



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



Read Proverbs 16:24

DAY  
1

## Act it Out

Without any words, act out the following movements and have someone in your family guess what you are doing.

- Walking the dog
- Reading a book
- Jumping on a trampoline
- Flying like a bird
- Making a pizza
- Running in place

**KNOW** that thinking before you act is the wise thing to do.

DAY  
2

## Say It Loud

Grab some paper, something to write with, and scissors. Draw a megaphone on your paper and cut it out. Save this for our verse activity tomorrow!

**LOOK** for ways to speak kindly.

DAY  
3

## A Little Bit Louder Now!

Read this week's verse a few times. After you get the hang of it, use your megaphone that you made yesterday and say your verse into your megaphone. As you say your verse, say it louder and louder each time!

**ASK** God to help you have words as sweet as honey.

DAY  
4

## Sweet Talker

Ask God to help you have words as sweet as honey.

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"Dear God, help me have words that are kind, helpful, and loving to those around me. Amen"  
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**THANK** God for helping you practice kind words.



Think before you speak.



