

**Weekly  
PBIS  
Lesson  
On  
Self  
Control**



A photograph of a brick elementary school building with a sign that reads "BEN FRANKLIN ELEMENTARY SCHOOL AND MONTESSORI AT FRANKLIN". The building is set against a clear blue sky. In the foreground, there is a paved parking lot with yellow lines and several orange traffic cones. The text "We are a community where all learn and grow every day." is overlaid in a large, blue, serif font across the center of the image.

*We are a  
community where  
all learn and grow  
every day.*

Today is Monday, September 11, 2017.

Lunch for today is: Zingy Orange Chicken with Brown Rice, Vegetable Blend, Sugar Snap Peas, and Pineapple Tidbits

**Forecast for Monday is a beautiful day!**

**Monday**

Sep 11



Mostly Sunny

**77** 57

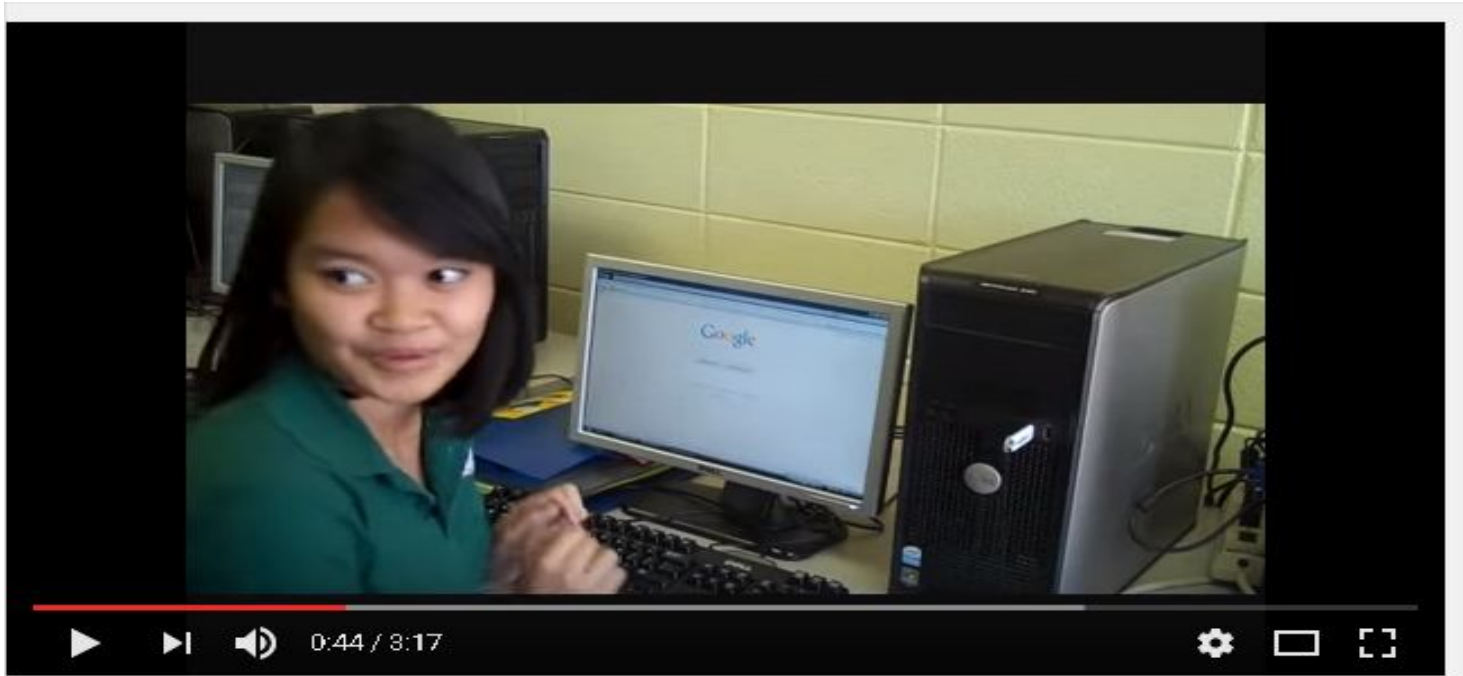
0%

# Self Control, for younger grades



# Self Control for older students

## [Self-control/Make Good Choices](#)





# How to Calm Down



**Stop—**  
use your  
signal

**Name  
your  
feeling**

**Calm  
down:**  
breathe  
count  
use positive self-talk



# Discuss

- How does the poster relate to the video?
- Can you think of a time when you might need to use these steps?

