

‘Warrior’ Star Award



Self Control

Sometimes we come across things that we know are bad for us but we might do them anyway because our friends do, or because it looks fun! Self control is being brave enough to not do these things because we **KNOW** that they are bad.



Sometimes we eat too much of a certain food, which food can you think of which is not so good for you?

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Why is important to know when things are right and wrong?

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Where have you used self control before?

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Task - Try to not eat or drink too much of a bad food for one week.

Name.....
Date.....
Parent Signature
Teacher signature.....

EXCELLENT