

# Self-Control for the Family

## Choosing behaviors to help me reach my goals

To practice **Self-Control**, I will:

- not act impulsively
- not equate desires with rights
- set my own limits
- chose to build good habits
- walk away from things that are not right



### **Family Activity: Soda POP!**

This activity is best done in the kitchen or even outside. Get a bottle or can of warm soda pop. Begin talking about how sometimes things happen that shake up the day. (Begin shaking the can or bottle.) Sometimes, it's big things that can be upsetting. (Shake harder) and sometimes, it can be just a lot of little things (shake softer). Self-control is all about how we react when things don't go our way. Ask the family how they think someone would respond if they didn't possess self-control. (Yelling, Throwing, Tantrums) Demonstrate those reactions by opening the soda pop and watching the explosive response. Discuss what happens when you "POP". You may say things you regret or break something you didn't want to. It may be off-putting to friends who don't want to be around anger, you may hurt yourself or someone else, or it physically makes you feel bad, etc. Now, discuss ways that each person can diffuse such a reaction. Consider counting to 10, screaming into a pillow, walking away, etc. If the pop can could sit undisturbed, the carbonation would settle down and not be so explosive. What would have happened if someone had stopped the soda from being shaken early in the demonstration? Discuss ways to identify when you are getting angry or reacting inappropriately. Perhaps recognizing others in the family as "being about to Soda POP" when they need a discipline reminder is a kinder way to settle someone down. Be sure to include a discussion on the fact that it is okay to feel angry and to react in anger, but you do not want the response to be more intense than a situation requires.

Process the activity with these or similar questions:

When the activity started, could you predict what was going to happen?

When someone gets mad, can you predict when they will "pop"?

Have you ever gotten really upset at something but later realized it wasn't worth that reaction?

Do you think you can use some of these ideas to refrain yourself or others from "popping"?

If someone tells you, "Don't soda POP" will you remember this exercise?

Book Connection: *Soda Pop Head* by Julia Cook