**Self Discipline- Week 11 SEL Lesson**

**Stress Discipline** the ability you have to control and motivate ones self, stay on track and do what is right.

**Monday Lesson-** Define what is Self Control?

[**Self Control SEL Lesson 11 revised.docx**](https://hallco.instructure.com/courses/46018/files/3130892/download?wrap=1)**[Preview the document](https://hallco.instructure.com/courses/46018/files/3130892/download?wrap=1)**

[Link (Links to an external site.)Links to an external site.](https://www.youtube.com/watch?v=DtvSu6U8Lvs)

4 2 1 Questioning Technique.pdf (Links to an external site.)Links to an external site.

**Tuesday-** Resisting Temptation

[Link (Links to an external site.)Links to an external site.](http://larryferlazzo.edublogs.org/2015/11/02/video-secret-life-of-pets-trailer-has-great-scene-for-teaching-self-control/)- Secret Life of Pets Trailer

**Wednesday-** Dealing with difficult people

[Link (Links to an external site.)Links to an external site.](https://www.youtube.com/watch?v=7EGd79EUhOI)

**Thursday-**What do you do when no one is watching you?

[Link (Links to an external site.)Links to an external site.](https://www.youtube.com/watch?v=hA1BikUzBKc)

**Friday-** How to control your anger.

Middle Grades

[Link (Links to an external site.)Links to an external site.](https://www.youtube.com/watch?v=pFkRbUKy19g)