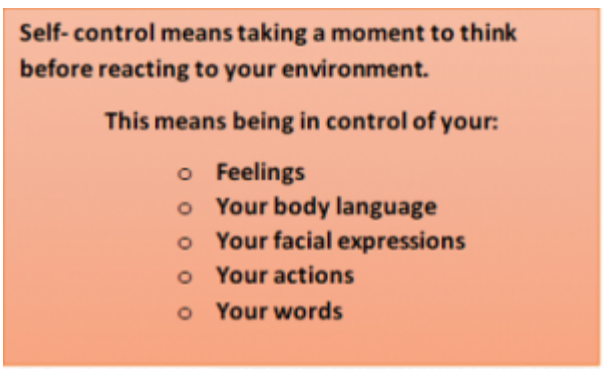
Hello Southeast Enterprises Family!

Self Control!

Self-Control

Self-Control can sometimes be more difficult than it sounds. Have you ever had to sit through a long meeting patiently? What about having to wait in line respectfully for food when you are starving? Sometimes in these situations, you just want to scream, walk out or cut the line.



Why is Self-Control Important?

While it may be hard to control ourselves sometimes, life is easier when everyone controls themselves and their emotions. Think about your workplace. Imagine that everyone yelled and cried each time they got upset or didn't get what they wanted. This would not be a very positive or nice place to work. When you control your feelings, actions, and words, you make life easier for not only your friends, family and coworkers, you make life easier for yourself.

Many Activities in Life Require Self-Control

- Getting & keeping a job
- Making friends
- Dieting & exercising
- Learning a new skill
- Keeping your word
- Cleaning the house
- Almost everything!

Self-Control is learned! Children are notorious for lacking self-control. Watch this experiment testing self-control with kids and marshmallows! Click the orange "self control" button to watch

When getting upset, choose a strategy. Examples can be found on this worksheet. Click here! Try some out!

Matching Memory

Put your memory skills to the test with this online match the picture memory game!

Scavenger Hunt Bingo!

IT'S BINGO TIME

Can you try and do the tasks in a row or a column to make a bingo? See how many bingos you can complete! Write down the ones you do. Just because it isn't in a line doesn't mean you still can't do it! These tasks will help you stay active and work on attention to tasks.

INDOOR SCAVENGER HUNT

How many of each item can you find?



___ Sunglasses



___ Laundry Basket



___ Ball



___ Hat



___ Picture Frame



___ Keys



___ Shoes



___ Lamp



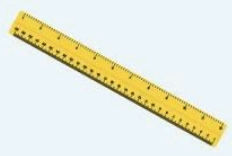
___ Box of Tissues



___ Plant



___ Clock



___ Ruler



___ Toothbrush



___ Window



___ Television



___ Apple

Read Along!

Let's work on our listening skills!

Click the blue "Read Along!" button to experience this week's audiobook:

Your choice!

Look at the available books or choose your own!

Pick up where you have left off. Feel free to listen to as many chapters as you would like a day but you must complete at least one to get credit! Next week we will start a new book but feel free to finish this one whenever you would like!

Get Fit!

Pick the level that was just right for you! Do all 3 videos in your level

(Endurance, Flexibility, and Strength)

Check-In!

Click the Purple "Check-In" button to let us know what you have done today! Please fill out the form.

Take pictures as you go along with each activity and send them in. We would love to see all the fun and creative things you do with the

items this week. Not only can they be fun, but they can help build up skills that can be and used not only at work but in everyday life.

Email them in to:

Sarah@southeastenterprises.org

Have fun and Enjoy!