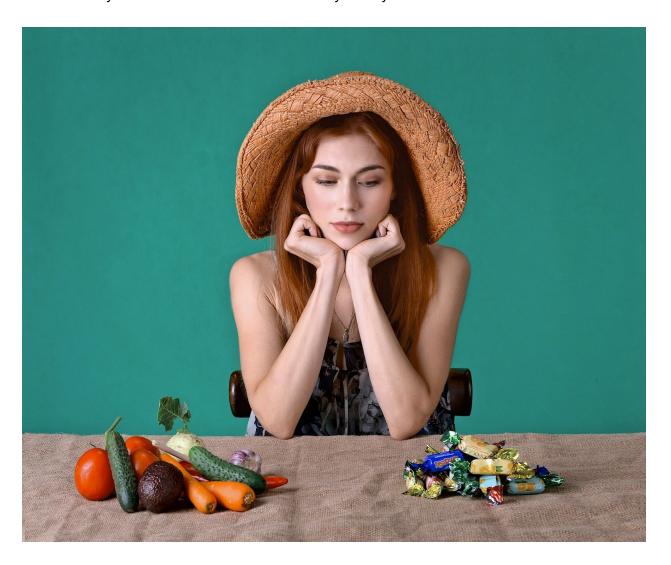
## **Self-Control**

With your partner you should talk about the following:

- What do you see?
- What is the main idea of the picture? Does the picture have a message?
- How does the picture make you feel?
- Have you ever been in this situation? Why or why not?



# **Warmer Questions**

What does self-control mean to you?

Do you think you have good self-control? Why or why not?

Have you ever heard of the marshmallow test? If not, what do you think it could be about?

## Vocabulary Words

- 1. **Psychological test (noun)**: an exam which can determine something about a person's mind
- 2. Straight away (adjective): immediately, now
- 3. To hold on (verb): to wait
- 4. Gratification (noun): happiness or pleasure that you get from achieving a desire
- 5. **Instant (adjective)**: immediately, now
- 6. **Delayed (adjective)**: later, postponed
- 7. **Reward (noun)**: something given in recognition of an achievement
- 8. **Impulse (noun)**: a sudden desire to do something that is hard to control
- 9. Willpower (noun): the ability to control your impulses

### **During the Video**

- 1. When was this test created?
- 2. What are the rules of the test?
- 3. What is this test supposed to determine?

### The Marshmallow Test Video

https://www.youtube.com/watch?v=d8M7Xzjy m8

#### Partner Discussion

#### STUDENT A

- 1. As a child, would you have been able to wait for the second marshmallow? Why or why not?
- 2. Do you think this test can really determine success later in life? Why or why not?
- 3. What's your opinion about self-control? Is it important? Why or why not?
- 4. Is it possible to *learn* self-control? Why or why not?
- 5. In what situations do you prefer instant gratification? Why?
- 6. Are there situations when it is important to focus on the delayed gratification rather than instant gratification? What are these situations?
- 7. Are you a patient person? Why or why not?
- 8. Some people say that patience is a virtue. Is that true?
- 9. Do you know anyone with great self-control? Who are they? Why do you think they have good self-control?

#### STUDENT B

- 10. Have you ever made an impulse purchase? What was it?
- 11. Supermarkets want us to make impulse purchases. In what ways do they try to encourage us to buy things straight away without thinking about it?
- 12. What is a situation where you showed self-control? How did you control yourself?
- 13. What is a situation where you wished you had more willpower, but you didn't? What happened?
- 14. Have you ever made a resolution or promise to yourself? What was it? Were you able to keep it?
- 15. Do you think things like your mood or the weather can affect your self-control or motivation? Why or why not?
- 16. Do you have any tips for exercising self-control in a situation where you want to be impulsive? How do you personally increase your motivation or willpower?
- 17. If you had to give some advice to the two girls in the marshmallow test video, what advice would you give and why?
- 18. Do you think self-control is important for children? Why or why not?

## Quotes

Directions: Read the following quotes with your partner. Explain what each of these quotes mean and whether you agree or disagree.

- 1. "Willpower gets you started. Habits get you results." Priit Kallas
- 2. "I generally avoid temptation unless I can't resist it." Mae West
- 3. "I count him braver who overcomes his desires than him who conquers his enemies; for the hardest victory is over self." Aristotle