

Self-control is choosing to do what you should even when you don't want to.



Read Proverbs 1:19



Red Light, Green Light

Play a game of Red Light, Green Light. After a few rounds, answer these statements below. If the statement shows no self-control say: Red Light! If it shows an example of self-control say: Green Light!

1. My brother comes and takes my toy from my room so I chased him and grabbed it back.
2. A classmate cut in front of me during recess. I calmly told them that wasn't kind and to not do it again.
3. I really wanted to have a cookie before dinner but my mom said "no." I waited patiently until after even though it was hard.
4. My mom bought my sister's favorite snack and not mine so I yelled at her.

KNOW that you can slow your anger with self-control.



The Definition Is . . .

Self-control is choosing to do what you should do even when you don't want to.

With the help of an adult, fill in the blanks with an example from your own life.

Self-control is choosing to even when I want to See how many examples you can come up with. Then, practice your self-control today!

ASK God to help you practice self-control today.



Act It Out

Use the motions below or create your own to learn this week's Bible verse.

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 "My dear brothers and sisters (point around like you are pointing at people), **pay attention to what I say** (point to your mouth). **Everyone should be quick** (run in place) **to listen** (point to ears). **But they should be slow** (walk in slow-motion) **to speak** (point to mouth). **They should be slow** (walk in slow-motion) **to get angry** (make angry face)."  
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LISTEN to God's Word to know how you should act when angry.



Ask for Help

Talk to God and ask for help when you start to feel angry. You can pray something like this:

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 "Dear God, I can sometimes get angry. Please help me to work on controlling my anger toward other people and things. I pray that I can be a good example of self-control to my family and friends. Amen"  
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THANK God to giving you the ability to have self-control.



Don't be controlled by your anger.

A great way to control our anger is to count to 10.
Practice counting to 10 while coloring
the numbers below.

