

# Self-Control

Story by Andrew Frinkle

Self-Control is keeping your emotions in check. It's balancing your wants and your needs. It's being mature. There are many ways to show self control.



Jackie had a temper. Little things made her angry. She tried really hard to control it. Her teacher showed her how to count to 10 before saying something when she got angry. It saved her from saying a lot of unkind things that she really didn't mean! Jackie was learning self-control.

Henry loved to eat sweet stuff. His mom didn't let him have too much, though. He only got to eat cookies and cake on rare occasions, so when he got some, he ate it slowly. He saved some for the next day and the next. He didn't want to eat it all at once, or it'd be gone. Henry had self-control.

How do you show self-control?