



VALUE WORKSHEET #6

Self-Control

SELF-CONTROL is taking control over the way you behave.

_____ There are different ways to have self-control. A student has to have control to stop a punch or kick in sparring so they do not hurt their partner. A student can also use self-control by paying attention in school and at Taekwondo. List two ways that you can use self-control.

1.

2.

_____ If your frustrated or upset, count to ten and think about how to handle the situation using self-control and a Black Belt Attitude.

_____ Pay extra attention in class and make sure you follow directions.

_____ Show your self-control by putting away your toys when you are done playing with them.

_____ Use self-control by not complaining when your parents ask you to do chores.

_____ Fill in the blanks to show how you use self-control.

By not complaining about _____

By paying attention to _____

By doing my share in _____

By cooperating with _____

