

Magic of ELF-CONTROL

If you're hungry and see a plate of your favorite cookies, you have to keep yourself from grabbing a big handful and stuffing them in your mouth. You can, because you've got the magic of self-control.

You use your wondrous power of self-control all the time. You make healthy choices. You can handle responsibility. When it's time to study for a test or do

chores, you work to get things done. You keep track of your stuff instead of losing it. You respect others.

When your family and friends can count on you, and you can count on them, your community can do magical things. Whether you're having celebrations or doing service projects together, being reliable makes life magnificent.

Some of these elves practice great self-control. Find words to complete their tips for success.

- TIME
1. Use a to-do list and a to plan your activities and be aware of due dates.
 2. Estimate how long each task will take, so you have enough to finish.
 3. Break a big project into a list of smaller .
 4. Make a routine, so getting ready becomes a .
 5. When doing your homework, put phones and screens away and stay in a quiet place.
 6. Each night, your stuff for the next day, so mornings aren't rushed.
 7. Do the hard things when you have more .
 8. Talk to your family, friends, and teachers when you need encouragement or .
 9. If you make a mistake, admit it. Then about what you learned from it.
 10. Take good of yourself by getting enough sleep, eating healthy food, and having fun outside.

