



choosing
emotions

helps angry focused
yourself need
worries

SELF-CONTROL

overwhelm things decide
lose talk done
thoughts hurt organised

control



Virtue of the Week – SELF CONTROL



“Like a city whose walls are broken through is a person who lacks self-control.”
(Proverbs 25:28)

You might be awarded a *self control* virtue for doing things like:

- Arriving at class punctually
- Settling down to work straight away
- Following instructions carefully



- ***Self-control helps you get things done because you are focused on what you need to do and are organised.***
- ***Self-control helps you control your thoughts and emotions so that they do not overwhelm you.***
- ***You don't lose control of yourself when you are hurt or angry but decide how you are going to talk and what you are going to do.***



Debate club

Knowledge

*We have a Debate club which meets every week on a Tuesday after school. The last time we met our debate topic included presenting ideas and findings around whether 'All success is measured by wealth.' This is what two of our dynamic debaters found out...
<https://www.loom.com/share/bfa7ba13a57443e582f2d33bfb0553cc>*

Reasoning

Some questions to facilitate a discussion about today's topic and virtue.

1. Can real success be measured by monetary value?
2. Sometimes the best things in life take the largest sacrifice.
3. There will always be something bigger, better and different.

Practice

Some very specific instructions on how to live out today's virtue via today's topic.

1. Choose success, act out the virtue self control and smile instead of being upset or disappointed with others.
2. Plan one experience which is self-less and successful.
3. Create a definition of what you as a form consider as success.