Self-control

Do you find it difficult or easy to have self-control?
Sometimes it can be really difficult to control our thoughts, actions and emotions especially when we are stressed, worried or distracted.

When we have self-control, it can help us in all situations throughout our lives and stops us from doing things that aren't good for us.

Christians believe God wants them to have self-control so that they can be free to enjoy the things in their lives.

If you would like to, take a stress ball and try to be still and quiet as you sit and squeeze the ball. Think or pray about letting go of any stress or worries you have and taking control of your thoughts, actions and emotions.