



## **Attitude of Gratitude**

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Close your eyes and imagine something you really want. It gets bigger and better with time. How can you slow down and give it time to grow?

# Self-Control

## Controls Impulses & Delays Gratification



**Mindfulness Principle:** Take it Slow

**Skill Focus:** Identify how delaying gratification can be beneficial.

- 1
  - There will be times when we will really want something and we might have to realize that we can't have it right away. We will need to learn how to delay gratification.
  - Delaying gratification can feel like waiting for a seed that we've planted to sprout into a beautiful flower. But when we are patient and do the right things, like watering the seed and waiting, it will eventually grow.
- 2
  - Waiting for our seed to grow, waiting our turn on the playground, or waiting for our birthdays all require patience. What might happen if you're not patient?
  - Consider several ways that you can show patience. Example: waiting quietly, counting to thirty, completing another activity until it's your turn next
  - Find a partner. Let's practice a way that we can show patience.
- 3
  - How did it feel when others were patient while you were sharing?
  - Silently reflect on how you can show patience with yourselves, your families, and your peers throughout the week as you learn to accept that delayed gratification is okay.