

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



Read Proverbs 1:19



Red Light, Green Light

Play a game of Red Light, Green Light. After a few rounds, answer these statements below. If the statement shows no self-control say: Red Light! If it shows an example of self-control say: Green Light!

1. My brother comes and takes my toy from my room so I chased him and grabbed it back.
2. A classmate cut in front of me during recess. I calmly told them that wasn't kind and to not do it again.
3. I really wanted to have a cookie before dinner but my mom said "no." I waited patiently until after even though it was hard.
4. My mom bought my sister's favorite snack and not mine so I yelled at her.

KNOW that you can slow your anger with self-control.



The Definition Is . . .

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

With the help of an adult, fill in the blanks with an example from your own life.

Self-control is choosing to even when I want to See how many examples you can come up with. Then, practice your self-control today!

ASK God to help you practice self-control today.



Act It Out

Use the motions below or create your own to learn this week's Bible verse.

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 "My dear brothers and sisters (point around like you are pointing at people), **pay attention to what I say** (point to your mouth). **Everyone should be quick** (run in place) **to listen** (point to ears). **But they should be slow** (walk in slow-motion) **to speak** (point to mouth). **They should be slow** (walk in slow-motion) **to get angry** (make angry face)."  
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LISTEN to God's Word to know how you should act when angry.



Ask for Help

Talk to God and ask for help when you start to feel angry. You can pray something like this:

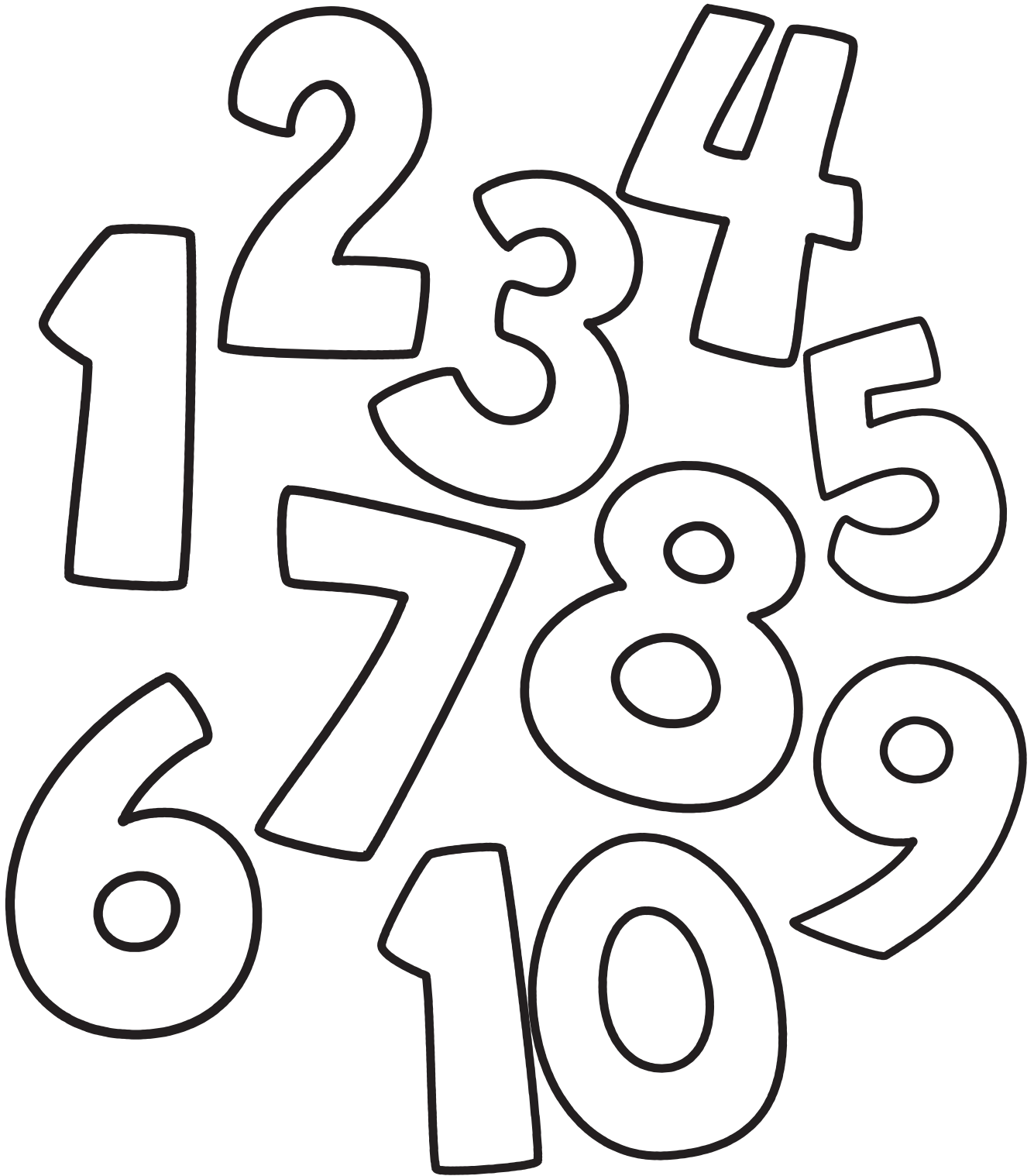
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 "Dear God, I can sometimes get angry. Please help me to work on controlling my anger toward other people and things. I pray that I can be a good example of self-control to my family and friends. Amen"  
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THANK God to giving you the ability to have self-control.



Don't be controlled by your anger.

A great way to control our anger is to count to 10.
Practice counting to 10 while coloring
the numbers below.



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



DAY 1

Read James 1:19

Can you do each of the following tasks in 30 seconds? Set a timer and challenge yourself:

- Tie both shoes
- Fold five shirts, neatly
- Stack 10 cups in a pyramid
- Write your first and last name five times, legibly
- Say the alphabet backwards

How did you do?

According to today's verse, we need to do one important thing quickly! Listen. But wait, there's more! To truly practice self-control, we need to be slow to speak and slow to get angry.

To help you remember this pattern, write the letters Q S S on a wide rubber band and wear it around your wrist this week. If you don't have a rubber band, cut a strip of paper and make your own bracelet. Don't be controlled by your anger. Remember, be **Quick** to listen, **Slow** to speak and **Slow** to become angry.

DAY 2

Read Proverbs 29:11

Think about a bottle of soda. What happens if you shake it and shake it and shake it and then open it? Soda spews everywhere! People who are easily angered are kind of like that. And sometimes, it only takes one shake, one small something, to make them explode.



Do you like to hang out with people like that?



Foolish people let their anger run wild. A fool is a person who lacks judgement or sense. But a wise person keeps their anger in check. A wise person stops and thinks, "Why am I so mad? What's a better way to handle this so I don't hurt others or myself?"

Do you want to be known as wise or foolish? If you want to be wise, don't be controlled by your anger. To do this, you will need God's help! **Stop, pray, and ask God to help you be wise this week and keep your anger in check.** Thank Him for hearing you, for helping you and for loving you, always.

DAY 3

Read Proverbs 14:29

Sometimes things happen that make us angry! But that doesn't mean we can't control our anger. Try some of these suggestions below this week so you can calm down and respond in a way that helps instead of hurts.

CALM DOWN IDEAS:

1. STOP and BREATHE DEEPLY. Try the following exercises.
 - The snake: Breath in through the nose and out through the mouth as you hiss like a snake.
 - Square breathing: Trace the four sides of a square with your finger on your leg. Breath in through your nose for 4 counts to trace the bottom, hold your breath for 4 counts as you draw the right side, breath out through the mouth for 4 counts as you draw the top, then hold your breath for 4 counts as you draw the left side.
2. Punch a pillow or a punching bag. Sometimes, you need to get physical and let all that energy out safely. But do not punch a wall or a person.
3. Draw or write. Writing about why we are angry can help us see our own part in the situation. Drawing or painting can help us express our feelings too.

DAY 4

Read Proverbs 22:24-25

Have you ever been around someone who is easily angered? Maybe they yell, or stomp their feet, or pout when they're frustrated.

While we should always be kind and treat everyone fairly, we also need to be careful as we choose the friends who are closest to us. Why? Because when we hang out with friends who have bad habits, it's easy to pick them up too. If your best friend yells or gets super angry all the time, guess what? You are more likely to respond the same way. And then, as the Bible tells us, you'll be trapped!

The best way to find good friends, the kind of friends that are slow to get angry, is to be that kind of friend. If you've notice yourself becoming easily angered, think of one thing you could do in that moment to help you calm down and control your anger. As you work on being a good friend, ask God to help you find good friends that stop to think before they act so you don't get trapped!

**Don't be controlled
by your anger.**

Spend some time thinking about the question below and journal your thoughts or share them with a parent.

What makes you
ANGRY?



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SELF-CONTROL



Day 1

Go to bit.ly/SundaysAtHomePretween and watch this week's episode of The So & So Show.

Even if you already saw it at church, feel free to check it out again!

After watching, write one thing that:

- 1. You liked:
- 2. You learned:
- 3. You'd like to know:



Day 2

Read 1 Samuel 24

Have you ever heard the phrase “blood boiling”? The idea is that when we get angry, we can almost feel our temperature and blood pressure rising.

As you read 1 Samuel 24, color code the text to reflect whether David’s anger level was likely rising or falling.

Examples:

- Really angry
- Less angry
- Controlled anger

P.S. For Day 5’s activity you are going to need a latex balloon, a cup of cornstarch, and a permanent marker. And if you have a funnel, that would be helpful too, although you can do the project without it. Go ahead and ask a parent for help if you don’t have these items already.

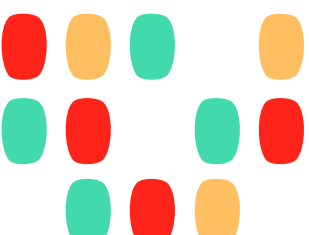


Day 4

We are not alone when it comes to controlling our anger—God is with us, and God has also given us family and friends who can help us too.

Think of someone you trust who could be a good partner as you work on controlling your anger. It could be a parent, sibling, or close neighbor or friend. Try to think of someone who is usually around or nearby when you are in those situations that tempt you to lose control of your anger.

Reach out to that person and ask them to hold you accountable to keep your anger in check. Explain to the other person what situations or people cause you to sometimes lose control of your anger. Come up with a code word you can use when you feel your anger rising, and then your friend will know to pray for you and even to step in if necessary and ease the tension of the situation. After you come up with your code word, take a minute to pray together and ask God to help you keep control when it comes to your anger.



Day 3

Sure, you can try to power through your anger when you feel it rising, but the truth is that’s very hard!

The good news is, you’re not in this alone! God has promised He will be with us always, and Jesus sent His Holy Spirit to help us. When we put our trust in Jesus, we will have a helper to keep us from being controlled by our anger.

Personalize the prayer below with a situation that sometimes causes you to lose your temper. Then read it aloud and remember: **Don’t be controlled by your anger.**

Dear God, thank You that I am not alone as I try to not be controlled by my anger. I know that You are with me, and You can help me. I sometimes lose control of my anger when

Please help me to turn to You when I am in that situation and to ask You for help in that moment instead of relying on my own strength. Teach me to turn to You, God. In Jesus’ Name, I pray, amen.

Day 5

What makes you angry?

Today you’re going to make your own stress ball that you can use when you feel your anger rising. Grab the following items: a balloon, 1 cup of cornstarch, a funnel, scissors and a black permanent marker.

Next, use the instructions found here to make your stress ball: <https://bit.ly/38hDnwm> Note: If you don’t have a funnel, you can make one with a piece of paper as demonstrated here: <https://bit.ly/3D0o3IBY>

Lastly, use the marker to write “Proverbs 14:29” on the ball. Then open up your Bible or Bible app and read the verse while you squeeze the stress ball.

The next time you feel like you might lose control of your anger, grab the stress ball and give it a squeeze and remember the words of Solomon from Proverbs 14:29: “Anyone who is patient has great understanding. But anyone who gets angry quickly shows how foolish they are.” (NIV)