

Everyday Speech Teaching Plan



Lesson Plan: Middle School Self-Controller Scanner

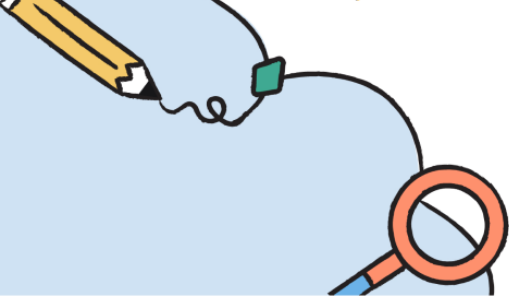
Objective: Middle schoolers will develop self-control skills using the Self-Controller Scanner Goal Poster by understanding and applying the three steps to maintain self-control.

1. Introduce the Lesson:

- Begin the lesson by engaging students in a discussion about self-control. Ask questions such as:
 - Why is self-control important in our daily lives?
 - How does self-control affect our relationships and academic performance?

2. Introduce the Self-Controller Scanner Poster:

- Explain the three steps covered on the poster -
 - **Scan your brain and body:** Encourage students to recognize their emotions and physical sensations when losing self-control.
 - **Pick a strategy to get back in control:** Introduce a variety of self-control strategies (deep breathing, counting to ten, taking a break, etc.) and explain that students can choose a strategy that works best for them in each situation.
 - **Take the steps you need to get back in control:** Emphasize the importance of taking action by implementing the chosen strategy to regain self-control.



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3. Step-by-Step Exploration:

- Divide the class into small groups or pairs. Assign each group one step from the poster.
- Instruct each group to discuss and brainstorm examples related to their assigned step.
- Provide guiding questions, such as:
 - What are some common emotions or physical sensations you might experience when you need to exercise self-control?
 - What are some effective strategies or techniques that can help regain self-control?
 - Can you provide examples of steps students can take to get back in control?

4. Student Reflection & Closing:

- Lead a brief discussion reflecting on the importance of the Self-Controller Scanner and the strategies discussed.
- Have students share their insights and takeaways.
- Remind them that self-control is a skill that can be developed with practice and conscious effort.



Self-Controller Scanner

Keeping control of our thoughts and feelings is very important. To stay in control, we use our Self-Controller Scanner. To improve self-regulation skills, remind learners to use their Self-Controller Scanner at needed moments.

STEP 1

Scan your brain and body



Brain Scan

Am I paying attention?

Body Scan

How am I feeling?



STEP 2

Pick a strategy to get back in control



Do I need a break?



Am I hungry or thirsty?



What physical actions will help me calm down?

STEP 3

Take the steps you need to get back in control

