

CHARACTERplus Essay by Ryan Holden, Fieldon, 6<sup>th</sup> Grade

Self-control, self-control, self-control, what can I say about it? I think self-control means a lot of things, such as how you control your attitude, by showing patience, and even how you control your actions. (Key word is “control”) Self-control is a major, major trait to have. (Considering I don’t have it sometimes.)

A student would use self-control during school by being quiet and not talking all the time. (Which by the way, is very hard to do.) You can also show it by raising your hand and waiting your turn, or even by walking away from a fight. If you ask me, I think it is harder to walk away than it is to stay and fight.

A student would show this trait at home by not getting into fights or arguments with your brother or sister (like I do). You could also show self-control by not talking back to your parents or any adults. When they tell you to do something, obey them (don’t disobey them). I just told you how a student would use self-control at home and at school. Now the question becomes, can adults show it, too?

Yes, as a matter of fact they can. Adults can be good role models and show self-control by being patient with their kids. Not by telling them the saying, “I’m at the end of my rope.” (When was the last time a parent had to be patient with a kid? Well, I guess when you were little they did. The thing is, when you get older you will see that kids have to be patient with their parents!) Adults can have just as much self-control as kids. (Maybe even more.)

To be honest, I chose to write about self-control because that is what I need to work on a little bit more. Don’t get me wrong, I have some self-control, but not as much as some do. Self-control is important in every day life, because if you don’t have it, things could become violent. Then you would have to suffer the consequences. It is also important because it could mean how much you respect others and how you treat them. Little kids look up to you, so they do what you do. That is why you show self-control.