

## Value for Life

# SELF-CONTROL

In your own words, how would you describe **self-control**?

How does the dictionary describe **self-control**?

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 **self-control** 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 **self-control** and enter them in the text boxes below.

### AT SCHOOL

### AT HOME

### IN THE COMMUNITY