



Warrior Spirit Karate

DEVELOPING TOMORROW'S LEADERS TODAY



Dear Parents,

This month we will be working on the character lesson: **SELF-CONTROL**. Self-control is an important character skill for all children to learn. Children that have self-control show that they can control their actions. They also know right from wrong. Children that do not make choices for their own behavior, but instead rely on other children, parents, or adults to make choices for them, do not learn self-control. This can lead to behavior problems, low self-esteem, and a lack of desire to perform well. If children are taught self-control at an early age, then they will feel better about the choices they do make which will in turn, lead to a healthier and more confident outlook on life.

Here is a guideline regarding children and self-control based on age:

- With children ages 3 and 4; they do not understand boundaries. Teach them about not interrupting or fighting with siblings.
- With children ages 5 and 6; they are learning about boundaries but are still tempted to resist. Teach them about complying with rules at home (such as bedtime rules) and controlling their anger by not kicking and screaming when they do not get what they want.
- With children ages 7 and 9; they are learning the value of self-control. Teach them how to understand other's feelings and the importance of not getting angry or upset when they want something they cannot have.
- With children ages 10 and up; they are learning the power of self-control. Teach them how to have self-control against peer pressure and how to not let unnecessary or negative distractions affect their life.

Self-control is not something that happens overnight. It takes practice and proper guidance to really master this character skill. As parents, you have the power to foster good self-control lessons within your child and the results can have a significant impact on their childhood.

Thank you for your support and we look forward to watching our youthful students build the skill of **SELF-CONTROL**.

Sincerely

The Staff of Warrior Spirit Karate