

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

Read Proverbs 25:28

DAY

1

Where Does it Go

Sometimes there are situations that make us lose our cool. Think of places or situations that we get into where we lose it and think of a plan to keep calm. Some great ways to stay calm are praying, taking deep breaths, or counting to 10. Talk with an adult about some ways you can keep your cool when you want to stay in control.

LOOK for ways to keep your cool in hard situations.

DAY

2

Cool Corner

Find a safe spot in your house to make a "Cool Corner." This will be a spot that you can go to when you need to cool down at home. You can make a sign, grab some blankets, or some favorite toys to add to your corner. Go here when you need to take a deep breath, pray, or just relax.

KNOW that creating a safe space will help us with self-control.

DAY

3

Walls Up

Look up this week's verse, Proverbs 25:28, and read it a few times. Talk with a trusted adult about what it means. Draw a picture of a wall made of blocks and in each block write a word of your verse.

Adults: Tell your kids how walls protected cities years ago. It is what kept the people and the whole city safe from enemies. You can even search for images of the walls.

ASK God to help you have self-control.

DAY

4

Corner Conversation

Go to your "Cool Corner" that you created earlier in the week. Have a seat and talk to God. Pray something like this:

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 "Dear God, I thank You for using the Bible to teach us about self-control. I pray that I can use what I have learned to help me when I feel like I am losing my self-control. Please help me do the best I can. I love You, God. Amen"  
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When you lose control,
it can cause trouble.

Draw a city that is kept safe behind the wall.

