The Holy Family Catholic School

emotions helps angry focused yourself need worries SELF-CONTROL overwhelm lose things decide thoughts talk

control

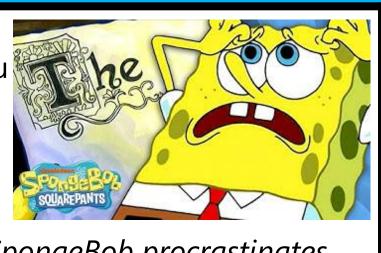
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- Self-control helps you get things done because you are focused on what you need to do and are organised.
- Self-control helps you control your thoughts and emotions so that they do not overwhelm you.
- You don't lose control of yourself when you 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...



Do you ever procrastinate? When? How?

Why do you think people procrastinate?

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.