



TEACH SELF-CONTROL WITH A COMPLETE SEL TOOLKIT

This resource combines an engaging social story with over **70 printable SEL activities** designed to help children understand, practice, and apply self-control skills.

Through discussion, guided practice, reflection, family connections, and real-life application, children learn to:

- Notice thoughts, feelings, and body clues
- Stop and think before reacting
- Choose helpful coping strategies
- Make thoughtful decisions
- Solve everyday problems
- Build confidence across settings

one *Giggle* at a time

KEEP SCROLLING TO SEE WHAT'S INCLUDED!

SELF-CONTROL
SOCIAL STORY & SEL TOOLKIT

NEW EDITION

Our Self-Control Pledge

Calm & Confident Tools

I Can Use Self-Control
(A social story about stopping, thinking, and making helpful choices)

Self-Control Challenge #

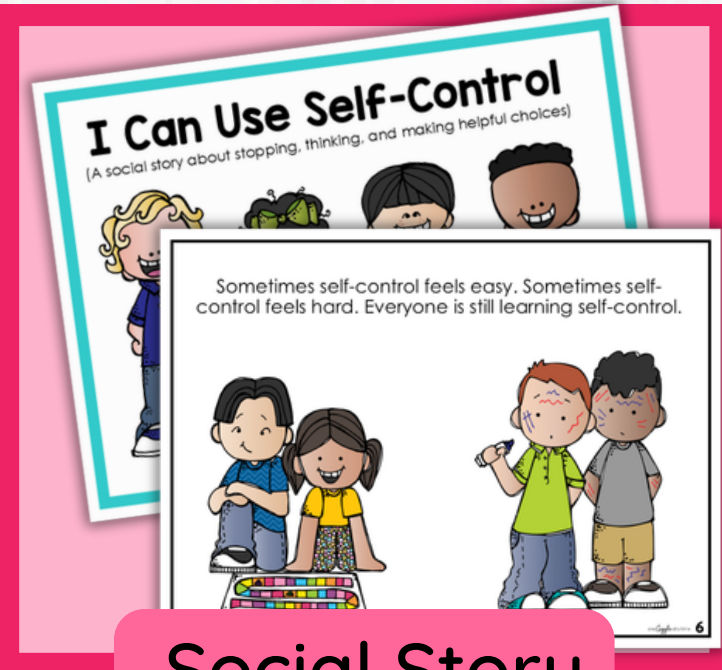
70+ PRINTABLE PAGES

START HERE! FIRST IN THE SELF-CONTROL SERIES

Classroom • Counseling • Homeschool

WHAT'S INSIDE THIS RESOURCE

one Giggle at a time



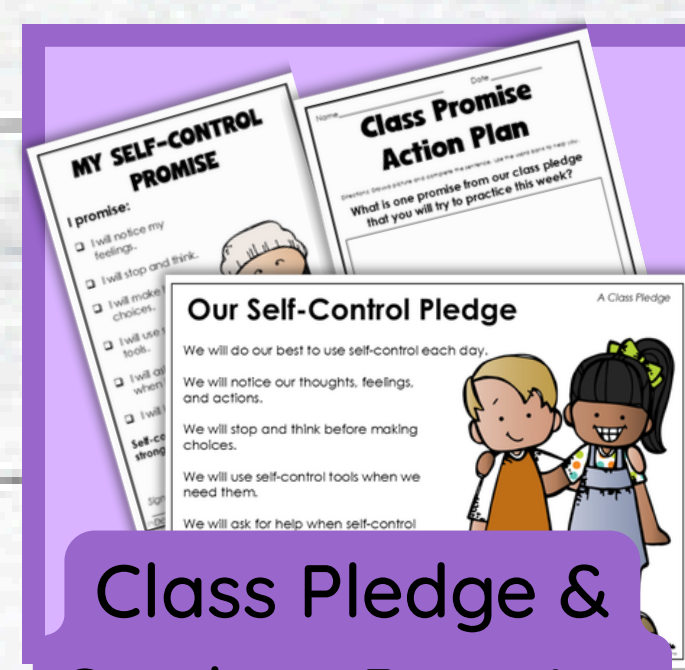
Social Story



Discussion Cards



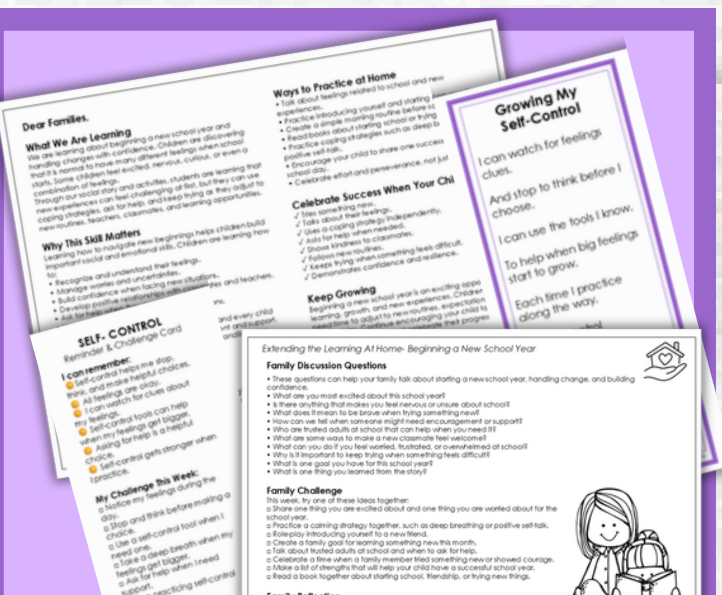
SEL Teaching Cards



Class Pledge & Student Promise



Calm & Confident Tools



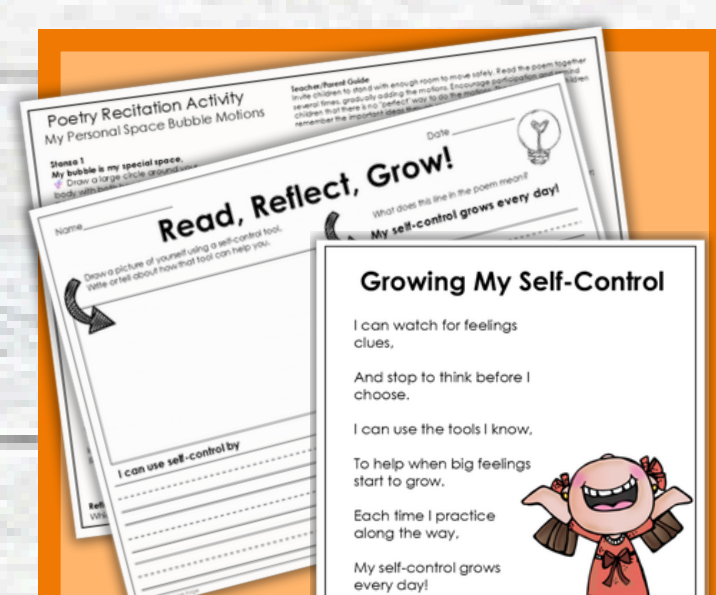
Family Connection Resources



Social Skills Reader & Narrated Story Video



Reflection & Extension Activities



Poetry Connection



Challenge Cards & Thinking Mat

Designed for school, home, counseling, and SEL groups

THE FOUNDATION FOR EVERYDAY SELF-CONTROL

Children learn one simple process they can practice again and again as they build self-control.

- Children don't build self-control by reading a story one time.
- They build self-control through:
 - repeated practice
 - meaningful discussion
 - guided reflection
 - real-life experiences
- This **NEW EDITION** introduces a simple foundation that children will use throughout this resource-and throughout the self-control series.

oneGiggleat a time

LEARN

Sometimes my feelings start to get bigger. I may feel excited, frustrated, worried, disappointed, or upset. Everyone has feelings like this sometimes.

THINK

Self-Control Challenge

Something you are looking forward to didn't go as planned.

Let's Practice!

Notice How might you be feeling?

Stop What could you do before you act?

Choose Which Calm & Confident Tool could help you make a helpful choice?

PRACTICE

Self-Control Thinking Mat

Notice How am I feeling?

Stop What could I do first?

Choose Which Calm & Confident Tool?

Share Why is this a helpful choice?

APPLY

Dear Families,

What We Are Learning

We are learning about self-control and how it helps us stop, think, and make helpful choices. Children are discovering that self-control does not mean never having big feelings. Instead, self-control means noticing thoughts, feelings, and actions and deciding what to do next.

Through our social story and activities, students are learning that everyone experiences different feelings throughout the day. They are practicing strategies such as noticing feelings clues, taking deep breaths, asking for help, using self-control tools, and making thoughtful choices. Children are also learning that self-control is a skill that grows stronger with practice.

Why This Skill Matters

- Self-control helps children:
- Recognize and understand their feelings.
 - Pause and think before acting.
 - Make thoughtful choices.
 - Solve problems more effectively.
 - Build positive relationships.

Ways to P

- Talk about feelings clues
- Practice t
- Ask, "Who everyday s
- Create a use.
- Practice
- Encour
- Celebr

Celebr

- ✓ Notice
- ✓ Stops
- ✓ Uses a
- ✓ Takes
- ✓ Asks
- ✓ Mak
- ✓ Kee
- ✓ Den

Keep

Learn

Moving children from understanding...to real-life application.

A SIMPLE SELF-CONTROL ROUTINE

NOTICE

Recognize thoughts, feelings, and body clues.

STOP

Pause before reacting.

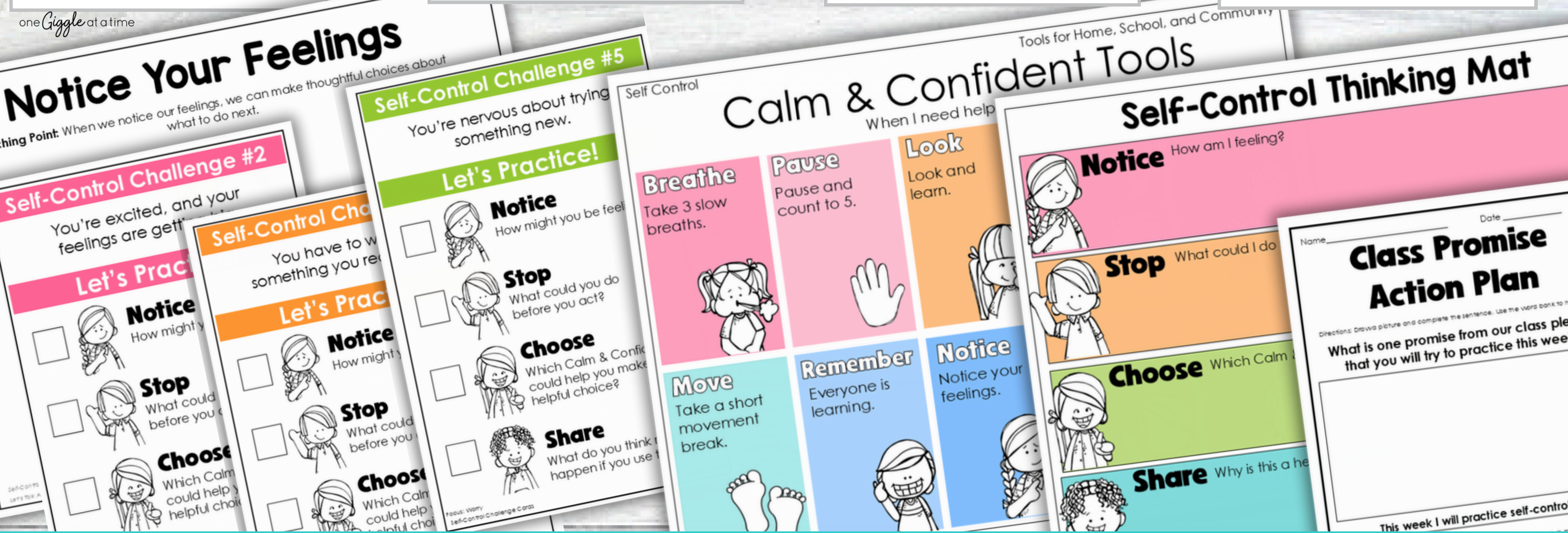
CHOOSE

Choose a Calm & Confident Tool.

SHARE

Talk about your thinking and helpful choice.

oneGiggle at a time



Children practice the same routine throughout the entire resource.

ABOUT ONE GIGGLE AT A TIME



Diane Romo is an elementary educator, children's author, and SEL resource creator dedicated to helping adults support children's social, emotional, and behavioral growth.

Her resources are designed for teachers, counselors, interventionists, and families who want practical, engaging tools that build confidence, strengthen relationships, and help children succeed across school, home, and community settings.



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one giggle at a time is a passionate supporter of:

- ♥ Helping teachers create classroom communities that foster positive relationships.
- ♥ Helping students unlock their potential for greatness.
- ♥ Helping parents provide support for young learners to set them up for success.
- ♥ Making learning FUN!

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social emotional learning



classroom community



parent/family connection



classroom management



teaching ideas



seasonal activities