

Full Name:

010 - TEACHER TRAINING

Teaching Self-Control Attention - Self-control warmup

ATTENTION

Stand at attention like this. Heels together, feet together, hand straight by your side. Attention means concentration and self-control. Say "concentration!" Say "self-control!" Say "concentration and self-control."
When I say "attention!" You snap to attention and say, "Concentration and Self Control." And don't even move a whisker! "Attention!"

CRISS CROSS

When I say *Criss Cross*, you say *Karate Sox*. *Criss Cross - Karate Sox*. You sit down and cross your legs just like this.

When I say *legs*, you say *crossed! Legs! Crossed!*

When I say *back*, you say *straight! Back! Straight!*

When I say *hands*, you say *on the knees! Hands! On the knees!*

SELF-CONTROL MAT CHAT

Repeat after me, "A mighty person is someone who can control their emotions and make friends of their enemies." "A mighty person never speaks out of anger or strikes out of anger."

QT

Say, "quick take-off." Now, when I say *QT*, you say *Quick take-off*. *QT! - Quick Take-off!* You stand up and stand at attention, just like this. You don't even move a whisker! That is self-control!

SELF-CONTROL WARM-UP

Excellent work. Now we are going to do the self-control warm up. It goes like this - stand at attention, Out, in, out, in (Star jumps step-by-step). Now, when I say "Go!" you are going to do star jumps. When I say "Attention!" you'll come to attention and say, "concentration and self-control!" Are you ready? Go! - Attention! Go! - Attention! A bit quicker than the first to increase the challenge. Go! - Attention

We praise the child for their performance of this exercise. *Wow! That was fast! and great self-control!*

