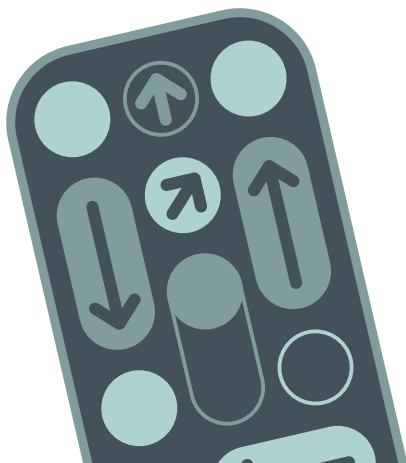


# Remote Control: The choice is yours

Self-control is choosing to do what you should even when you don't want to.



## MEMORY VERSE

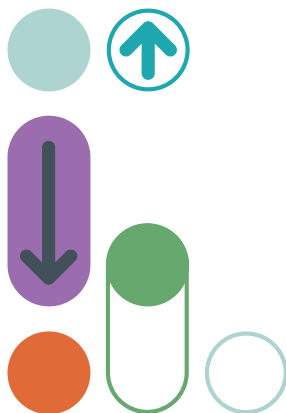
“God’s power has given us everything we need to lead a godly life.”  
2 Peter 1:3a, NIV

## Bible Story

### Too Much of a Good Thing

Proverbs 25:16

Know when to stop.



Weekly Cues



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# Elementary

ENGAGE IN EVERYDAY MOMENTS TOGETHER

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## Morning Time

Start your kid's day off by thanking them for something they said or did lately that helped you or someone else.

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## Meal Time

At a meal this week, determine a code word or phrase you can use with one another to help you remember to pause when you start feeling extra emotions (like anger) or anxiety.

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## Drive Time

While on the go, ask your kid: "What is something good that happened this week? What is something not so good that happened this week?"

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## Bed Time

Pray for each other: "God, help us to have good boundaries in our life. Grow self-control in us so that we are not controlled by the things around us."

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