



# VALUE WORKSHEET #6

## Self-Control



**SELF-CONTROL is taking control over the way you behave.**

\_\_\_\_\_ There are different ways to have self-control. A student has to have control to stop a punch or kick in sparring so they do not hurt their partner. A student can also use self-control by paying attention in school and at Taekwondo. List two ways that you can use self-control.

1.

2.

\_\_\_\_\_ If your frustrated or upset, count to ten and think about how to handle the situation using self-control and a Black Belt Attitude.

\_\_\_\_\_ Pay extra attention in class and make sure you follow directions.

\_\_\_\_\_ Show your self-control by putting away your toys when you are done playing with them.

\_\_\_\_\_ Use self-control by not complaining when your parents ask you to do chores.

\_\_\_\_\_ Fill in the blanks to show how you use self-control.

By not complaining about \_\_\_\_\_

By paying attention to \_\_\_\_\_

By doing my share in \_\_\_\_\_

By cooperating with \_\_\_\_\_