


Self-Control

Knowing what is right, and doing what is right at the right time.

Let your parents know how you can demonstrate more self-control at home (e.g. controlling your temper and your reactions to what others say, think about what your words will mean to others before you say them, doing the things you have to do before the things you want to do, etc).

What can you do?

Write in the star below the **one specific thing you are going to do** from now on to demonstrate self-control. Ask your parents to sign it and bring it to your next tutorial class.



Parent Signature