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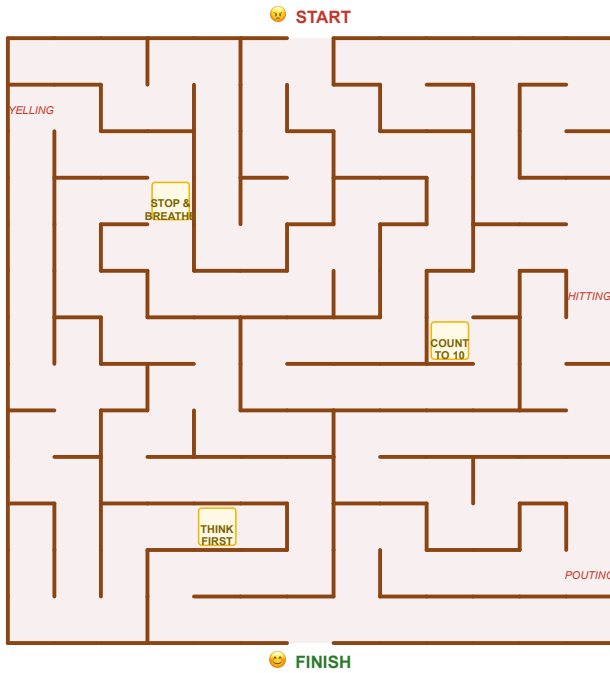
Self-Control Puzzles

Bonus Printable — Self-Control Toolkit

AGES 5-12 · PRINT & PRACTICE

Self-control takes practice — just like a puzzle. Choose the activity that fits your age. Both puzzles teach the same lesson: slow down, think, and finish what you start.

AGES 5-7: FIND THE PATH



Find the calm path from angry to peaceful.

Remember: When you want to rush, STOP. Take a breath. Then find the right path.

REFLECTION AFTER THE PUZZLE

What did you do when you got stuck?

How is that like staying calm when something is hard in real life?

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AGES 8+: SUDOKU CHALLENGE

5	3			7				
6			1	9	5			
	9	8					6	
8				6				3
4			8		3			1
7				2				6
	6					2	8	
			4	1	9			5
				8			7	9

Rules: Each row, column, and box must contain each number exactly once. No repeats. Slow thinkers finish this one.

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My Feelings Tracker






Bonus Printable — Self-Control Toolkit

AGES 6-12 · PRINT & PRACTICE

Name: _____ Week of: _____

Self-control starts with knowing what you feel. Use this tracker every day this week. Name the feeling, rate how strong it was, and write what you did. At the end of the week, look for patterns.

STEP 1 — NAME THE FEELING

 ANGRY _____	 SAD _____	 SCARED _____	 FRUSTRATED _____	 HAPPY _____
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Write the day/time you felt each feeling on the line below it.

STEP 2 — DAILY TRACKER

DAY	FEELING I HAD	STRENGTH (1-5)	WHAT CAUSED IT?	WHAT I DID
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Weekend				

End-of-Week Reflection: What feeling showed up the most this week?

When you had that feeling, what helped you calm down?

What is one thing you want to do differently next week?

My Self-Control Goal This Week:

When I feel _____, I will try to _____ instead.

_____ Signature _____ Date