

POSITIVELY TORAH

Bringing it Home – Family Activity

Chapter 7 – Self-Control

As an extension of our learning, learners will periodically complete a *Bringing it Home* interview with a family member. The goal of these interviews is to encourage meaningful conversation and reflection, while helping your child notice how these superpowers show up in everyday life.

Learners should bring what they recorded below to the next session and share what they learned and record their notes in their journal.

Self-Control is the power to pause before we act and think about what's right. Self-Control helps us make good choices, even when we're excited, angry, or tempted to do something we shouldn't.

I hope that this *Bringing it Home* will be the start of a meaningful conversation about Self-Control.

Thank you for sharing your experience with this character strength and for your partnership in building a greater understanding and appreciation of superpowers.

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Bringing It Home—The Jewish Value of Self-Control

I'm proud that I used Self-Control successfully and kept my cool when I

_____.

A benefit of using Self-Control is _____.

I think the rabbis taught about Self-Control and not being quick to anger
because _____.

Share your thoughts about the Jewish value of Self-Control with a relative or
other significant adult. Ask them to share a time when they or someone they
know successfully used their Self-Control superpower.

The example of Self-Control I was told about is _____.

_____.

Turn back to page

