

Table Thoughts Table Tent

Being able to make yourself do what you know is right

Self-Control

WiseSkills® FAMILY WISDOM

Table Thoughts

1. Find ways to show self-control at least two different times today.
2. When you are frustrated by something today, do your best to show self-control.
3. Tell one person how you showed self-control during the day.

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1. Find ways to show self-control at least two different times today.
2. When you are frustrated by something today, do your best to show self-control.
3. Tell one person how you showed self-control during the day.

Directions: Cut on black lines. Fold on dotted lines. Insert tab into slit. Keep on your table as a reminder to show good character.

Copy this page, then cut along this dotted line and distribute to families.



WiseSkills®
FAMILY WISDOM

Display on your refrigerator as a reminder to show good character.

Being able to make yourself do what you know is right

Self-Control

With Family

- Finish your chores even though you may not feel like it.
- When you are angry, share about your anger with family members in respectful ways.

With Friends

- When you are tempted to disobey, choose to obey.
- Concentrate on your work even when it is hard.

At School

- Show self-control by working hard on tasks you do not enjoy.
- Do not be dishonest or misleading.

At Work

- When you disagree with your friends, show self-control and treat them with respect.
- Encourage your friends to show self-control by doing what is right even though they may not feel like it.