



choosing
emotions

helps angry focused
yourself need
worries

SELF-CONTROL

overwhelm lose things decide
thoughts talk done
hurt organised

control



- ***Self-control helps you get things done because you are focused on what you need to do and are organised.***
- ***Self-control helps you control your thoughts and emotions so that they do not overwhelm you.***
- ***You don't lose control of yourself when you are hurt or angry but decide how you are going to talk and what you are going to do.***



Procrastination

Procrastination is the action of delaying or postponing something you need to do. When you procrastinate, you do absolutely anything except the thing you really need to do!



Click on the image and spot the ways SpongeBob procrastinates...

1. Do you ever procrastinate? When? How?
2. Why do you think people procrastinate?
3. How do you think we can overcome procrastination? Can we use our self-control to do this?

1. Have a long-term vision and work towards it.
2. Create short, bite-size to-do lists, such as 'today' or 'this morning'.
3. Repeat the things you do that work, they will become habit.

Knowledge

Reasoning

Practice