



# SELF CONTROL



## SEPTEMBER 2018

Complete the Required SELF CONTROL activities to receive credit toward the 2018 "I AM AWESOME" Award.  
Must be completed and turned into the Omega office by the end of December 2018.

### 2 REQUIRED ACTIVITIES:

1. Have a family meeting and talk about what SELF CONTROL means and discuss ways that to show SELF CONTROL throughout the day. Explain how the meeting went and what ideas were discussed:

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2. We all have times when our patience is tried, and we need to exercise SELF CONTROL. It is important to develop habits and skills which help us remember to keep our self and our emotions under control.  
List 3 exercises you can develop which will help you show SELF CONTROL & practice them over this month:  
(e.g. count to 10 when you feel angry, meditation, walk away from a stressful situation, etc.)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

How did it go? Explain your experience of showing more SELF CONTROL over this month.

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**Bonus:** Complete additional projects or activities that demonstrate SELF CONTROL. Additional activities or projects must be worthwhile, must involve other people, and must revolved around the SELF CONTROL theme. **(5 Points Each)**  
Explain what you chose to do and what you learned:

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NAME OF OMEGA STUDENT

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PARENT SIGNATURE  
Or STUDENT SIGNATURE (if over 18 years)