

SELF-CONTROL

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

BOTTOM LINE: Doing what you should can keep you safe. Read Proverbs 29:11

DAY 1

Self-control

This month we are learning all about self-control. Self-control is choosing to do what you should even when you don't want to. What does that look like to you? Read some of the scenarios below and talk through what a self-controlled person would do.

- Your sister takes your favorite set of markers to use and doesn't put the caps back on and they all dry out.
- Your mom said no cookies until after dinner, but they are right there on the counter.
- You got to be first in line for lunch, but you forgot your lunch box so you lost your spot to someone else.

ASK God to give you opportunities to practice self-control this week.

DAY 2

Kind of Wild but Totally Controlled

With the help of an adult, look up and read this week's Bible verse: **Proverbs 29:11**. Now, read it again, but allow the tone of your voice to reflect what the verse is describing. For example, the first part of the verse talks about "letting your anger run wild" say that part of the verse in an angry voice while you are wildly running around! Then, read the second part of the verse about the "wise people" in a very mature, calm voice. Maybe you can even strike a calming, yoga pose! Practice this verse throughout the week and at the end of the week, find a family member or friend you can tell your verse to while showing off your awesome moves!

THANK God for allowing His Word to teach us how we should act.

DAY 3

Safety First

Just like the big yellow or orange signs on the roads show us what we need to do to keep safe while we are in the car, we sometimes need that in our everyday lives! Talk with an adult about a situation or place where you sometimes lose your cool. Create a plan that you can use to calm down and help you next time. Get creative and grab some brightly colored paper, writing utensils, and draw up your plan. Once you're finished, hang it somewhere you can see it as a daily reminder of what to do.

For example: If you lose your cool at school, hang it by your backpack so you can see it every morning. If you often fight with a sibling, post it in your room!

LOOK for ways to practice self-control that will keep your cool and stay safe.

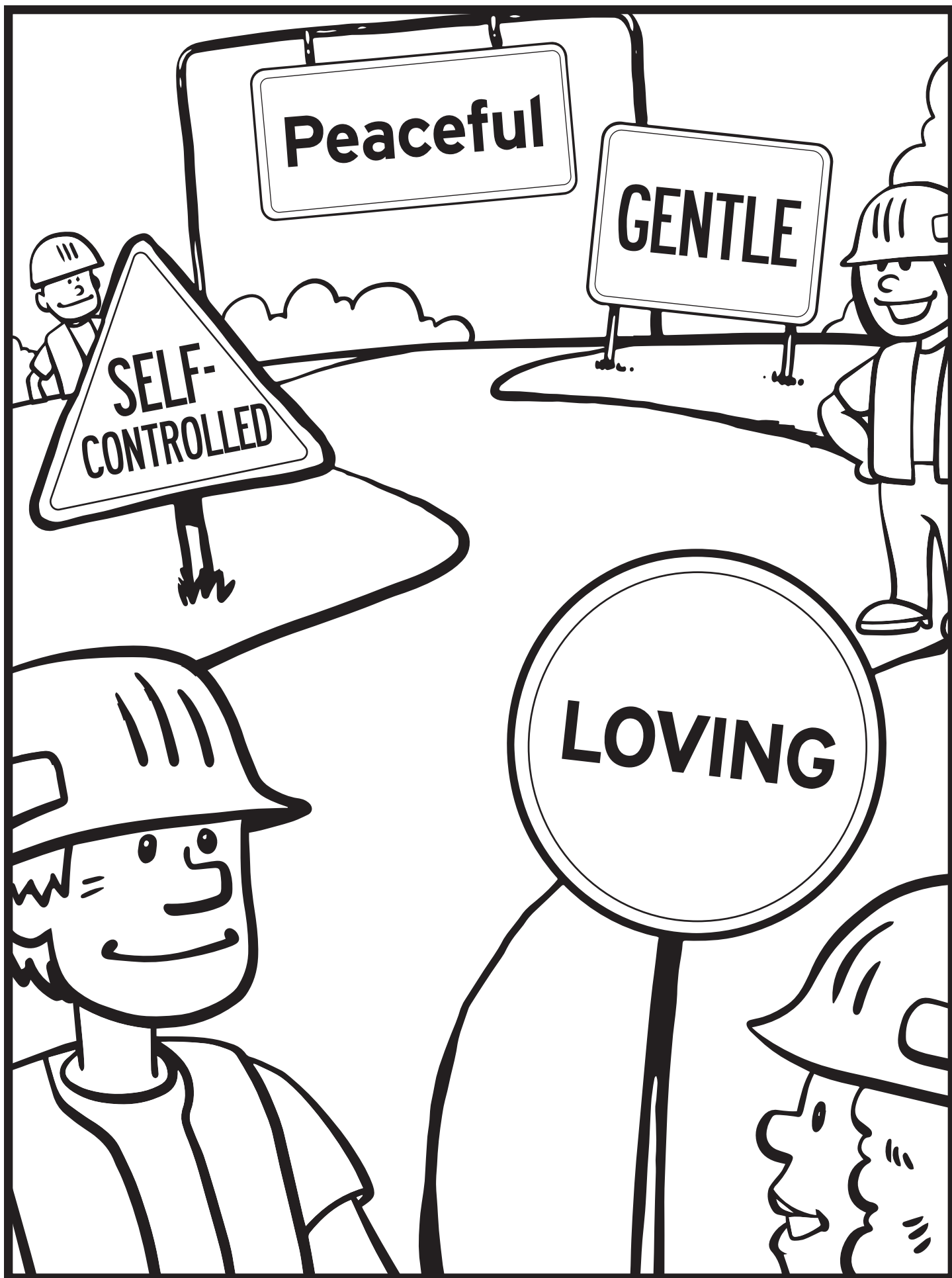
DAY 4

Prayer

Self-control takes a lot of time and practice for everyone. It is something we have to work on throughout our whole life. Pray and ask God to help you start making good choices now and that He will always help you to work on practicing self-control.

"Dear God, I know how important self-control is in my life. I need to keep myself, and others around me, safe with my words and actions. Please, help me practice self-control this week and for the rest of my life. I want to be able to show others they matter to me by the way I treat them. I love you, God. Amen."

KNOW that God will always help you when you need self-control. Just stop and pray.



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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.



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BOTTOM LINE: Choose your words carefully.

Read Proverbs 16:24

DAY **1**

Don't Go Breaking My Heart

Grab some paper and scissors, and cut your paper into the shape of a heart. Lay it out in front of you, admire how nice it looks, and how there is nothing wrong with it. Now, crumple it all up into a ball and smash it. Once you are finished, carefully flatten it back out. Imagine that all those wrinkles and rips represent the mean things we do and say to others when we lose self-control. No matter what we do, the heart will never look like it did before we hurt it. Our words and actions can hurt others hearts and make them sad. So, remember to always choose your words carefully so you don't hurt their heart.

ASK God to help you choose words and actions that help people's hearts and not hurt them.

DAY **2**

Kind Words

With the help of an adult, write a list of a few people in your life that you can share some kind words with. Over the next few days, talk to the people on your list and share some kind words! Give them a compliment or tell them something you appreciate about them. Just use this time to bless others with your words!

LOOK for ways to show others kindness by the words you speak to them.

DAY **3**

Honey Words



With the help of an adult, look up this week's Bible verse: **Proverbs 16:24**. Read through it together a few times. After you have finished, write some kind, sweet, uplifting words in the honey jar below. Try and use these words with others this week!

THANK God for His Word and that it guides us in how to speak kind words to others.

DAY **4**

Words that Help

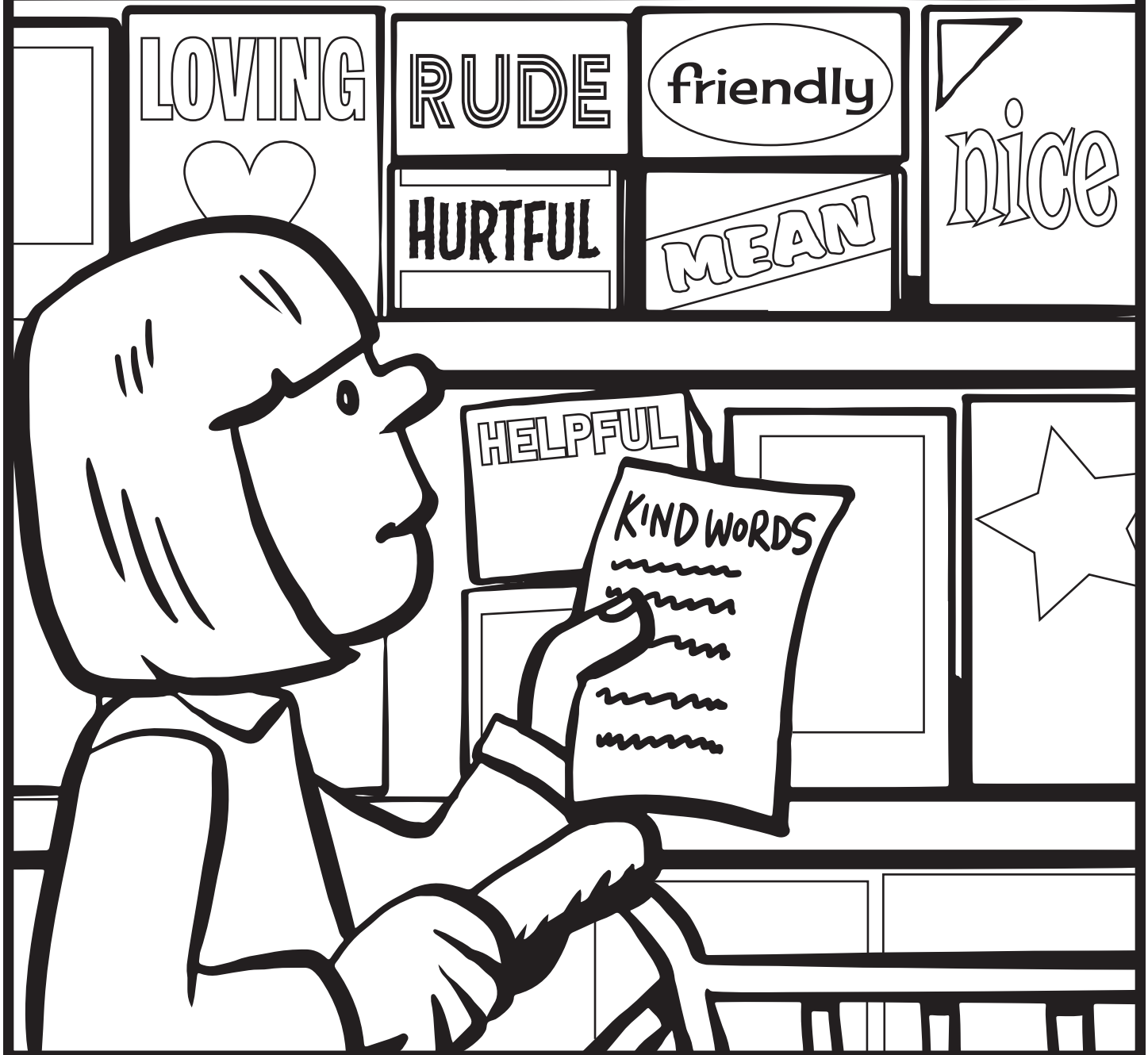
The best person to talk to when you need help choosing the right words is God. Take some time and talk to Him right now. Pray something like this:

"Dear God, You have taught me how important it is to use kind words when I talk. It's not always easy, but please help me to remember to stop and think before I speak. I want to be able to use my words to help others and not hurt them. I love you, God. Amen."

KNOW that when we speak to God, He will give us the words we need to speak to others kindly.

WORD*MART

Circle the boxes that have kind words on them. Cross out the boxes that would not be nice. Color the picture when you are finished. Remember, choose your words carefully!



SELF-CONTROL ←→×

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BOTTOM LINE: Know when to stop.

Read Psalm 141:3

DAY
1

Paraphrased Psalm

With the help of an adult, look up this week's Bible verse: Psalm 141:3. Practice it together a few times. Now, put this verse into your own words to make it easier to remember. Once you have talked it through and practiced, go tell someone else your version of this verse and see if they can understand what your verse means.

LOOK for opportunities to practice guarding your mouth.

DAY
2

Red Light, Green Light

Gather some friends and play a game of Red Light, Green Light. Here are the rules: One person is chosen to be the traffic cop. All the players stand on the starting line and the traffic cop has his back to the rest of the players. When he says "**green light**," players try to run toward the finish line. When the traffic cop says "**red light**," he turns around and players have to stop in their tracks, if you keep moving you have to go back to the start. This is a quick moving game, so the "cop" may change to green light or red light very quickly until one person has reached them. Whoever reaches the cop first gets to be the new cop!

Although this is just a game, it takes a lot of self-control! You have to stop at just the right time or you may have to go back to the start or if you run too fast you may get hurt! Just like in real life, you have to know when to stop so you don't get hurt or don't end up hurting others.

KNOW when you need to stop so you don't end up hurting yourself or others.

DAY
3

Prayer Stop!

Take a walk around your home, stopping and praying about the people, things, and places where you struggle to use self-control. For example, if you need to have self-control at school, walk over to your backpack, stop, and pray that you can have self-control at school. If you need to have self-control while playing video games, walk over to your console and pray that you can have self-control while playing. You can use this template and fill in the words you need:

"Dear God, Please help me know when to stop and have self-control at _____. Thank you, God. Amen."

THANK God for helping you learn when to stop.

DAY
4

Stop, Think, Breathe, Move

Throughout this month, we came up with plans to help us with our self-control. We created our own plans, learned about counting to 10, and more. Now, try this: Stop, Think, Breathe, Move. This is another great tool to help you regain your self-control when it gets hard. Here is what you do: **STOP** whatever you are doing that is making you upset. **THINK** about what made you upset. **BREATHE** some deep breaths until you calm down. Lastly, **MOVE** on to something else to remove yourself from the upsetting situation. Saying these four words out loud to yourself, along with doing them whenever you need, is another great tool to help you with your self-control!

ASK God to help you remember your plans so that you can always practice self-control.

