



SELF-CONTROL

"You can steer yourself any direction you choose." -Dr. Seuss



WHAT DOES SELF-CONTROL MEAN?

You can control your emotions and behaviors.
You think before you act.

WHY DOES THIS MATTER?

Sometimes you may want to raise your voice at a friend who hurts your feelings. But, the problem will get solved faster by speaking calmly to your friend and finding a solution together. This is a great way to show self-control.

