							
Other							

I Used Self-Control This Week By:	M	T	W	Th	F	Sat	Sun
Ignoring/Walking Away							
Counting to 10							
Taking Deep Breaths							
Talking to a Friend							
Talking to an Adult							
Using "I" Messages							
Using Power Talk							
Writing in My Journal							
Drawing							
Exercising							
Doing Something Fun							

Are You Still Angry? (Circle One) Yes No

If yes, what do you need to do now?

MY FAVORITE ANIMAL

Draw your favorite animal below.



1. I chose this animal because

2. Two things I admire about this animal are

3. I am like this animal because

"MY HERO"

1. Who is your hero? Who do you admire? Write his or her name down.

2. Circle the characteristics of your hero.

Generous

Strong

Intelligent

Kind

Affectionate

Helpful

Fun-Loving

Sensitive

Athletic

Responsible

Talented

Trustworthy

Attractive

Friendly

Loving

Funny

Adventurous

Thoughtful

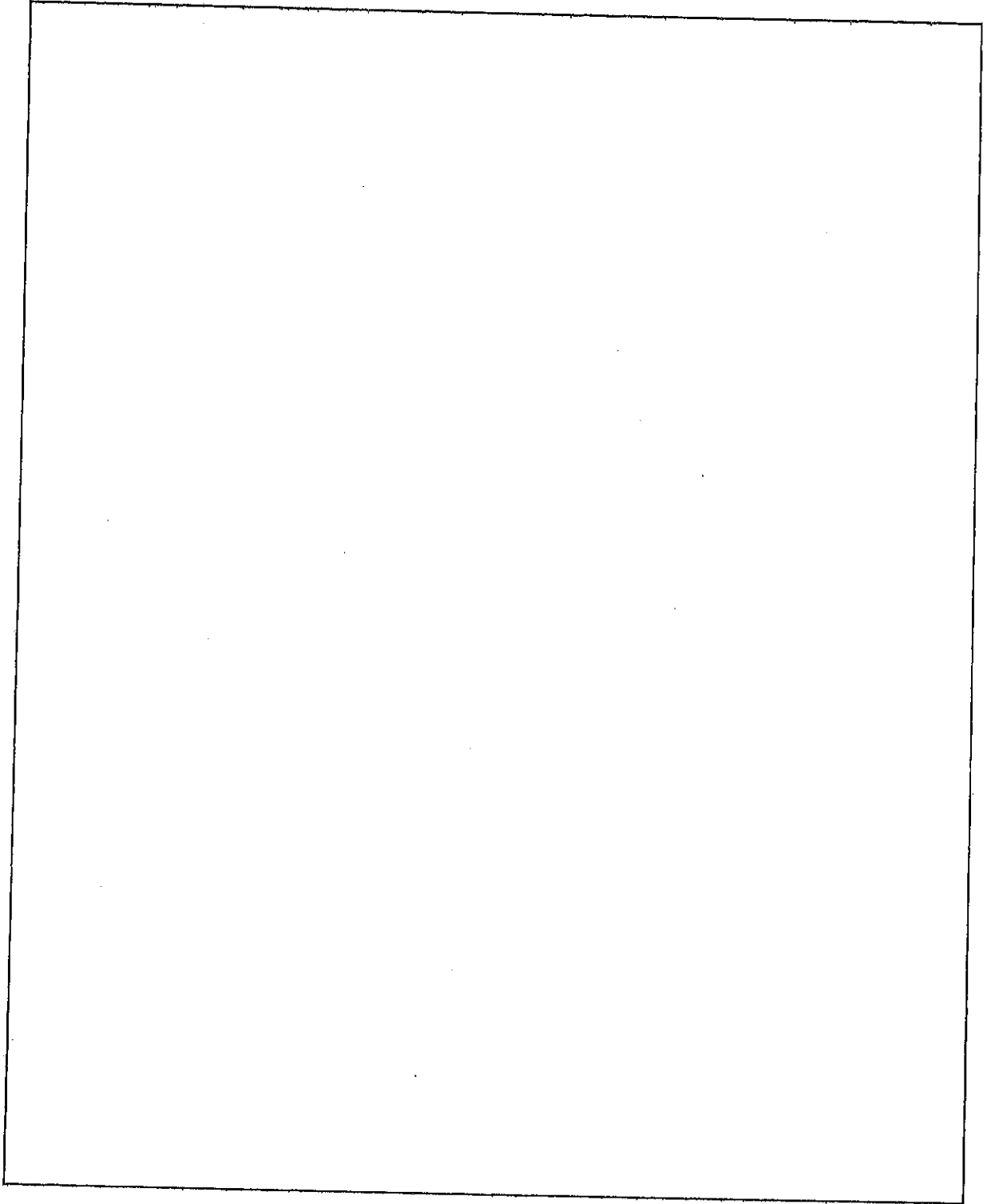
Brave

Caring

3. Is there anything else about your hero which was not included above?

4. Place a double circle around the characteristics of your hero that you have also. Then list them below. I am:

Draw a picture of you with your hero.



WHAT'S GOOD ABOUT ME?

Ask six people to describe your best qualities. Write them below.



Mother _____

Father _____

Brother / Sister _____

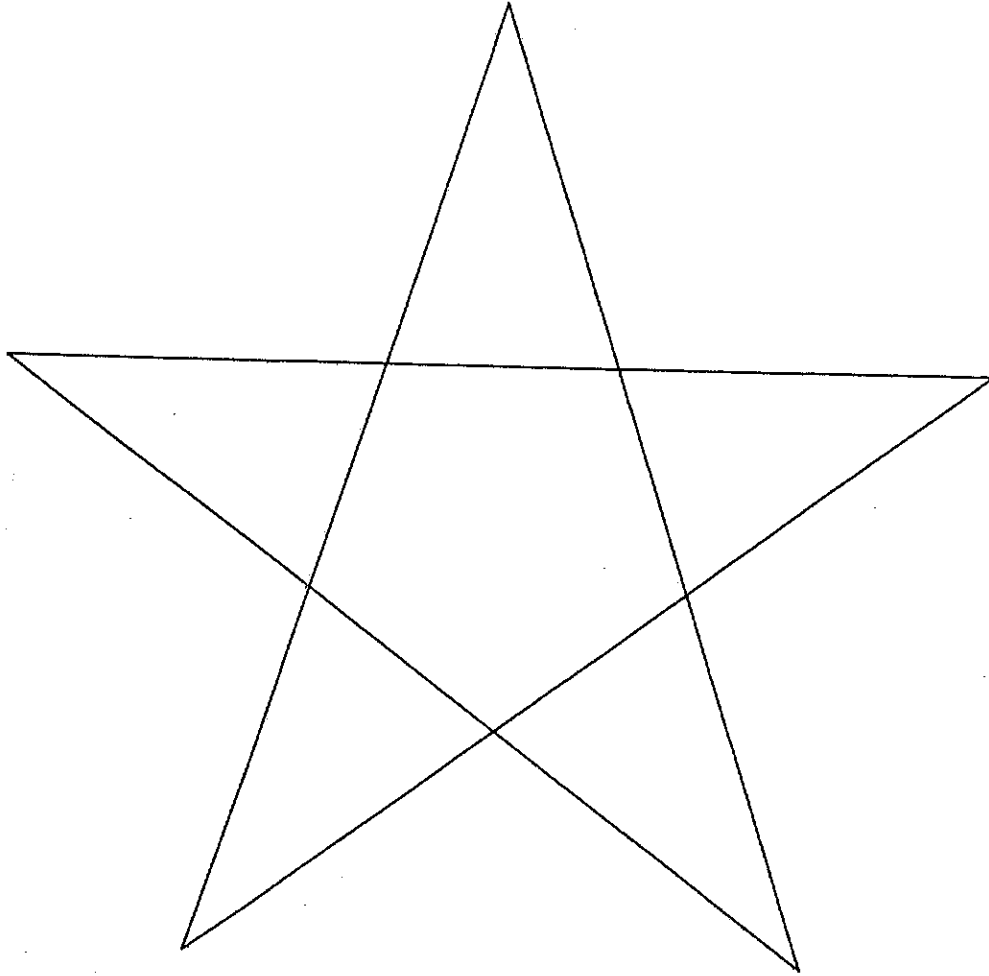
Teacher _____

Friend _____

Your Choice _____

I'M A STAR

Looking back at pages 54-56, fill in the sections of the star with the things you like about yourself. These are the ways in which you "shine."



"I'm as unique as each individual star that shines brightly in the evening sky."

PROBLEM-SOLVING WORKSHEET

Sometimes having problems on your mind can really put you "on edge. . ."

"I've got this problem and I'm feeling on edge."



1. What is your problem? _____

2. What have you done to solve it? _____

3. Find some friends/adults to help you brainstorm other ideas that you might try. Then write these ideas below.

4. For each idea, write why you like it (+). Is there any reason you don't (-).

5. Which idea looks the best to you now? # _____. Try this out and report back on the results.

6. The result was

7. Do you need to try another solution? (circle one) Yes No

STUDY SKILLS CHECKLIST



Study skills are an important part of feeling in control and keeping up with assignments. Circle the study skills below that apply to you.

Classwork

- | | | |
|---|-----|----|
| 1. I have my book, pencil, and paper. | Yes | No |
| 2. I look at my teacher when she/he is talking. | Yes | No |
| 3. I listen to directions. | Yes | No |
| 4. I ask for help if I don't understand. | Yes | No |
| 5. I begin my assignment on time. | Yes | No |
| 6. I finish and turn in my assignments. | Yes | No |
| 7. I write down my homework assignment. | Yes | No |

Homework

- | | | |
|--|-----|----|
| 1. I do my homework in a quiet place. | Yes | No |
| 2. I leave my books, backpack, etc. in a special place so I don't forget them. | Yes | No |
| 3. I turn in my homework. | Yes | No |

Tests

- | | | |
|--|-----|----|
| 1. I read over the material the night before the test. | Yes | No |
| 2. I call out questions to myself or have someone call them out to me. | Yes | No |
| 3. I go to bed on time. | Yes | No |
| 4. I take three deep breaths before the test. | Yes | No |

Circle the skills to which you answered "no." If, through practice, you can change these to a "yes," notice what happens to both your feelings of success and your gradepoint. They'll go up.

SELF-CONTROL CROSSWORD

Using the information you have learned about self-control and anger management, complete the crossword puzzle with the clues provided below.

Across

1. A way to communicate your feelings without insulting or blaming.
6. You are _____; another word for "special."
8. A furry best friend who won't talk back.
10. A way to communicate your feelings so that others will listen.
11. A way to learn how fictional characters handle problems.
12. A helping adult who assists you in solving problems and handling feelings.
14. "_____ calling" is insulting.
15. "_____, look, and listen" is a way to think about your choices when angry.
16. A way to have fun; the opposite of work.
18. The opposite of angry.
19. Someone who attends an elementary or middle school.
20. Those with a sense of _____ don't get angry as often.
21. An adult listener at school.
22. A put-down.
23. Using this social skill is the "best policy."
25. A free-wheeling form of exercise.
27. A martial art that teaches self-control.
28. A better way to learn things than by talking.
29. Saying "please" and "thank you."
34. A splashy form of exercise that can help you relax.
35. Others who like you just the way you are.
36. What some do when they raise their voices.

Down

1. A positive response when others call you names or insult you.
2. A good place to walk when you're angry.
3. A physical way to drain anger out of your body.
4. Another word for "diary."
5. A method to calm yourself down: "Take three _____ and call me in the morning."
7. An adult in your home who may be able to help you solve problems.
9. When angry, count to _____.
12. A way to distract yourself when angry.
13. A consequence of fighting at school.
14. Just say "_____" to fighting.
17. A "_____" message indicates blame.
18. Keep your _____.
24. When you lose this, you're really angry.
27. Everyone desires to be treated with _____.
28. A way to lose a friend's trust; the opposite of telling the truth.
32. You can never have too many of these.
33. A great place to record your feelings.

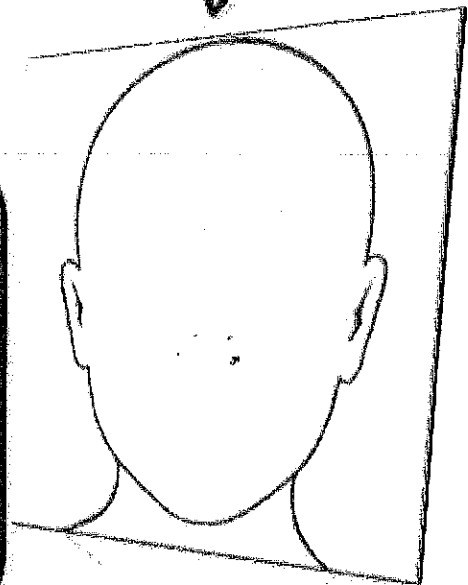
Name: _____

7. Here are better things I could have *SAID* when I was angry.

To get help:

To let someone know how I feel:

8. Something better I could have *DONE* when I was angry:



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