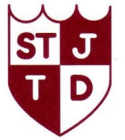


Motto of the month

Can you make up a motto to help remind others how and why we show self-control?

Write your own prayer or a short poem on the value of Self-control

St John the Divine Church of England



Primary School

Self-Control

Each month here at St John the Divine, we focus on a different value. Our values are based on the Fruits of the Spirit and, through Collective Worship, RE lessons, Circle Time and PSHE we think about what the value means to us.

This year our Worship Leaders will be researching the value and produce this information booklet for you. They are asking you to reflect on the value of the month at home and to share your views by completing the final page of the booklet and returning this to school. Your contribution will be added to a display here in school.



Our value for the month of September is Self-Control.

Self-Control is a quality that helps us learn to control our feelings and behaviour in order to make good decisions.

God tells us about this important skill in different parts of the Bible. In the New Testament, St Paul presents Self-Control as one of the Fruits of the Holy Spirit. If we let God the Holy Spirit work in us we will be able to maintain self control in different situations we find ourselves in.

Sometimes these can be difficult situations such as when someone upsets us or makes us angry. By controlling our emotions we are able to stay calm, think about our choices and make the right decisions about how to act. This is good for ourselves as well as others.



Self-Control at school

This is how our school's worship leaders think we should show Self control at school:

- *"By listening carefully and concentrating during lessons." Alex—Year Five*
- *"By being mindful of other people everywhere in school." Michael K—Year Six*
- *"By not doing the wrong thing when you are tempted to do so" Lina—Year Five*
- *"Through always showing good behaviour during lessons, in the playground or when we go on school trips" Joel K—Year Six*
- *"By paying attention during lessons and participating in all areas of learning" Deborah—Year Five*
- *"Showing Self control during playtimes. This helps us to play fairly with other children." Innayat—Year Six*



Our Prayer for Self-Control



Lord Jesus

*Sometimes I find it hard to control myself
and make the right choices.*

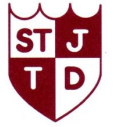
Help me to think before I speak

Help me to think about the choices I have to make.

*Help me to show self-control
in all situations I find myself in.*

*Remind me to ask the Holy Spirit
to help me every day.*

St John the Divine Church of England Primary School



Self-Control

What does self-control mean to you?

How have you shown self-control?
