

CLIMB THEATRE PRESENTS



# SELF-CONTROL

INTERACTIVE CLASSES FOR K-2 AND 3-6

Classes are highly interactive programs that are conducted by two professional actor-educators directly in the classroom. Classes deliver clear educational messages while students participate in discussions, theatre games, and role-plays.



## Master Your Emotions

These fun and engaging classes teach students to master their emotions by developing self-control. They'll learn how to make choices that get the outcomes they want!



## What They're Saying

*"The actors were very interactive with the students and did a lot of movement with them. The focus was on self-control, which goes right along with what we teach in class about Character Counts."*

—Sue Garvin, 4th grade teacher



## Innovative Techniques

Using scenes, meaningful discussions, and games and activities, CLIMB's classes help students make new discoveries, practice social skills, and achieve learning objectives.



## Pricing and Logistics

Actors move classroom-to-classroom and can see up to 7 sections of 35 students per day. Each class is 40 minutes long. Pricing for classes is \$608 per day, plus travel.

*See class summaries & educational objectives on the next page.*



# SUMMARIES & EDUCATIONAL OBJECTIVES

## Joey and Mom (K-2)

### Summary

In this interactive class, students will help Joey learn basic self-control skills. By the end, both Joey and the students will know what self-control is and how it makes school better for everyone.

### Educational Objectives

- To define self-control and teach students how to use it.
- To practice self-control while sitting with a group.
- To model and practice hand-raising instead of interrupting.
- To brainstorm ways to remedy a loss of self-control.
- To remind students of their best qualities.

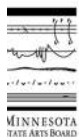
## Managing Your Emotions (3-6)

### Summary

In this class, students think critically about why people lose control of their emotions and the negative consequences that can happen as a result. Students participate in games, watch scenes, and role-play their own ideas to practice using self-control in common situations.

### Educational Objectives

- To define self-control.
- To teach students the self-control steps: stop, think, what could happen, is that what you want?
- To brainstorm and practice ways to avoid a loss of self-control.
- To encourage students to worry about controlling their own actions and not the actions of those around them.



*This activity is made possible by the voters of Minnesota through a Minnesota State Arts Board Operating Support grant, thanks to a legislative appropriation from the arts and cultural heritage fund.*

**Call (800) 767-9660 today to learn more or to schedule.**