



### Self-control Training

When turtles feel worried or out of control, what do they do? They go inside their shells! If you feel like you might not be able to control your voice, follow these steps:

1. Look at my turtle.
2. Go in my shell. Take a deep breath and hold it. Let it out and start to breathe slowly. Think, "It's not worth it."
3. Come out of my shell. Refocus on my work or what is going on in the classroom.
4. Tell myself, "Good job!" for staying in control.

### Rehearse the steps with student:

- Cognitive modeling: I perform the task, verbalizing each action as it is performed.
- Overt external guidance: The student carries out the same task under my direction, as I quietly verbalize each step.
- Overt self-guidance: The student performs the task, verbalizing the instructions for each step.
- Faded overt guidance: The student performs the task again, verbalizing the instructions quietly.
- The student performs the task, silently talking through each step (private speech).

Have student out self-regulation chart the following week:

	Always	Often	Sometimes	Never
I tried my best to stay in control of my voice this week.				
I was able to stay in control of my voice this week.				

This week, something I did well is \_\_\_\_\_

\_\_\_\_\_.

Next week, I would like to do better at \_\_\_\_\_

\_\_\_\_\_.