



## WELCOME TO JOLLYJUNIPER™

Thank you for choosing to learn and grow with us.

JollyJuniper™ creates character-learning resources for children ages 4–8, designed to help families teach important life skills such as self-control, emotional regulation, kindness, respect, responsibility, patience and more.

The name **JollyJuniper** reflects the heart behind what we do.

**Jolly** reminds us that learning can be joyful.

**Juniper** represents growth — steady, healthy growth over time.

Our hope is that these resources help children grow in character through simple, meaningful moments with the people who love them most.

### How to use this workbook

- Use it as a parent-and-child activity over 7 days.
- Keep it short and simple — about 15 minutes a day is enough.
- Read the story together.
- Complete the workbook activity.
- Talk about the lesson in everyday moments.
- Play the theme song every day.
- Play the Bible verse song regularly.
- Practice the skill as a family.



The theme song is for the entire series and can be used from Story 0 through Story 5.

### A gentle reminder for parents

Character traits do not develop overnight. Skills like waiting, calming down, choosing wisely, telling the truth, showing kindness and being responsible take time, consistency, patience and practice.

Some days will feel easy. Some days will not. That is okay.

Celebrate the small wins. Celebrate the big wins. Keep practicing.

Over time, these little moments can become lasting habits for your child — and even for your whole family. Younger children may need more adult support, and that is perfectly normal.

### A note from my home to yours

JollyJuniper began as something personal.

These are the same kinds of skills I practice in my own home with my family. We use these lessons in everyday moments — while talking things through, solving problems, calming down, learning to wait and practicing better choices together.

I created JollyJuniper because I wanted to share with other parents a simple, practical way to teach character at home in a child-friendly way.

My hope is that these resources encourage you, support you and help make character learning feel possible, gentle and meaningful in everyday family life.

### Meet the JollyJuniper world

JollyJuniper™ includes our five core characters — Jin, Mia, Leo, Noah and Zara — and, in different series, special visits from cousins, neighbors and friends.

We aim to create an inclusive story world where children from different backgrounds and experiences can feel seen, welcomed and encouraged.

With love, encouragement and joy,

**JollyJuniper™**

Helping children grow, one small lesson at a time.



# PRINTING & USE GUIDE

Thank you for using this JollyJuniper workbook. This guide helps you decide which pages to enjoy digitally, which pages to print, so your child can have the full experience while helping you save ink.



## BEST ENJOYED DIGITALLY

- Story pages and colorful reading pages are best viewed on a phone, tablet, or computer.
- Reading digitally lets children enjoy the full-color illustrations while helping families save ink.
- You can read together, talk about the characters, and discuss the choices they made before moving to activities.
- You can view craft instructions digitally and follow along.



## RECOMMENDED FOR PRINTING

- You may print activity pages you think are best for your child to write or trace on.
- Print the certificate page so your child can display it in their room or on the fridge, view their achievement, and remember what they learned.
- You may print the song lyrics and the Bible text if you would like easy paper copies to use and review.
- You may print craft pages if you choose.
- You do not need to print the entire workbook except for pages you need to use on paper.



## USE WITHOUT PRINTING

- **Apple devices:** Open the PDF in Files and use Markup with your finger or Apple Pencil to write, circle, and draw.
- **Android devices:** One highly rated option is Xodo PDF Reader & Editor, which families can use to type, fill in, and draw on workbook pages.
- Digital use is a great option when you want flexibility without printing.



## PRINTING TIPS

- This workbook is designed in A4 size.
- If you choose to print, set your printer to A4 paper and make sure the pages are set to fit your printer page size.
- Check print preview before printing to confirm that everything fits neatly on the page.



## SIMPLE FAMILY PLAN

- ✓ Read the pages you can enjoy digitally.
- ✓ Complete the activities you can digitally.
- ✓ Print the certificate page and any other pages you prefer to use on paper.
- ✓ Use digital markup tools for pages you will not be printing.

Enjoy your JollyJuniper adventure—one wise step at a time!





GROWING IN WISDOM. LIVING FOR GOD.

Ages  
4-8



# The Power of Self-Control...

Recognizing moments  
when self-control is needed.

Learning to Stop, Think and Choose Wisely!



Stop!



Think!



Choose!

Jolly Juniper  
Clubhouse

Self-Control  
Superhero  
ACADEMY™



Fun Activities

Bible Memory

Family Time

Rewards & More!

Small  
Choices...



Big Difference!



# Parent Guide

Welcome to Today's Adventure! ★



Wise  
Choices  
Begin  
Here!

## Dear Parent,

Welcome to another **Jolly Juniper Adventure!**

Today your child will join Jin as he discovers something very important.

**Self-control begins by noticing the moment when we need it.** 

Children often think self-control means "never making mistakes."

Today's story teaches something much healthier:

**We all have moments when we need to stop, think, and make a wise choice.**

As you work through this workbook together, celebrate every small success.

**Growth happens one wise choice at a time.** 

## Learning Objectives

After reading this page, parents will be able to:

-  Explain what self-control means in simple language.
-  Help children recognize moments when self-control is needed.
-  Reinforce today's Memory Phrase throughout the week.
-  Create a calm, encouraging atmosphere for learning.

## Today's Big Question



How do I manage my thoughts, feelings, words, and actions wisely?

## Today's Character Trait



**Self-Control**

## Today's Main Lesson

**Self-control helps me make wise choices.**



## Today's Target Skill



**Recognizing moments when self-control is needed.**

## Practice This Together

Whenever your child begins to feel excited, upset, impatient, or tempted, gently ask:

**"Is this one of those moments?"**



If they pause to think—even for a second—celebrate it!

**That pause is the beginning of self-control.**

## Today's Memory Phrase

**"I can stop, think, and choose wisely."**

Repeat this phrase often throughout the week:

-  before meals
-  during play
-  while waiting
-  before speaking
-  before making decisions

## Parent Encouragement

Your child is **not** expected to master self-control today.

Today's goal is simply to begin noticing those important moments when wise choices can be made.

**Every pause...** 

**Every thoughtful choice...** 

**Every kind response...** 

is evidence that God is helping your child grow.

## Before Beginning the Story:

**1** Read this page first.



**2** Tell your child they do NOT have to be perfect.



**3** Encourage them to look for moments when Jin chooses to stop, think, and choose wisely.



**4** Celebrate every good observation they make during the story.



**Materials Needed**



Bible (optional)



Crayons or coloured pencils



Pencil





# Before We Begin

Let's Get Ready for Today's Adventure! ★

## Get Excited!

Today you will go on an exciting adventure in **Wise Woods** with **Jin** and his friends!

You will learn how to notice the moments when you need self-control.

Get ready to **read**, **think**, **play**, **create**, and **grow in wisdom**!

## Today's Adventure Focus



### Self-Control

Self-control helps me make wise choices.

## What to Look For in the Story ★

While you read, look for the moments when **Jin**...



**Stops**  
before acting.



**Thinks**  
before choosing.



**Chooses wisely**  
with kind words  
and good actions.



**Learns**  
and grows  
stronger.

## You Will Need ★

- This Workbook
- Crayons or Colored Pencils
- Pencil
- Scissors (with help)
- Glue (with help)
- A Heart Ready to Learn! ♥

## You Will Do ★

- Read the Story**  
Enjoy today's adventure.
- Sing Songs**  
Learn the theme and verse songs.
- Answer Questions**  
Share what you think.
- Play Games**  
Have fun and learn.
- Create & Move**  
Make crafts and get active.
- Live It Every Day**  
Practice what you learn!

## Let's Make a Promise! ★

I will do my best  
to learn, listen,  
and make wise  
choices today!



### Parent Tip ♥

Encourage your child to notice moments when they need to **stop**, **think**, and **choose wisely** today and **all week long**.



Remember: **God is with us** and gives us strength to make wise choices! ♥



# THE POWER OF SELF-CONTROL

Recognizing moments when self-control is needed.

★ Part 1: The Wise Woods Challenge Begins!

The morning sun painted golden stripes across Juniper Meadow as five friends hurried along the winding forest path.

**Jin** skipped ahead, pretending to be an explorer.

"I found a secret trail!" he shouted.

"Wait for us!" laughed **Zara**.

**Mia** smiled. "Explorers usually stay with their team."

**Leo** adjusted his little backpack. "And they usually bring a map."

**Noah** looked around curiously. "I wonder where this trail goes."

Soon they reached a wooden sign that read:

**WELCOME TO THE WISE WOODS CHALLENGE!**

Underneath was another message:

**Can you make wise choices today?**

**Jin** grinned. "Easy! I always make good choices!"

The others smiled, but **Mia** quietly said, "Let's see what the adventure teaches us."



**JOIN IN!**

Can you help **Jin**?  
Should he:



Wait patiently?



Grab a berry?

**Point to your answer!**



# THE POWER OF SELF-CONTROL

Recognizing moments when self-control is needed.

★ Part 2: Small Choices, Big Impact!

The friends continued walking.

Soon they heard giggling.

They discovered a little squirrel trying to carry three huge acorns at once.

“Oh no!” squeaked the squirrel.

The acorns rolled down the hill.

**Jin** laughed loudly.

The squirrel looked embarrassed.

Jin suddenly felt funny inside.

“I don’t think laughing helped.”

**Zara** smiled kindly.

“You noticed something important.”

“I did?”

“You stopped and thought about how your words and actions affect others.”

**Jin** looked at the squirrel.

“I’m sorry.”

The squirrel smiled.

“Thanks.”

Together everyone helped collect the acorns.



## JOIN IN!

Can you think of one time today when you might need self-control?  
Maybe when...



waiting  
your turn



using  
kind words



stopping  
before you act

Say with everyone:

“I can stop, think, and choose wisely!” ★



# THE POWER OF SELF-CONTROL

Recognizing moments when self-control is needed.

★ Part 3: Stop, Think, and Choose Wisely!

Farther along the trail they found a beautiful bridge crossing a sparkling stream.

A sign read:

One friend crosses at a time.

**Jin** bounced excitedly.

"We can all run together!"

**Leo** shook his head.

"The bridge looks wobbly."

**Noah** peered underneath.

"It might not hold everyone."

**Jin** wanted to race across first.

His feet started moving.

Then... He stopped.

He looked at the sign.

He looked at his friends.

"I think this is another one of those moments."

"What moments?" **Noah** asked.

"The moments when I need..."

**Jin** paused.

"...self-control."

Everyone smiled.

They crossed one at a time.

The bridge stayed safe.

"I almost rushed again," **Jin** admitted.

"But stopping helped."



JOIN IN!

Let's practice together!



Everyone freeze like a statue!



Now whisper: "Stop... Think... Choose wisely."

Great job! ★

Self-Control



# THE POWER OF SELF-CONTROL

Recognizing moments when self-control is needed.

★ Part 4: Curiosity vs. Self-Control!

As they walked deeper into the woods, Mia noticed Jin becoming quieter.

"What are you thinking about?" she asked.

"I thought self-control meant never making mistakes."

"No," Mia answered gently.

"It means noticing when your feelings or actions are starting to take over."

Leo added, "Everyone has moments when they need self-control."

"Even grown-ups," Noah said.

"Even teachers," Zara giggled.

"And even explorers!"

laughed Jin.

Soon they reached the final part of the challenge.

A beautiful wooden chest sat beneath a giant juniper tree.

A sign read:

Open only after everyone is ready.

Jin stared at the shiny chest.

"I really want to peek."

His hands twitched.

His feet shuffled.

His curiosity grew bigger and bigger.

He took one step.

Then another.

He reached for the lid...

**He stopped.**

He took a slow breath.

He looked at his friends.

"Are we all ready?"



## JOIN IN!

Can you think of one time today when you might need self-control?  
Maybe when...



you really want something but should wait



someone teases you and you want to react



it's hard to put something down and move on

Say with everyone:

"I can stop, think, and choose wisely!" ★



Self-Control



# THE POWER OF SELF-CONTROL

Recognizing moments when self-control is needed.

## ★ Part 5: The Wise Choice Treasure!

Everyone nodded.

Together they opened the chest.

Inside was a glowing wooden badge shaped like a shield.

Across it were the words:



Behind it was a note.

Every wise choice begins with noticing the moment you need self-control.

Jin smiled.

"I think I understand now."

"What did you learn?" asked Noah.

"Self-control isn't just about stopping."

"What else?" Mia asked.

"It's about noticing when I need to stop."

Everyone cheered.

They sat beneath the great juniper tree to rest. The breeze gently moved through the branches.

Mia opened her little Bible.

"I know a verse that fits today's adventure."

She read:

"He that is slow to anger is better than the mighty; and he that ruleth his spirit than he that taketh a city."

— Proverbs 16:32 (KJV)

"It means that being able to control yourself is stronger than winning a great battle."

The friends quietly thought about the verse.

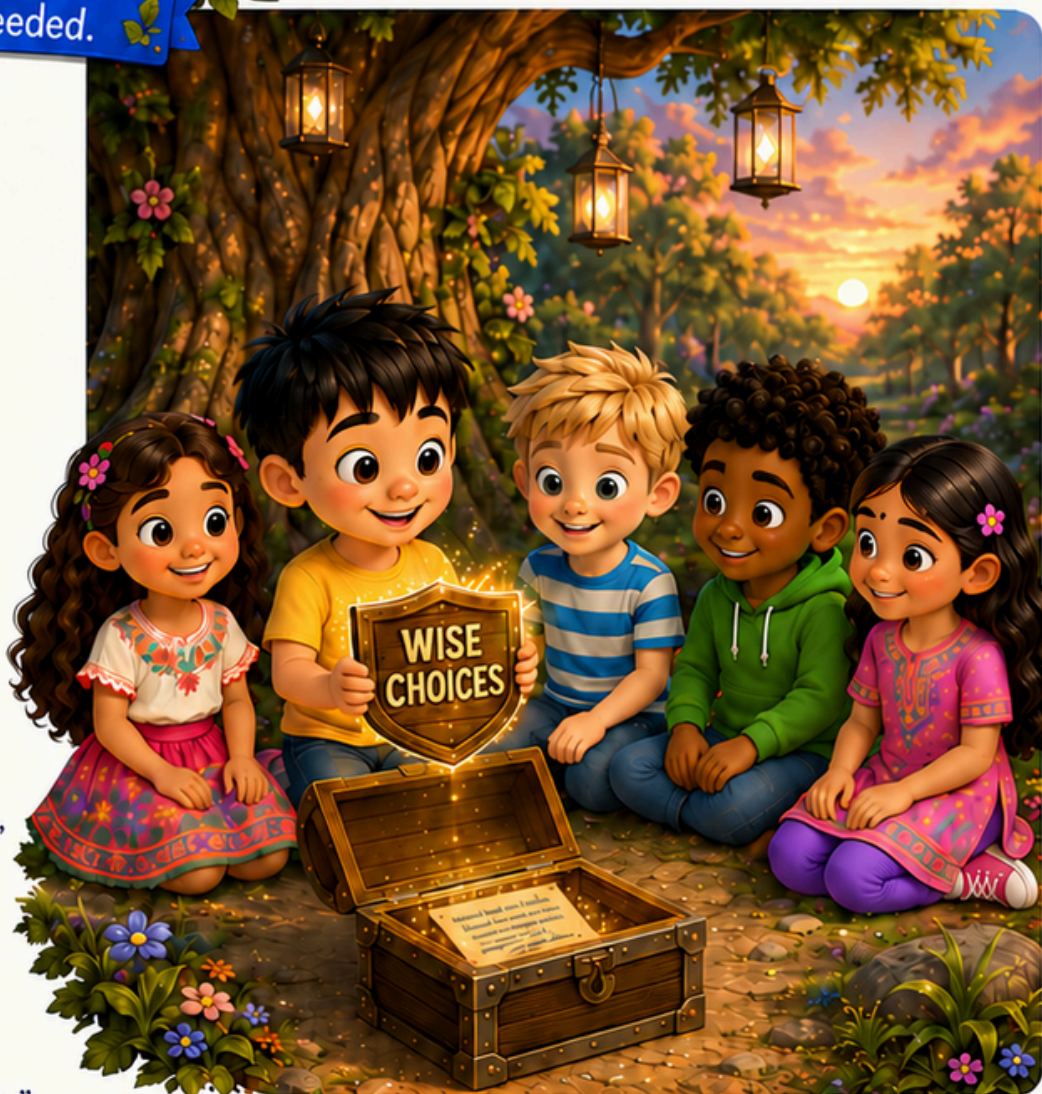
Jin looked at his hands.

"Today I didn't fight a dragon."

"No," Leo smiled.

"You practiced something even more important."

"I noticed when I needed self-control."



### Join In!

Can you think of one time today when you might need self-control? Maybe when...

- waiting your turn,
- using kind words, or
- stopping before you act.

### Say with everyone:

**"I can stop, think, and choose wisely!"**

As the sun began to set, the five friends walked home together.

"I used to think self-control was only for big problems," Jin said.

"But it's really for little moments all through the day."

"And little wise choices grow into big good habits," Mia said.

Everyone nodded.

Tomorrow would bring another adventure.

And another chance to make wise choices.

### TODAY'S ADVENTURE REMINDER



**Main Lesson:**  
Self-control helps me make wise choices.

**Memory Phrase:**  
"I can stop, think, and choose wisely."





# THE POWER OF SELF-CONTROL

Recognizing moments when self-control is needed.

## VERSE 1

When I feel my feelings grow,  
God can help my heart to know.  
I can notice, I can see,  
A wiser choice is waiting for me.

## CHORUS

Stop... Think... Choose what's right!  
God will help me day and night.  
Calm my heart, hear wisdom's voice,  
Every day I make a wise choice.  
Stop... Think... Choose what's right!  
Shining with God's loving light!

## VERSE 2

When things change or plans go wrong,  
God helps make my heart grow strong.  
Kind words, calm hands, thoughtful too,  
There's always something good to do.

## BRIDGE

Step by step, I learn and grow.  
More each day than yesterday, I know.  
God is with me all the way,  
Helping me choose right each day.

## FINAL CHORUS

Stop... Think... Choose what's right!  
God will help me day and night.  
Calm my heart, hear wisdom's voice,  
Every day I make a wise choice.  
Stop... Think... Choose what's right!  
With God's help I'll shine so bright!  
Every day I'll grow more wise—  
One good choice at a time!

## THEME SONG

# Stop, Think, Choose!



## SONG ACTIONS

-  **STOP** Hold up your hand
-  **THINK** Tap your head
-  **CALM** Place hands on heart and take a deep breath
-  **CHOOSE** Point forward
-  **SHINE** Reach arms up high



Sing it loud, live it proud—

I can stop, think, and choose wisely!





# THE POWER OF SELF-CONTROL

Recognizing moments when self-control is needed.



## MEMORY VERSE SONG



Let's sing God's Word together!



“He that is **slow** to **anger** is better than the **mighty**; and he that **ruleth** his **spirit** than he that **taketh** a **city**.”

— Proverbs 16:32 —



### SONG ACTIONS



**Slow to anger**

Take a deep breath and calm down.



**Better than the mighty**

Show your strong muscles!



**Ruleth his spirit**

Point to your heart and say, "God helps me!"



**Taketh a city**

Make a big circle with your arms.



**Proverbs 16:32**

Open your hands like a book.



I will remember God's Word every day!

Hiding His Word in my heart! (Psalm 119:11)





# THE POWER OF SELF-CONTROL

Recognizing moments when self-control is needed.



## STORY DISCUSSION

Let's Talk About It!

Let's think about today's adventure with Jin and his friends!



### 1. LOOK BACK

Answer these questions about the story.

- 1 What was the first challenge the friends faced in Wise Woods?
- 2 What did Jin want to do with the berries?
- 3 How did Jin show self-control at the bridge?
- 4 What was the hardest moment for Jin at the treasure chest?
- 5 What did the friends find inside the treasure chest?
- 6 What did Jin learn about self-control today?



### 2. THINK DEEPER

Let's think a little more!

- 1 Why do you think self-control is important in everyday life?
- 2 How can waiting help us make a wiser choice?
- 3 What can you do when your feelings try to take over?
- 4 How did stopping and thinking help Jin and his friends?
- 5 What does it mean to "notice the moment you need self-control"?



### 3. REAL LIFE

How can you use self-control in your day?

Think of one situation and write or draw it.

**Examples:**

- Waiting your turn
- Using kind words
- Stopping before you act
- Staying calm when upset

My example:



### 4. SHARE IT

Talk about it with your family or group.

- ♥ Share your example.
- ♥ What helps you remember to stop, think, and choose wisely?
- ♥ Encourage each other to make good choices every day!



Self-Control

### TODAY'S TAKEAWAY

Self-control isn't just about stopping—it's about noticing when we need to stop. Then we can think and choose wisely!

I can stop, think, and choose wisely! ★

### CHALLENGE FOR YOU!

Look for at least one moment today when you can use self-control. Celebrate your wise choice!

You've got this! ★





# THE POWER OF SELF-CONTROL

Recognizing moments when self-control is needed.

## BIBLE TIME

God's Word Helps Me!



The Bible is God's special book.  
It teaches us how to live, love, and make wise choices every day!



“He that is **slow** to **anger** is better than the **mighty**; and he that **ruleth** his **spirit** than he that **taketh** a **city**.”

— Proverbs 16:32 —



God's Word helps me choose wisely every day!

### ★ WHAT DOES IT MEAN?



Being **slow to anger** means taking a moment to stop before reacting.



It is better than being strong in body, because self-control makes us strong in spirit.



When we rule our spirit, we are in charge of our feelings and actions.



That is better than taking over a whole city!

### ★ HOW CAN I USE IT?



**Stop** and take a breath.



**Think** about what is right.



**Listen** to God's wisdom.



**Choose** a kind and wise action.



**Trust** God to help you every day!

### ★ BIBLE CONNECTION

Self-control is a fruit of the Spirit!



“But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, Meekness, temperance: against such there is no law.”  
— Galatians 5:22-23 (KJV)



### LET'S PRAY

Dear God,  
Thank You for helping me have self-control.  
Help me to be slow to anger,  
think before I act,  
and choose what is right.  
Thank You for Your love and wisdom.  
In Jesus' name, Amen.



### ★ MEMORY TIP

Read this verse with your family every day!



Practice it, say it,  
and let it help you make wise choices!



God's Word is my guide.  
I will choose wisely today and every day!



“Your word is a lamp unto my feet, and a light unto my path.”

— Psalm 119:105 (KJV)





# THE POWER OF SELF-CONTROL

Recognizing moments when self-control is needed.



## WHAT DID WE LEARN?

Let's remember the important things we discovered today!

### TODAY WE LEARNED...



#### I can STOP.

When I feel a big feeling or need to act fast, I can stop and take a breath.



#### I can THINK.

I can think about what is right, what is helpful, and what God wants me to do.



#### I can CHOOSE wisely.

I can choose words and actions that show love, kindness, and respect.



#### God gives me the power.

With God's help, I can control my feelings and make good choices every day!



### LET'S RECALL OUR BIG IDEAS!

#### Feelings



It's okay to have feelings. I can learn to handle them.

#### Choices



Every choice I make shapes who I am becoming.

#### Wisdom



God's Word helps me know what is right and true.

#### Self-Control



Self-control is a gift from God. I can grow stronger every day!

#### Purpose



I was created to do good things for God!

### I CAN USE SELF-CONTROL BY...

- ✓ Taking deep breaths before I react.
- ✓ Thinking about what is best.
- ✓ Using kind words and calm hands.
- ✓ Waiting my turn patiently.
- ✓ Asking God for help when I need it.

I am growing strong in self-control with God's help!

### TODAY'S CHALLENGE

Find one moment today to stop, think, and choose wisely. Then celebrate your good choice!



★ I can stop, think, and choose wisely every day! ★  
God is with me, helping me all the way!



Keep practicing, keep trusting, and keep letting God guide you.  
**You've got this!**



# THE POWER OF SELF-CONTROL

Recognizing moments when self-control is needed.

## MOVEMENT

Let's Move and Grow!

Moving our bodies helps us remember to stop, think, and choose wisely!

Do each move as we sing together:



### STOP!

Freeze like a statue!  
Hold up your hand like a stop sign.



### THINK!

Tap your head and think it through.  
Hmm... what's right?



### CHOOSE!

Give a thumbs up and take a step in the right direction.



### SHINE!

Reach your arms up high and smile big—  
God helps me shine!



### ★ Let's Do It Again! ★

Practice these moves every day so your body and mind remember:



STOP



THINK



CHOOSE



SHINE!

### FUN WAYS TO MOVE EVERY DAY!

- ★ Dance to the theme song.
- ★ Do silly stretches in the morning.
- ★ Take a deep breath and stretch before doing homework.
- ★ Play "Freeze Dance" with friends.

Moving helps you choose wisely!



Self-Control

### MOVEMENT MEMORY

When I move my body,  
I remember to stop, think, and choose!  
With God's help, I can do this!



### PARENT TIP

Movement breaks help kids  
reset their focus and build  
self-control muscles!



I can stop, think, and choose wisely—every day!  
I am strong, I am smart, I am a wise choice maker!







# LET'S PRACTICE!

I can stop, think, and choose wisely  
in every moment!



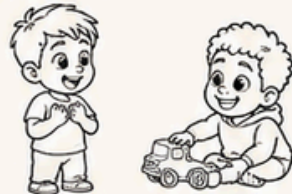
## ★ ACTIVITY 1: STOP, THINK, CHOOSE! COLOR THE RIGHT CHOICE

Look at each picture. Color the choice that shows self-control.

- 1 You want to grab a toy that someone else is using.



Grab it!



Ask politely and wait.

- 2 You feel angry because someone took your turn.



Yell and shout.



Take a deep breath and stay calm.

- 3 You see cookies on the counter when no one is looking.



Take one quickly.



Wait until someone says you can.

- 4 You want to be the first on the swing.



Push ahead.



Wait your turn.

## ★ ACTIVITY 2: MATCH IT!

Draw a line to match each situation with the self-control action that helps!



You feel mad.



Think before you act.



You see something yummy.



Wait your turn.



You want to go before others.



Ask politely.



You want what a friend has.



Take a deep breath.

## ★ ACTIVITY 3: SELF-CONTROL SUPERSTAR!

Draw yourself making a wise choice today.  
What are you proud of?

Great choices  
make me a  
superstar!



You are learning to stop, think, and choose wisely.  
Keep practicing every day!



SELF-CONTROL



# THE POWER OF SELF-CONTROL

Recognizing moments when self-control is needed.

## COOKIE CHALLENGE

Parent & Me Game!

Ages 4-8 • 10 minutes • 1 or more children

**Playing together helps us practice self-control!**

Let's practise noticing what we want, waiting, thinking, and choosing wisely!

### 1 GET READY!

Give each child a plate with one cookie.  
Parents can play too!

Parent says: 'Today we're practising self-control. Wait until I say cookie choice time!'



### 2 COOKIE FREEZE!

Hands on knees. When you hear "COOKIE FREEZE!" wait 5 seconds.

Parent says: 'COOKIE FREEZE!' Then count 1-2-3-4-5.



### 3 STOP & THINK!

Take a deep breath. Notice what you want. Ask: 'What is the wise choice?'

Parent asks: 'Did you want to grab your cookie? What helped you wait?'



### 4 COOKIE SURPRISE!

Practise wise choices with pretend situations.

- You want another cookie. What should you do?
- Someone has a bigger cookie. How can you respond?

Let children answer or act it out.



### 5 TRY AGAIN!

Let's exercise our self-control muscles again!

Everyone puts hands on knees. This time, try 10 seconds.

Younger children can repeat 5 seconds.



### 6 YOUR WISE COOKIE CHOICE!

Now choose: eat your cookie now or save it for later.

Parent says: 'You stopped, thought, and practised waiting. Now make your wise choice!'



### ★ SAY IT TOGETHER! ★



**COOKIE FREEZE!**



**STOP**



**THINK**



**CHOOSE**

### ★ WAYS TO PLAY

- Play with one child or many children.
- Try 5 seconds, then 10 seconds.
- Use a real cookie or a pretend cookie.
- Cheer for wise choices!



### ★ LET'S TALK

- Was it hard to wait?
- What helped you stop and think?
- When else do you need self-control?

### ★ PARENT TIP

If a child reaches for the cookie early, gently remind them of the challenge and keep playing. Never punish or withhold food. A pretend cookie works too.



### ★ MEMORY PHRASE ★

I can stop, think, and choose wisely!



Every little wise choice helps my self-control grow!

I can stop, think, and choose wisely!







# CRAFT TIME!

## My Wise Choice Shield

I can stop, think, and choose wisely!



Today we make a shield to remind us to stop, think, and choose wisely just like Jin did in the Wise Woods!

### YOU WILL NEED:

- Shield template (on next page)
- Crayons or markers
- Child-safe scissors
- Glue stick
- Yarn or ribbon



### STEP-BY-STEP:

- 1 Color your shield and the pictures.



- 2 Cut out the shield and the ribbon.



- 3 Glue the STOP, THINK, CHOOSE words and pictures onto your shield.



- 4 Glue the red banner at the bottom.



- 5 Punch holes at the top and tie your yarn or ribbon.



- 6 Hold it up and say: "I can stop, think, and choose wisely!"



### ★ DISPLAY YOUR SHIELD! ★

Hang your shield where you can see it every day—like your bedroom, school bag, or study table!



### WHAT DOES YOUR SHIELD REMIND YOU?

Draw or write one way you will use your shield this week!



Every wise choice is a strong choice!

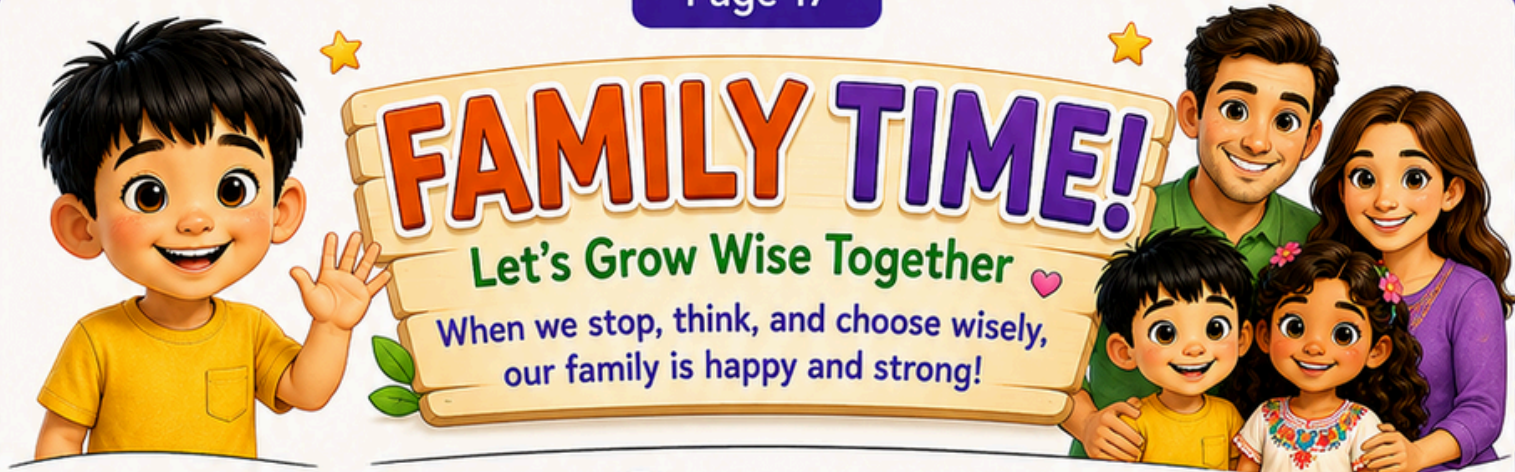


God helps me choose what is right and good.



WISE CHOICES  
STRONG HEART.





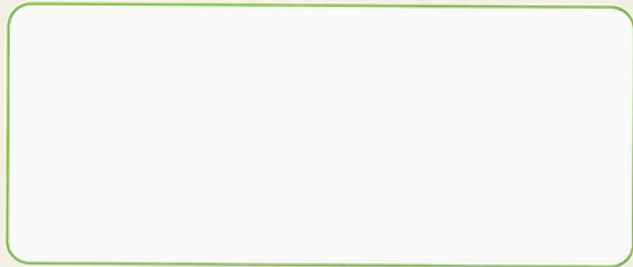
## TALK TOGETHER

Ask your family these questions and talk about them together.

- 1 What does it mean to stop, think, and choose wisely?  
\_\_\_\_\_
- 2 When is a time you had to stop, think, and make a good choice?  
\_\_\_\_\_
- 3 How does making wise choices help our family?  
\_\_\_\_\_
- 4 What can we do to help each other make wise choices?  
\_\_\_\_\_

## FAMILY ACTIVITY

Draw a picture of your family doing something together the wise way!



## FAMILY CHALLENGE

Challenge: For one day, every family member will stop, think, and choose wisely in every situation!

We will...

- ★ Take turns \_\_\_\_\_
- ★ Use kind words \_\_\_\_\_
- ★ Be patient \_\_\_\_\_
- ★ Listen to each other \_\_\_\_\_
- ★ Make good choices \_\_\_\_\_

We did it! ❤️

## OUR FAMILY PROMISE

As a family, let's make this promise:

**"We will stop, think,  
and choose wisely  
every day!"**

Sign your names here:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_







# ★ WISE CHOICES CHALLENGE! ★

I can stop, think, and choose wisely every day!



★ **Challenge:** Complete these wise choices all week long!

Check off each one as you do it. You're becoming a Wise Choices Superstar!

| I CAN...                                                                                                                                                                                            | MON                      | TUE                      | WED                      | THU                      | FRI                      | SAT                      | SUN                      | DONE!                    |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
|  Stop before I act.               | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
|  Think about what is right.        | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
|  Choose wisely every time.      | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
|  Use kind words and actions.   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
|  Wait my turn patiently.      | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
|  Make my family proud.         | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
|  Be a Wise Choices Superstar!  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |



## You Did It!

When you complete all your wise choices for the week, color in a star and celebrate your success!



Every wise choice makes me stronger, kinder, and braver! 



I stop. I think.  
I choose wisely!







# ★ TIME TO PRAY! ★

Let's talk to God and ask for help to make wise choices.



Prayer is talking to God. He is always listening!  
Let's thank Him and ask for His help.



## ★ LET'S PRAY TOGETHER ★

**Dear God,**

Thank You for always being with me.

Help me to  before I act.

Help me to  think about what is right.

Help me to  choose wisely in everything I do.

Give me kind words, 

a calm heart,  and the courage to make good choices.

Thank You, God,  
for helping me every day!

**Amen.** 

## DRAW YOUR PRAYER

What do you need help with today?

Draw or write your prayer below.



## I CAN TALK TO GOD ABOUT...



My worries



My thanks



My choices



My patience



My family



### Remember:

God loves you so much!  
He hears you and wants to help you. 

**Pray every day and  
make wise choices  
with God's help!**



God is with you  
wherever you go  
and in everything  
you do! 



# WISE CHOICES SUPERSTAR!

## CERTIFICATE OF ACHIEVEMENT

This certificate is proudly presented to

for learning to **stop**, **think**,  
and **choose wisely**  
in every moment!

YOU ARE...



Thinking before you act



Making wise choices



Using kind words and actions



Growing stronger every day!



Teacher/Leader Signature

Date

**JOLLY  
Juniper**

GROWING IN WISDOM. LIVING FOR GOD.





Growing Hearts. Building Character. Glorifying God.

# THE ADVENTURE CONTINUES!

Ages 4-8

Your Next Self-Control Adventure Starts Here!

## WHAT WE LEARNED IN THE POWER OF SELF-CONTROL

Jin and his friends explored Wise Woods Challenge and discovered that self-control helps us make wise choices with our thoughts, feelings, words, and actions.

### WE LEARNED TO:

- ✓ Stop and think before we act.
- ✓ Follow rules and wait our turn.
- ✓ Use kind words and actions.
- ✓ Think about how our choices affect others.

“**SELF-CONTROL** HELPS ME MAKE WISE CHOICES.”

## ➤ GREAT JOB! ➤

You completed your first **Self-Control Adventure**!

Keep going! Every new lesson helps you grow stronger and make wiser choices.

### INSIDE THIS ADVENTURE

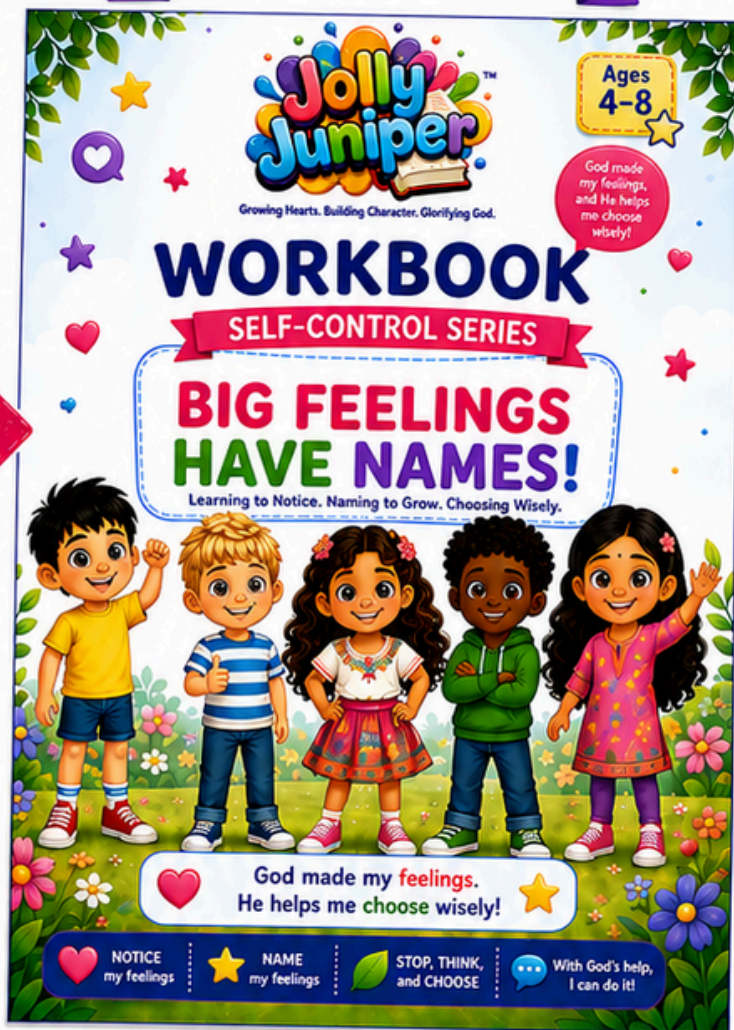
- 🎨 Creative Coloring Activities
- 🧩 Fun Puzzle Challenges
- ❤️ Feelings Discovery Activities
- 📖 Self-Control Lesson & Memory Verse
- ★ Weekly Growth Challenge
- 🏆 Hero Certificate & Badge

MORE LESSONS, MORE FUN, MORE WAYS TO GROW!

### CHOOSE YOUR ADVENTURE!

Start with one or save more! 🛒

## COMING NEXT!



## PARENT NOTE

Help your child learn to recognize emotions before emotions control behavior.

### STORY 1 WORKBOOK

**\$5.00**

Instant Digital Download

### GET ALL SELF-CONTROL SERIES 5 WORKBOOKS

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INSTANT DIGITAL DOWNLOAD • PRINT AS MANY TIMES AS YOU NEED!

★ Help your child grow strong in **self-control**—one lesson at a time! ❤️