

*Foolish people let  
their anger run wild.  
But wise people  
keep themselves  
under control.*

*Proverbs 29:11*



**Destiny  
Children's  
Ministry**

**I can exercise my self control!**

**Anything you exercise will grow!**

**Can you write or draw your ideas showing  
how you can exercise your self control this week?**

SELF

CONTROL

**Create a collage, or colour in the letters. You could even make a jigsaw puzzle!**