

# Counselor Connection

## Hey grown-ups...

How strong is your **self-control**?? Need help? Ask your child! This month we are trading in our counselor lesson for a serious work out plan: *Brain Train Boot Camp!* Ms. Schneider is leading the boot camp in each class, teaching how to train our brain, strengthen our pre-frontal lobe, and master the art of **self-control!**

**STOP:** slow down your actions, take time to...

**THINK:** about what you "should be doing"

**GO:** and do the right thing!

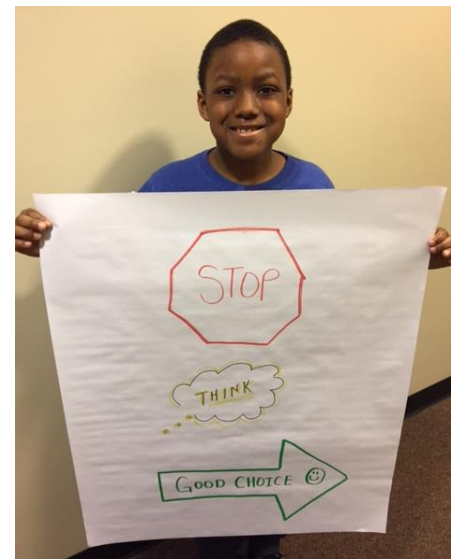
It might sound easy but we all need practice. The more we remind ourselves about the "right choice" the more likely it is for our pre-frontal lobe to tell our body to GO and do it!

MARCH

Character Trait:

**SELF**  
*discipline*

**STOP** **THINK** **GO**




## What the Research Says

Self-control predicts academic, personal, health, and economic outcomes. The famous "marshmallow experiment" showed that preschool students who demonstrated more self-control had better academic and social outcomes decades later—including less drug use and higher SAT scores—than did those who demonstrated less self-control as young children.

Mrs. Miller's 2<sup>nd</sup> graders showing Self-Control with mannequin challenge!



 self control.mov

## Contact:

Always and often ☺

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