

Value for Life

RESTRAINT

In your own words, how would you describe **restraint**?

How does the dictionary describe **restraint**?

To strive, thrive and flourish as a person and make a positive difference to the lives of others, in the text boxes below, enter at least three positive things you will do to show **restraint** in each of the areas.

AT SCHOOL

AT HOME

IN THE COMMUNITY

As a class share your ideas on the positive things you will do to show **restraint** and enter them in the text boxes below.

AT SCHOOL

AT HOME

IN THE COMMUNITY