

Teaching **SELF-CONTROL** *in the classroom*

A Cognitive Behavioural Approach

PATRICIA GOURLEY



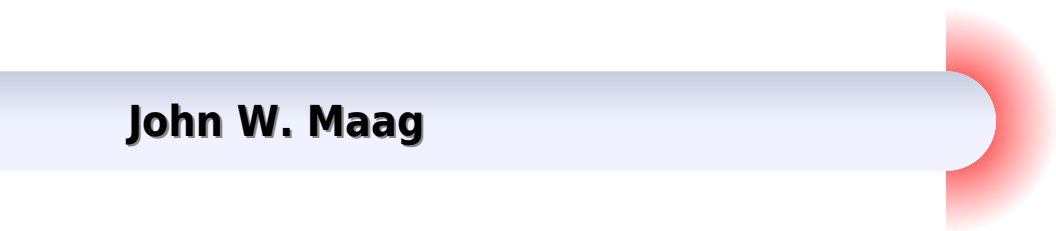
Age range 7 – 11

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Teaching Self Control In The Clabroom A Cognitive Behavioural Approach

John W. Maag



Teaching Self Control In The Classroom A Cognitive Behavioural Approach:

Teaching Children and Youth Self-control John W. Maag, 1998 This monograph discusses using an approach based on perceptual control theory PCT to teach self control to children and youth with emotional and behavioral disorders PCT is described as a general approach to understanding self regulated systems that relies on the theory that behavior controls an individual's perceptions rather than the perceptions controlling behavior generally assumed by most people After an introductory chapter Chapter 2 Overview of Perceptual Control Theory describes the basic tenets of PCT and includes real life examples describes the levels of PCT and compares PCT to some traditional conceptualizations of behavior to provide a frame of reference for the intervention techniques Chapter 3 Questioning Method for Getting Children and Youth to Think describes the rationale for questioning children and youth and provides five recommended questions for teaching self control Chapter 4 Teaching Children and Youth to Make a Plan discusses the five components in this process including identifying an area for improvement setting a measurable goal creating a detailed outline self monitoring performances and setting up a feedback chart depicting process A sample planning sheet and feedback chart are provided A concluding chapter describes ways for dealing with children and youth who continually break rules Contains 34 references CR Self-Discipline & Cognitive Behavioral Therapy 2 Books in 1 Alex Garry, John Heffner, 2020-06-12 You're tired of living from hand to mouth You can reverse the trend with self discipline if failure is not an option Think of self discipline as a form of sacrifice denying self life's pleasures for a moment to gain better future return on investment on your time You use the alarm clock for the occasional sleep over But you could do without it It gets complicated to control thoughts You have conditioned the body to wake up at day break Knowing self discipline is a good starting point Better yet understanding how self discipline shapes the foundation of success Self discipline is the ability to control and manage your feelings actions and behaviors in order to channel them into productive use The reason self discipline is elusive is because it deals in abstracts THIS BOOK SHOWS YOU How Self Image Influences Self Discipline How Procrastination Holds You Back from Achieving Self Discipline How Self Discipline Shapes the Foundation of Success in Life How to Set Achievable Self Discipline Goals How to Hack into Self Discipline How Self Discipline Determines Outcome Behind the scenes of Cognitive Behavioral Therapy how it really works Going beyond the basics how cognitive behavioral therapy can help you Reasons cognitive behavioral therapy solves the problem for good Innovative CBT Techniques you can apply in your everyday life As well as realistic simple and workable steps to examine your own problems a case study to show how cognitive behavioral therapy actually works definitions and types of therapy identifying the vicious cycle hypnotherapy and isolating emotional threats Before you know it you could be changing your thought patterns for the better and improving every aspect of your life as a result So what are you waiting for Grab your copy today take control of your mind and start your journey to achieve happiness *Self-regulation exercises for children CBT exercises and coping strategies for children how to deal with anxiety and stress*, 2023-12-29 INTRODUCTION Teaching

children how to identify understand and be in control of their thinking mood and behavior is crucial to their ability to self regulate This book introduces these skills in a child friendly manner through both story and activities While this workbook is intended for children ages eight through eleven the tools and skills especially those related to identifying and challenging unhelpful thoughts are valuable for people of all ages and may be advanced for children younger than eight When children struggle with self regulation it often leads to behaviors that make them feel even worse and create stressful situations for others While children typically regret such behavior and don t want to repeat it they likely don t have the skills to be able to react differently when faced with a similar trigger in the future This workbook helps children to develop the skills to be able to Identify understand and express their feelings Learn to calm their body Identify and challenge unhelpful thoughts Identify unhelpful behavior and more adaptive choices they can make instead Identify and prepare for situations that may be tricky for them to navigate These skills are the foundation of cognitive behavioral therapy CBT an evidence based treatment that helps people to improve their functioning when dealing with a wide range of problems Through CBT which has a decades old canon of nonproprietary clinical terms and techniques that are elaborated upon throughout this book people can learn how to recognize their triggers become aware of their Automatic Thoughts and responses to them and learn more adaptive ways of thinking and reacting In this workbook a character named Alex will tell the story of his journey learning and using different tools and techniques to take control of his feelings There are a number of activities to help your child learn practice and internalize the concepts Read Alex s story aloud with your child and support them in completing the activities There are side notes for grown ups throughout the book which is applicable to teachers mentors and clinicians as well as parents and caregivers to support their work with kids These are not intended to be read with your child While none of the information provided in these side notes would be harmful for a child to learn they are directed toward adults and are likely to be confusing and boring for them Alex is a fictional and hypothetical character Any resemblance he may bear toward an actual child or children is purely coincidental All of the lessons provided in the book work for Alex whereas each and every tool or technique may not be efficacious for your child Keep in mind that developing a skill takes time and practice Be patient and provide your child with the necessary support to be able to use these skills in their everyday environment This can include verbal reminders visual reminders and actually going through the steps of a skill or plan with them Spelling grammar and penmanship don t count when it comes to exercises to help manage emotions If these are challenging or triggering for your child consider allowing them to complete the exercises verbally and then writing their responses If that is difficult for your child you can read the text together and make up other ways to process and further explore the content such as acting it out or telling a story about it with toys Meet your child where they re at and adapt the lessons for them Simply thinking and talking about tricky or unmanageable thoughts feelings and behaviors is challenging enough It is important for you and your child to further discuss the content of the book and find opportunities to connect it to real life situations both while reading

and as you're living your lives. Additionally, practice the skills repeatedly to help your child internalize them. This will support your child's ability to access the tools when they are actually faced with intense emotions that are difficult to manage. Even when a child has made progress, he or she will continue at times to make mistakes and act on their overwhelming emotions or allow their feelings to get in control. These instances can be opportunities to continue learning and growing. Taking control of feelings is a lifelong process. Even I, a grown-up who helps people manage their emotions for a living, have moments when my feelings get in control and I react in ways that I regret later. This is part of being human. Anticipating this can help make these moments more tolerable. It's stressful for your child when this happens as well. Be sure to instill messages that decrease feelings of shame. When children have difficulty with self-regulation, they often get messages that their behavior is bad and they develop an underlying belief that they are bad. Help your child understand that even when their behavior is not good at times, they are always a good person who has strengths. Regulating emotions is hard. It's harder for some people than it is for others, and that's okay. You will work together to help your child build the skills to be able to regulate emotions better.

Chapter 1 will help your child to expand their emotions vocabulary, understand that it is normal to experience a wide range of emotions, think about what triggers these emotions, and how they affect their functioning, and view emotions as something that they can do something about. Having a larger emotions vocabulary can help a child more accurately identify and understand both their experiences and the experiences of others. This improves a child's ability to manage their emotions and develop healthier relationships. Learning that it is normal to experience a wide range of feelings can help children to feel more comfortable acknowledging and addressing their own emotions and to be more empathetic and tolerant when interacting with others.

Chapter 2 will teach your child to think about the intensity of their emotions. Increased awareness of the ability to experience both pleasant and unpleasant feelings at different levels of intensity can help your child to work toward having less frequent big reactions to small triggers and to calm down more quickly.

Chapter 3 will help your child to differentiate between experiences, thoughts, feelings, and behaviors. We live in a society that tends to jumble up these things. It is important to realize that our thoughts and feelings are not facts. This will set the foundation for your child to be able to do the work later.

Chapter 4 will teach your child to recognize the way that emotions affect their body. Chapter 5 will teach a number of tools that can help your child to relax and take control of those feelings in their body. Calming down automatic physical responses to emotions will help your child to improve their ability to control their reactions.

Chapter 6 will teach your child to be able to notice their Automatic Thoughts and recognize when they are unhelpful. Chapter 7 will teach your child how to challenge and reshape their unhelpful thoughts. The ability to identify and challenge unhelpful thinking can allow your child to view stressful situations more clearly and navigate them more effectively.

Chapter 8 will help your child increase their awareness of the fact that their actions are choices that they can thoughtfully make. After your child develops an understanding of their ability to have an urge and be in control at the same time, Chapter 9 will introduce them to tools that

can support their ability to choose their actions Chapters 10 and 11 will help your child to connect all of the tools and insights that they developed as they completed the earlier sections of the workbook In Chapter 10 your child will write a story about a time when their feelings were in control Through this activity your child will further process and internalize the connection between a trigger their Automatic Thoughts about it emotions and reactions In Chapter 11 your child will rewrite that same story by inserting the coping skills learned to manage the same unhelpful automatic thoughts and urges If your child writes this story about a trigger that is actually challenging for them to deal with this can help them prepare to deal with a similar trigger when they are faced with it in the future Writing stories about coping with common triggers in a healthy manner and reviewing these stories can help your child to internalize the insights tools and skills that can be helpful in such situations This will support their ability to recall this information and apply it to real life situations Chapter 12 provides your child with a helpful self statement and image to instill a sense of empowerment in their ability to navigate the stressors that come their way If your child continues to struggle with self regulation seek the support of a trained mental health clinician Therapy can help you and your child to process and understand their unique complex thoughts feelings and behaviors Additionally having your child complete a neuropsychological evaluation can help to better understand the lagging skills contributing to their difficulties so that you can get them set up with the appropriate supports

Self-regulated

Learning Dale H. Schunk, Barry J. Zimmerman, 1998-03-20 This text provides a framework for teaching students how to be students and offers practical guidance on how academic learning at its best can be brought about

The Self-Regulation

Workbook for Kids Jenna Berman, 2025-11-04 Help your child identify understand and manage their feelings with this kid friendly CBT Cognitive Behavioral Therapy workbook featuring cognitive behavioral therapy tools and emotional regulation exercises designed just for kids When children struggle with self regulation it can impact their social skills academic performance and ability to navigate everyday routines That's where this engaging and evidence based workbook comes in Through the story of a relatable character kids will recognize their own experiences and learn how to take control of overwhelming thoughts and emotions The Self Regulation Workbook for Kids offers a safe space for children to explore their feelings using interactive worksheets for kids CBT activities and step by step strategies based in child psychology With each turn of the page children gain practical coping skills and mindfulness techniques to return to whenever they feel upset or overwhelmed Perfect for parents therapists and teachers this workbook for kids ages 8-11 supports emotional growth resilience and lifelong tools for managing stress

Self-Discipline & Cognitive Behavioral Therapy 2 books in 1

Alex Garry, John Heffner, 2020-06-05 You're tired of living from hand to mouth You can reverse the trend with self discipline if failure is not an option Think of self discipline as a form of sacrifice denying self life's pleasures for a moment to gain better future return on investment on your time You use the alarm clock for the occasional sleep over But you could do without it It gets complicated to control thoughts You have conditioned the body to wake up at day break Knowing self discipline is a good

starting point Better yet understanding how self discipline shapes the foundation of success Self discipline is the ability to control and manage your feelings actions and behaviors in order to channel them into productive use The reason self discipline is elusive is because it deals in abstracts THIS BOOK SHOWS YOU How Self Image Influences Self Discipline How Procrastination Holds You Back from Achieving Self Discipline How Self Discipline Shapes the Foundation of Success in Life How to Set Achievable Self Discipline Goals How to Hack into Self Discipline How Self Discipline Determines Outcome Behind the scenes of Cognitive Behavioral Therapy how it really works Going beyond the basics how cognitive behavioral therapy can help you Reasons cognitive behavioral therapy solves the problem for good Innovative CBT Techniques you can apply in your everyday life As well as realistic simple and workable steps to examine your own problems a case study to show how cognitive behavioral therapy actually works definitions and types of therapy identifying the vicious cycle hypnotherapy and isolating emotional threats Before you know it you could be changing your thought patterns for the better and improving every aspect of your life as a result So what are you waiting for Grab your copy today take control of your mind and start your journey to achieve happiness *The Self-Regulation Workbook for Kids: CBT Exercises and Coping Strategies to Help Children Handle Anxiety, Stress, and Other Strong Emotions [Spiral-Bound]* Jenna Berman Jenna Berman,2021-08-03

Develop Self-Regulation Skills Workbook For Kids Sibley Hall,2023-02-16 Kids can learn a lot about themselves and the world around them with the help of the Develop Self Regulation Skills Workbook for Kids Kids learn to identify and control negative feelings including frustration excitement rage and embarrassment through CBT exercises This is a huge step in the right direction for these children s mental health since it will help them learn how to deal with adversity in the future The adults in charge of the children in their care will find this workbook to be an invaluable resource for the kids personal and professional growth Activities in areas such as problem solving thinking planning and decision making help children develop the emotional regulation skills they ll need to cope with life s challenges In addition parents and other caretakers can use these occasions as instructional moments to impart wisdom and encouragement The Develop Self Regulation Skills Workbook for Kids makes it simple to help children overcome issues related to a lack of emotional intelligence Children s mental well being will improve and caregivers stress will decrease thanks to this straightforward approach

Cognitive-Behavior Modification Donald Meichenbaum,1977-06-30 This book is an account of a personal journey through a research program A number of people have helped guide my way To them I am deeply grateful Special thanks are offered to my students whose constant stimulation and provocation were incentives to write this book Moreover in the belief that they would never show the initiative to put together a festschrift for me I wrote a book dedicated to someone for his contributions I decided to do it myself Several people cared enough to offer editorial criticisms namely Myles Genest Barney Gilmore Roy Cameron Sherryl Goodman and Dennis Turk The reader benefits from their perspicacity Finally to my parents who taught me to talk to myself and to my family without whose constant input this book would have been completed much

sooner but would have been much less fun I dedicate this book D M 5 Contents Prologue 11 Chapter 1 17 Self Instructional Training Hyperactive Impulsive Children An Illustration of a Search for a Deficit 23 Luria s Model 24 Private Speech and Mediation Skills 27 Self Instructional Treatment of Hyperactive Impulsive Children A Beginning 31 Empirical Studies of Self Instructional Training 34 Combining Self Instructions and Operant Procedures 44 Reasoning Rediscovered 47 Importance of Attributional Style 48 Taking Stock 54 Chapter 2 The Clinical Application of Self Instructional Training to Other Clinical Populations Three Illustrations 55 Social Isolates 56 Creative Problem Solving 58 Adult Schizophrenics 68 What Shall We Say to Ourselves When We Obtain Negative Results 77 7 8 Contents Chapter 3 **Self-regulation**

Exercises For Children Jideon F Marques, 2023-12-29 INTRODUCTION Teaching children how to identify understand and be in control of their thinking mood and behavior is crucial to their ability to self regulate This book introduces these skills in a child friendly manner through both story and activities While this workbook is intended for children ages eight through eleven the tools and skills especially those related to identifying and challenging unhelpful thoughts are valuable for people of all ages and may be advanced for children younger than eight When children struggle with self regulation it often leads to behaviors that make them feel even worse and create stressful situations for others While children typically regret such behavior and don t want to repeat it they likely don t have the skills to be able to react differently when faced with a similar trigger in the future This workbook helps children to develop the skills to be able to Identify understand and express their feelings Learn to calm their body Identify and challenge unhelpful thoughts Identify unhelpful behavior and more adaptive choices they can make instead Identify and prepare for situations that may be tricky for them to navigate These skills are the foundation of cognitive behavioral therapy CBT an evidence based treatment that helps people to improve their functioning when dealing with a wide range of problems Through CBT which has a decades old canon of nonproprietary clinical terms and techniques that are elaborated upon throughout this book people can learn how to recognize their triggers become aware of their Automatic Thoughts and responses to them and learn more adaptive ways of thinking and reacting In this workbook a character named Alex will tell the story of his journey learning and using different tools and techniques to take control of his feelings There are a number of activities to help your child learn practice and internalize the concepts Read Alex s story aloud with your child and support them in completing the activities There are side notes for grown ups throughout the book which is applicable to teachers mentors and clinicians as well as parents and caregivers to support their work with kids These are not intended to be read with your child While none of the information provided in these side notes would be harmful for a child to learn they are directed toward adults and are likely to be confusing and boring for them Alex is a fictional and hypothetical character Any resemblance he may bear toward an actual child or children is purely coincidental All of the lessons provided in the book work for Alex whereas each and every tool or technique may not be efficacious for your child Keep in mind that developing a skill takes time and practice Be patient and provide your child with

the necessary support to be able to use these skills in their everyday environment This can include verbal reminders visual reminders and actually going through the steps of a skill or plan with them Spelling grammar and penmanship don't count when it comes to exercises to help manage emotions If these are challenging or triggering for your child consider allowing them to complete the exercises verbally and then writing their responses If that is difficult for your child you can read the text together and make up other ways to process and further explore the content such as acting it out or telling a story about it with toys Meet your child where they're at and adapt the lessons for them Simply thinking and talking about tricky or unmanageable thoughts feelings and behaviors is challenging enough It is important for you and your child to further discuss the content of the book and find opportunities to connect it to real life situations both while reading and as you're living your lives Additionally practice the skills repeatedly to help your child internalize them This will support your child's ability to access the tools when they are actually faced with intense emotions that are difficult to manage Even when a child has made progress he or she will continue at times to make mistakes and act on their overwhelming emotions or allow their feelings to get in control These instances can be opportunities to continue learning and growing Taking control of feelings is a lifelong process Even I a grown up who helps people manage their emotions for a living have moments when my feelings get in control and I react in ways that I regret later This is part of being human Anticipating this can help make these moments more tolerable It's stressful for your child when this happens as well Be sure to instill messages that decrease feelings of shame When children have difficulty with self regulation they often get messages that their behavior is bad and they develop an underlying belief that they are bad Help your child understand that even when their behavior is not good at times they are always a good person who has strengths Regulating emotions is hard It's harder for some people than it is for others and that's okay You will work together to help your child build the skills to be able to regulate emotions better Chapter 1 will help your child to expand their emotions vocabulary understand that it is normal to experience a wide range of emotions think about what triggers these emotions and how they affect their functioning and view emotions as something that they can do something about Having a larger emotions vocabulary can help a child more accurately identify and understand both their experiences and the experiences of others This improves a child's ability to manage their emotions and develop healthier relationships Learning that it is normal to experience a wide range of feelings can help children to feel more comfortable acknowledging and addressing their own emotions and to be more empathetic and tolerant when interacting with others Chapter 2 will teach your child to think about the intensity of their emotions Increased awareness of the ability to experience both pleasant and unpleasant feelings at different levels of intensity can help your child to work toward having less frequent big reactions to small triggers and to calm down more quickly Chapter 3 will help your child to differentiate between experiences thoughts feelings and behaviors We live in a society that tends to jumble up these things It is important to realize that our thoughts and feelings are not facts This will set the foundation for your child to be able to do the work later

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Table of Contents Teaching Self Control In The Clabroom A Cognitive Behavioural Approach

1. Understanding the eBook Teaching Self Control In The Clabroom A Cognitive Behavioural Approach
 - The Rise of Digital Reading Teaching Self Control In The Clabroom A Cognitive Behavioural Approach
 - Advantages of eBooks Over Traditional Books
2. Identifying Teaching Self Control In The Clabroom A Cognitive Behavioural Approach
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Teaching Self Control In The Clabroom A Cognitive Behavioural Approach
 - User-Friendly Interface
4. Exploring eBook Recommendations from Teaching Self Control In The Clabroom A Cognitive Behavioural Approach
 - Personalized Recommendations
 - Teaching Self Control In The Clabroom A Cognitive Behavioural Approach User Reviews and Ratings
 - Teaching Self Control In The Clabroom A Cognitive Behavioural Approach and Bestseller Lists
5. Accessing Teaching Self Control In The Clabroom A Cognitive Behavioural Approach Free and Paid eBooks
 - Teaching Self Control In The Clabroom A Cognitive Behavioural Approach Public Domain eBooks
 - Teaching Self Control In The Clabroom A Cognitive Behavioural Approach eBook Subscription Services
 - Teaching Self Control In The Clabroom A Cognitive Behavioural Approach Budget-Friendly Options
6. Navigating Teaching Self Control In The Clabroom A Cognitive Behavioural Approach eBook Formats
 - ePub, PDF, MOBI, and More
 - Teaching Self Control In The Clabroom A Cognitive Behavioural Approach Compatibility with Devices
 - Teaching Self Control In The Clabroom A Cognitive Behavioural Approach Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Teaching Self Control In The Clabroom A Cognitive Behavioural Approach
 - Highlighting and Note-Taking Teaching Self Control In The Clabroom A Cognitive Behavioural Approach
 - Interactive Elements Teaching Self Control In The Clabroom A Cognitive Behavioural Approach

8. Staying Engaged with Teaching Self Control In The Clabroom A Cognitive Behavioural Approach
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Teaching Self Control In The Clabroom A Cognitive Behavioural Approach
9. Balancing eBooks and Physical Books Teaching Self Control In The Clabroom A Cognitive Behavioural Approach
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Teaching Self Control In The Clabroom A Cognitive Behavioural Approach
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Teaching Self Control In The Clabroom A Cognitive Behavioural Approach
 - Setting Reading Goals Teaching Self Control In The Clabroom A Cognitive Behavioural Approach
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Teaching Self Control In The Clabroom A Cognitive Behavioural Approach
 - Fact-Checking eBook Content of Teaching Self Control In The Clabroom A Cognitive Behavioural Approach
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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