

What's in my control?

Sort the following into correct category.

Self control

Not self control



Take a deep breath when I feel angry

Stopping and counting to 5

Hitting or pushing when I'm upset

Interrupting other repeatedly

Waiting for my turn to speak

Using words to say how I feel

Asking for help calmly

**Putting my hands in my pocket
when I want to hit**

Throwing things when I'm frustrated

Grabbing a toy from someone