

SELF-CONTROL

The words "SELF-CONTROL" are rendered in large, 3D block letters. Each letter has a different color: 'S' is purple, 'E' is blue, 'L' is red, 'F' is orange, 'C' is red, 'O' is orange, 'N' is red, 'T' is purple, 'R' is purple, and 'O' is purple. The letters are positioned as if they are rising from an open, grey book. A bright yellow starburst effect radiates from behind the book and the text.

Designed by
Candie Donner



Self Control Lapbook
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This lapbook is dedicated to my son, Braydon, who acts like whatever I do is fabulous and the best he's ever seen! Without you I would never have learned to love lapbooks.



I love you Bubba!

How do I get started?

First, you will want to gather your supplies. Depending on which format you purchased from us, you will need different supplies. So, take what applies, and skip over the rest.

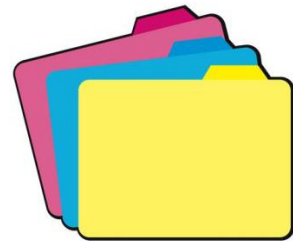
*** Printing:

- *Print instructions and study guide on white copy paper.
- *Print the booklet templates on 24# colored paper.



*** Assembly:

***Folders:** We use colored file folders, which can be found at Wal-Mart, Sam's, Office Depot, Costco, etc. You will need 3 file folder. You may use manila folders if you prefer, but we have found that children respond better with the brightly colored folders. Don't worry about the tabs.... they aren't important. If you prefer, you can purchase the assembled lapbook bases from our website.



***Glue:** For booklet assembly, we use glue sticks and sometimes hot glue, depending on the specific booklet. We have found that bottle glue stays wet for too long, so it's not a great choice for lapbooking.



***Other Supplies:** Of course, you will need scissors. Many booklets require additional supplies. Some of these include metal brad fasteners, paper clips, ribbon, yarn, staples, hole puncher, etc. You may want to add decorations of your own, including stickers, buttons, coloring pages, cut-out clipart, etc. The most important thing is to use your imagination! Make it your own!!



Ok. I've gathered the supplies. Now how do I use this product?

Inside, you will find several sections. They are as follows:

1. **Student Assembly and Completion Instructions:** This section is written directly to the student, in language that he or she can understand. However, depending on the age of the child, there may be some parent/teacher assistance needed. These instructions will tell the student exactly how to assemble the lapbook base and how to cut out and assemble each booklet. Here, they will find a layout of where each booklet should be placed in the lapbook and pictures of a completed lapbook. They will also tell the student exactly what should be written inside each booklet as he or she comes to it during the study.
2. **Booklet Templates:** This section includes all of the templates for the booklets within this lapbook.
3. **Study Guide:** This section includes most of the information that you need to teach this subject. You may choose to teach directly from the Study Guide, or you may choose to allow your student to read the study guide himself. Either way, you will find all of the information here.

Self-Control Lapbook

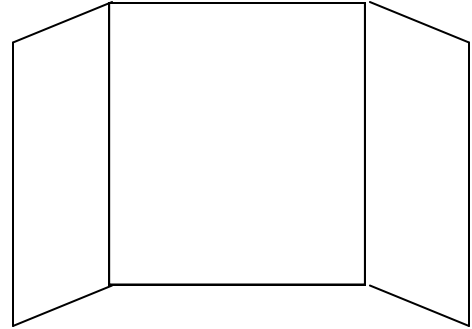
Student Instruction Guide

Lapbook Base Assembly:

First, you will need to assemble the "Lapbook Base" for your project.

For this lapbook, you will need 2 file folders. Open the file folder, and lay it flat in front of you. Fold both sides of each folder toward the middle. The edges (or tabs) of the folded sides should touch the center original fold line on the folders. See **Figure 1**.

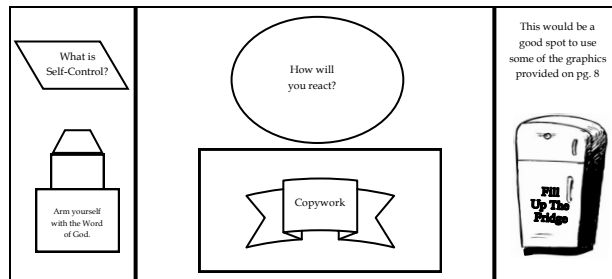
Figure 1



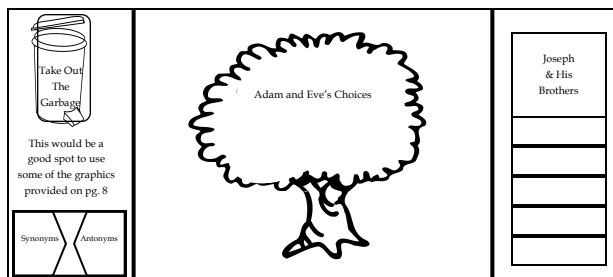
Lapbook Layout:

Below, you will see a layout for the lapbook. You may choose to glue the booklets into your Lapbook Base in any order that you like. However, you may have trouble fitting all of them in unless you follow the layout below. Some of the shapes aren't exactly the same on the layout as the booklets themselves.

Folder 1



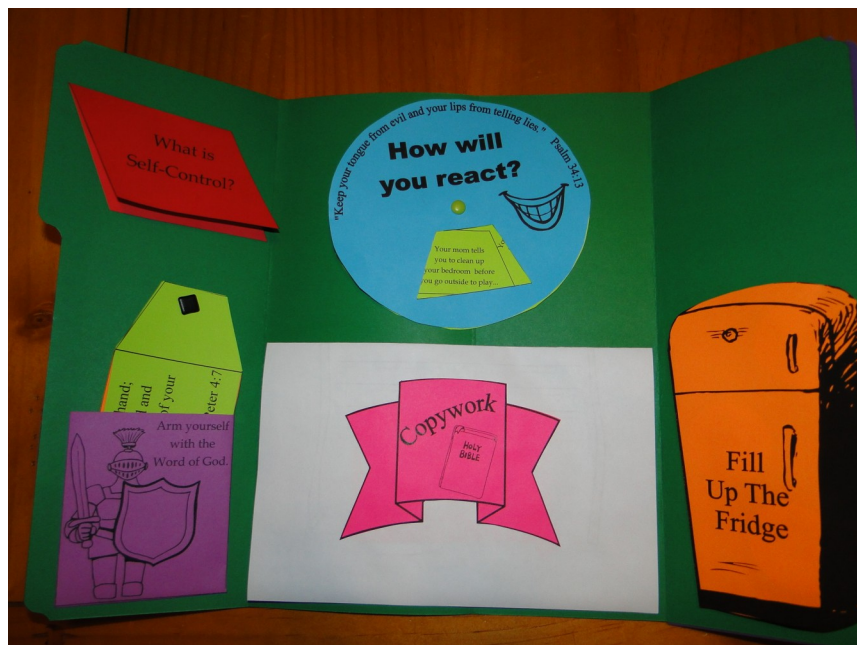
Folder 2



Folder 3



Below, you will find pictures of how the lapbook should look when you have completely assembled it.



Below are extra graphics for use in decorating your lapbook if you would like.



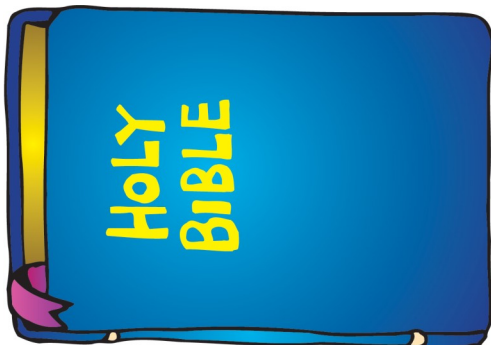
Self-Control



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Self-Control

Lapbook

Student Instruction Guide

Cover Page

This page is included as an *optional* cover page for your child(ren) to color, cut out and use as a cover to their lapbook.

Booklet #1

***Booklet Title:** —What is Self-Control? Booklet

***Student Instructions:** We make choices every day that either show or do not show self-control. Explain exactly what *self-control* is here in this booklet.

****Assembly Instructions:** Cut out along the outer black line edges of the booklet. Then fold inward along the bold line so the title is on the front.

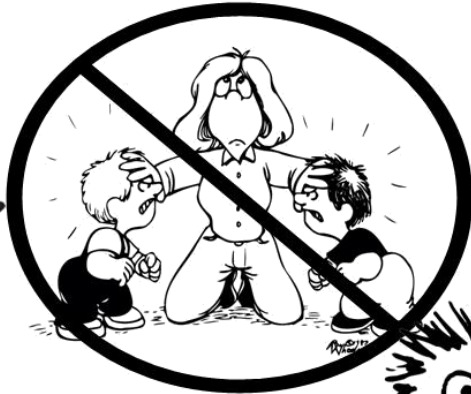
Booklet #2

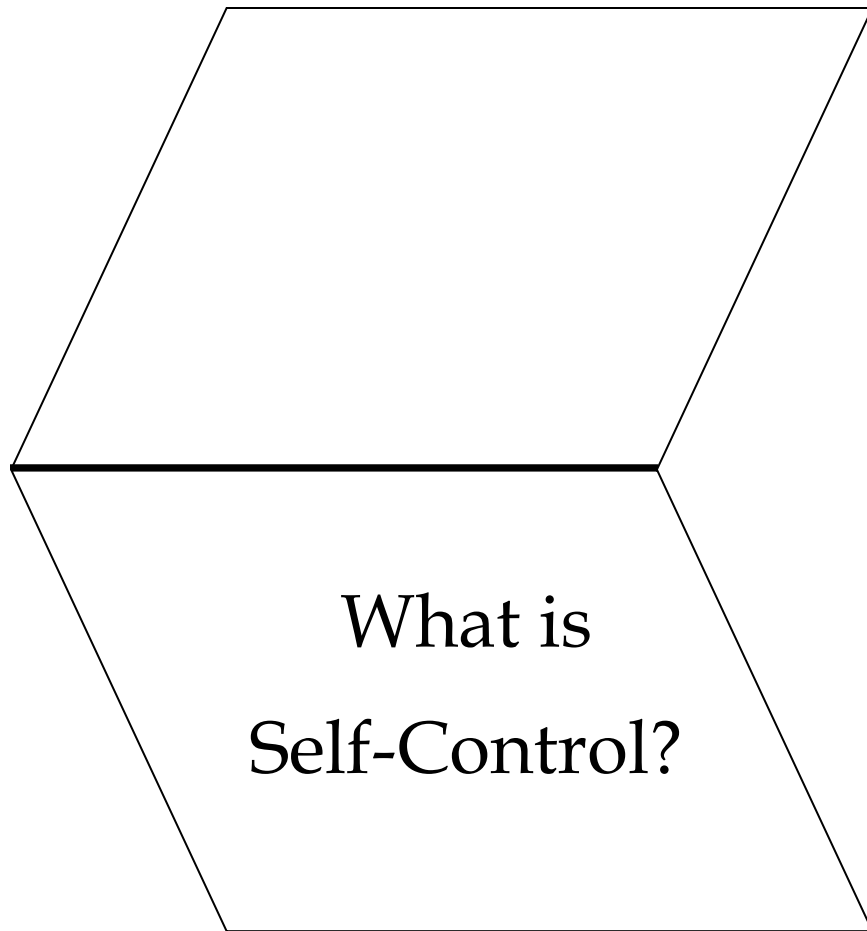
***Booklet Title:** —Synonyms/Antonyms Booklet

***Student Instructions:** One of the best ways to understand self-control is to know what it means to NOT have self-control. List several synonyms and antonyms for self-control in this booklet.

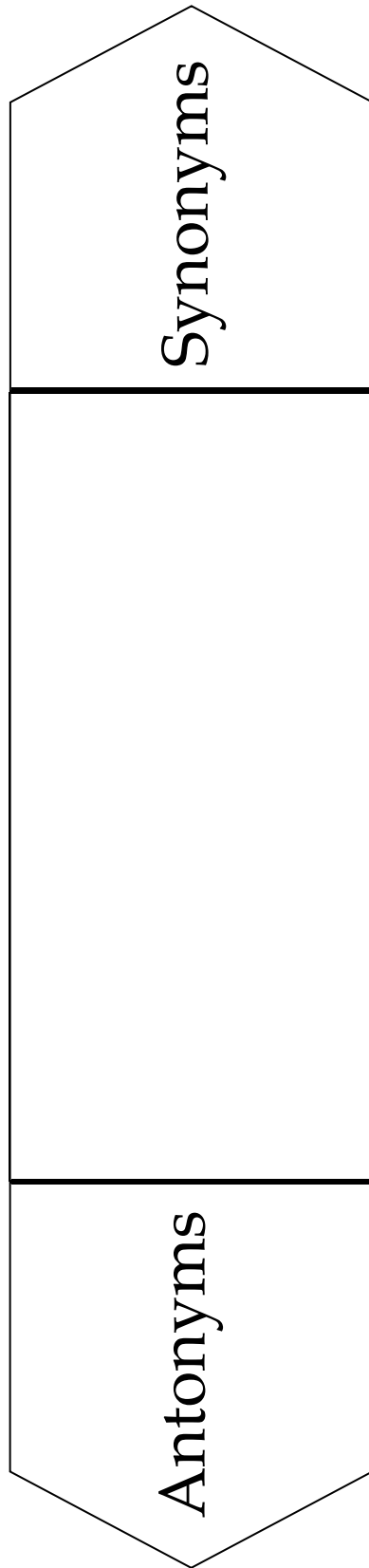
****Assembly Instructions:** Cut out along the outer black line edges of the booklet. Then fold inward along the bold lines so the title of each flap is on the front.

FOR God GAVE US A Spirit
NOT OF **f** **e** **a** **r**, BUT OF POWER
AND LOVE AND SELF-CONTROL
2 Timothy 1:7





What is
Self-Control?



Self-Control
Lapbook
Teacher's/Study Guide

Following is information taken from various sources WITH permission.

Most information needed to complete your booklets is included in this section. You may need to do some research on your own for some questions. There are many scriptures and stories in the Bible that can guide you as well as websites with additional information and application ideas, in case you want to take your study a little further.

What is Self-Control?

Self-Control: *Control of one's emotions, desires, or actions by one's own will.*

This is The Free Online Dictionary's definition of self-control. While it is indeed accurate, I believe self-control to be so much more than this. I can't argue with the first part; '*control of one's emotions, desires or actions*', but it's the latter that I disagree with. I don't believe that true self-control can be achieved '*by one's own will*'. I feel it is an ongoing battle that can only be fought with the guidance and direction of our Lord Jesus Christ. Nothing on this earth takes place without His hand setting it in motion, and this goes for Godly character development too. I encourage you to express to your child(ren) the importance of calling on God for help with issues of self-control. They need to understand that nothing in this world hinges on *OUR* desires but everything is to please Him.

I hope that you will utilize the teaching moments found in your everyday life that align themselves with the lessons in this lapbook. Ultimately the goal is for these character qualities to become part of your child(ren)'s identity, woven throughout their lives like the threads of a tapestry.