

Self-Control Spotting

Cut the boxes at the bottom out and put them in one of the two columns where they belong.

This is Self-Control	This is NOT Self-Control

You feel sad, so you write in your diary.	You feel angry, so you shout at your friend.	You wait until after dinner to eat your dessert.	You feel upset so you scream out loud.
You are so angry you stamp your feet.	You are happy and tell your mom about it.	You yell "I'm hungry" when you want to eat.	You wait patiently for your dad to talk to his friend.