

SELF-CONTROL ←→×

● *Choosing to do what you should even when you don't want to*

BOTTOM LINE: Think before you lose your temper.

Read Proverbs 16:32

DAY **1**

Re-plan the Strong Plan

The key to keeping your cool and not losing your temper is to have a strong plan in place. Last week you should have talked with an adult about a place or situation where you usually lose your cool. Go back to that sign you created and come up with a saying or an action to help you remain cool in a normally frustrating situation. Write your idea on the sign as a reminder.

ASK God to continue to give you chances to practice self-control.

DAY **2**

Ten till Tame

A great tool to use when you start to lose your temper is to count to ten. Here's how you do it: when you get into a situation that starts to upset you, remove yourself from that situation and start counting. Try counting a few different ways.

You can count slowly, quickly, in a whisper, on your fingers, or whatever works best for you! Practicing this will help you easily give you a go to when you start to lose your cool.

LOOK for ways to avoid losing your temper by using the tools you have learned.

DAY **3**

Temper Tamer

The BEST way to tame a temper is to pray! God will always help you when you ask Him. Talk to Him now and ask Him to help you tame your temper when it starts. Pray something like this:

"Dear God, I know that there are times I need to tame my temper. Please help me to remember my plan and how to use my tools to help me when I start to get upset. Give me the patience not to fight and the self-control I need so that I can stay safe. I love you, God. Amen."

KNOW that talking to God is the greatest way to tame a temper.

DAY **4**

Every Other

At the dinner table, look up this week's Bible verse: **Proverbs 16:32**. Read through it a few times to practice. When you are ready, take turns saying a word from the verse. For example, you say the first word, then the person to the left says the next, and so on. Keep taking turns until you have said the verse through. Repeat!

THANK God for allowing His Word to remind us about how having patience and self-control is better than having a temper.

