



SELF-CONTROL

Staying calm and making good choices.

I WILL show Self-Control by:

1. Counting to 5 before doing or saying anything when I feel upset.
2. Using words to share how I feel.
3. Obeying my parents the first time.
4. Walking calmly and quietly instead of running indoors.
5. Taking turns when playing with friends.

Whoever has no rule over his own spirit is like a city broken down, without walls.

~ Proverbs 25:28