

August Activities

Self-Control



Activity #1 – Game Night

What You'll Need: Jenga, Don't Break the Ice, Mirror, Statue, Simon Says, Red Light Green Light, or any other game

Prepare

Designate a family game night. Keep it fun and light, but don't always let the same person pick the game each time. Intentionally include games that Mom and Dad enjoy as long as they are age-appropriate for the whole family.

Learn

Pick a game and play it. Remind everyone that sometimes we will not feel like playing or maybe it won't be a game you want to play, but one way we show self-control is by finding ways to enjoy the game and keep it fun for everyone.

Activity #2 – Fizzy Mess

What You'll Need: Two bottles of soda in a clear bottle and a suitable place to make a mess, Bible (Galatians 5:13-15, 25-26)

Learn

Shake the bottle of soda up a lot while explaining that sometimes life has its shakeups when we feel a lot of pressure. Give some examples that your children may relate to. THEN, take the top off the bottle of soda, and fizz from the soda will fly everywhere. When we lack self-control, we are just like the bottle of soda. Just as the soda flying everywhere makes a mess, we make messes when we lack self-control.

- What kind of messes do we get ourselves into?
- Is it a mess when we hurt someone's feelings?
- What other messes can you think of?

When we feel like exploding, it is time to get alone with God for a talk. Help your children make plans for what they will do when they feel like they are going to lose self-control. Then share some soda from the non-exploding bottle.

Activity #3 – What Would You Do?

What You'll Need: Pieces of paper, pen, small container to draw from, Bible (1 Corinthians 10:13)

Prepare

Write one example below on each piece of paper. Read 1 Corinthians 10:13

Learn

Take turns selecting a scenario and reading it out loud. Take turns answering what you would do to show self-control. Would you need to use self-control in this situation? Would it be easy or hard to be self-controlled in this situation? If you would have a hard time using self-control, how could you make it easier?

- You are about to play a game with friends when the rules are different than you are used to.
- You are on a sports team and an opponent just fouled against you and it wasn't called.
- Someone has just taken your favorite toy from you.
- You have had one piece of cake and your stomach feels full. Someone offers you another piece.
- You are alone in the kitchen and see an open bag of chocolate chips on the counter where you can reach it. No one will notice if you take a few.
- Someone has just called you a mean name that hurt your feelings – now they are laughing at you.
- You just received some discipline from one of your parents – now your brother or sister is smiling.