

OCTOBER 2024 | COYOTE

SELF-CONTROL

CHOOSING TO DO WHAT'S BEST
EVEN WHEN YOU DON'T WANT TO



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Self-Control

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SAY IT:

Self-Control: Choosing to do what's best even when you don't want to

KNOW IT:

ASK A GROWN-UP:

- When is it toughest for you as an adult to have self-control?
- Do you have any tricks or strategies to help you develop self-control?

ASK A KID:

- When is it toughest for you as a kid to have self-control?
- Have you ever gotten in trouble for not having enough self-control? What were the consequences?

SEE IT:

One of the easiest times for us to lose self-control is snack time. Some of us tend to make poor choices and eat food we know is not the healthiest for us. Unfortunately, many of us also lack self-control with our temper, with how we treat others, and making risky choices that could be very dangerous for ourselves or others. In this short video, Cookie Monster learns a few strategies to develop self-control: https://www.youtube.com/watch?v=j0YDE8_jsHk. He realizes that self-control can be accomplished, even when it is difficult. When we develop self-control, not only can we make better food choices, we can also make choices that will help us with the Big 3. Self-control can help us consistently Make Smart Decisions, Treat Others Right, and Maximize Our Potential.

BE IT:

Make a list of times when self-control is toughest. Ask your family to help you come up with a list and ask them to help you show self-control. Some good ideas might be setting goals to limit screen time, responding with kindness, sticking to a bedtime, eating healthy foods, listening and following directions at school, developing an exercise program. Try to set some goals and monitor your progress as you practice self-control.

PHASE

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Before you can lead someone where they need to go, you need to know where they are.

That's why it helps to understand what's changing...physically, mentally, relationally, culturally, emotionally, and morally.

The more you know them, the more they will...

- Know they matter.
- Believe they can win.
- Feel like they belong.
- Decide what they should do.

Remember, if you don't know who you are talking to, you can't really expect them to listen.

So don't miss it. The better you understand who your kids are now, the better they'll understand who they're meant to be.

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SELF-CONTROL // COYOTE // GRAY

Coyotes in folklore might be unruly tricksters, but in real life they are amazingly adaptable animals. From the western United States and in Mexico, they have spread across North America. Their ability to change habits in order to thrive in a variety of environments has often brought them into conflict with humans.

Maybe they would prefer a fresh rabbit for dinner, but they'll settle for fruits and leaves in the wild or even raid garbage cans, bird feeders, chicken coops, or yards with small pets. Though coyotes mostly eat mammals, they are "generalists" – they're not terribly picky about their food.

Coyotes are secretive and protective of their families. Usually active in the early morning or at night, they might also be seen during the day, especially when looking for food for their pups. Males and females mate for life and both raise their offspring. They live in family groups called packs, as do their relatives, wolves.

They are also very vocal. Coyotes communicate in squeaks, distress calls, and howls. It can be eerie to hear several coyotes joining in with yips followed by high-pitched howls. They might be announcing the location of their pack or letting other coyotes know where their territory is.

When humans don't want coyotes sharing their neighborhood, it doesn't work to kill or even relocate them. Populations fluctuate with pack dynamics. If a pack loses adults, more pups are born. They don't overpopulate, though – fewer pups are born when life is stable.

The Humane Society of the United States offers tips about how to "haze" coyotes to keep them away from yards and homesteads. This humane response is for adults to implement. It's important to remember not to approach wildlife!

SELF-CONTROL: *Choosing to do what's best even when you don't want to*



Coyotes can adapt and acclimate to a variety of living situations.

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Gray, the color of rocks, can appear solid and sturdy. As a neutral, it suggests control and compromise. Gray might lack pizzazz, evoking a strong and steady state rather than strong emotions. This blend of black and white is a serious rather than fun color, which makes it perfectly suited to represent self-discipline. Other characteristics designers associate with gray are neutrality, efficiency, harmony, and balance. Gray is the most common color in the car industry, and it's second only to black on fashion runways. Traditionally, a "gray sky morning" has suggested fine weather for the day.

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