



SELF-CONTROL WEEK TWO

Choosing to do what you should do instead of what you want to do.

MEMORY VERSE

"My dear brothers and sisters, pay attention to what I say. Everyone should be quick to listen. But they should be slow to speak. They should be slow to get angry." James 1:19, NIV

BIBLE STORY

Slow to Anger (Proverbs 16:32)

BOTTOM LINE

Pause before you lose your temper.

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SELF-CONTROL WEEK TWO



MEAL TIME

Ask a kid: What can happen when your anger boils over and you lose self-control?

Ask a parent: How can you raise your boiling point—make yourself slower to get angry?



PARENT TIME

To hear more about how you can celebrate your kid's growth and imagine the end, check out this month's Parent Link Live podcast on www.OrangeParents.org.

And for more mealtime questions, and great activities that you and your child can do at other times of your week, check out www.Studio252.tv and the Parent Cue app for your smartphone.

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