

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

Read: Proverbs 15:4



DAY

1

## Call Me!

Play a game of telephone. The first person in the line should say something kind about the last person in the line. Spread the kindness from person to person. Take turns speaking kindness to one another.

**LOOK for ways that you can speak kindness to others.**

DAY

3

## Tree of Life

For this week's verse, create a drawing that helps you remember Proverbs 15:4. Draw a tree and around the tree either write words that stand out to you from the verse or draw a picture about what the verse means to you. Work through memorizing some of this week's verse to help you remember to think before you speak.

**THANK God for giving you words to look to when you need help.**

DAY

2

## Helping Words

Cut a heart out of paper. On the heart, write kind words or things you can say to others. Hang your heart somewhere you can see it to use as a reminder to speak kindness to others.

**KNOW that you can heal others with your words.**

DAY

4

## Pray, Think, Speak

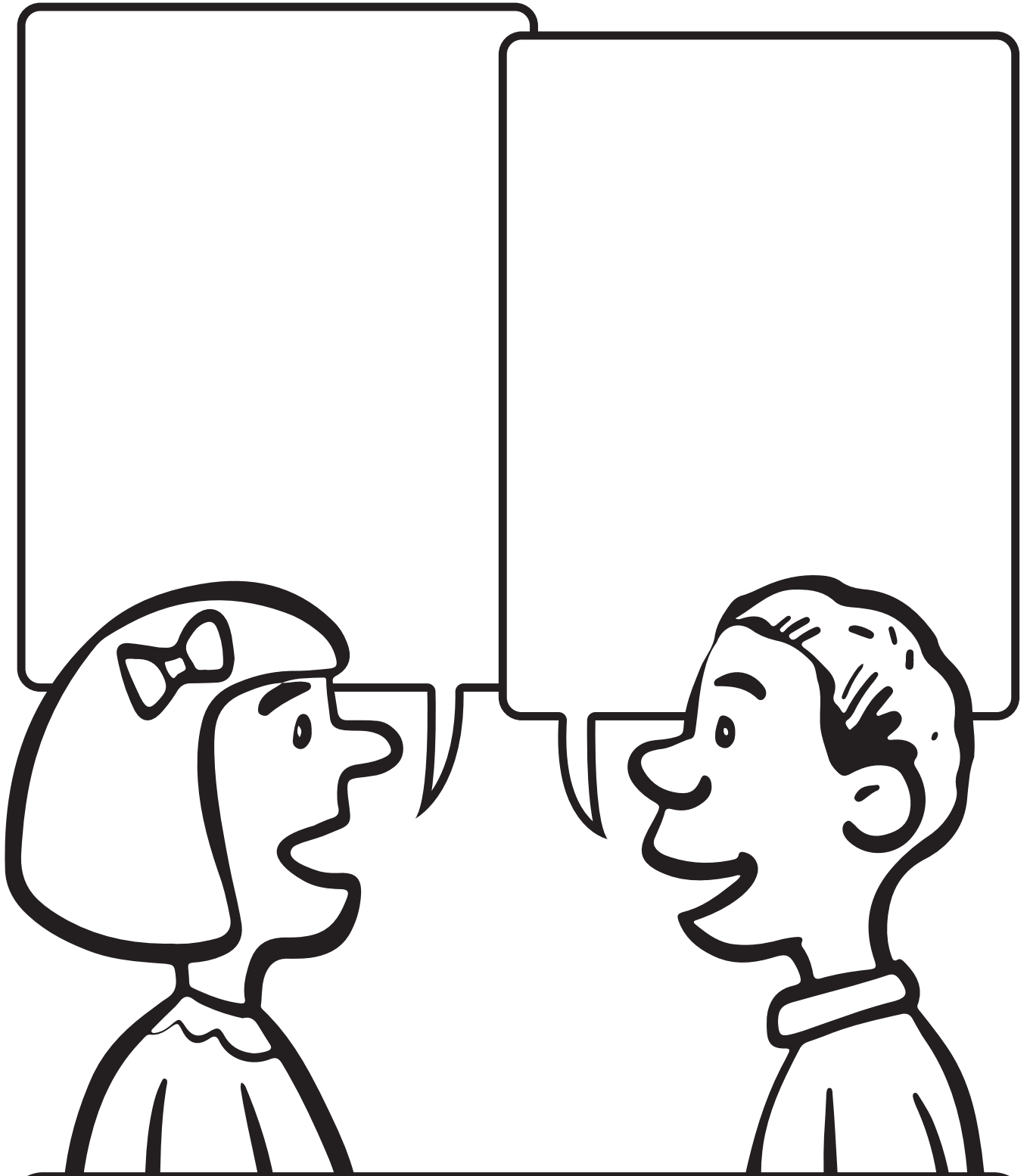
Sometimes, before we speak, we need to pray in the moment. Take a few minutes and think of a short prayer you can pray when you need a little extra help. Use the prayer below to help get you started:

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 "Dear God, please help me be wise and think about the words I am about to say. Help me think before I speak and speak kindly to those around me right now."  
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**ASK God to help you speak kindly to others.**

Think before  
you speak.





**Write kind words to a friend  
coming out of each speech bubble.**