

JANUARY

Self Control

Control yourself so others won't have to.

Means having responsibility or responsible for doing the right thing when nobody is looking.

Self-control keeps us safe.

Don't go wild, keep yourself calm.

Poems from Inch and Miles

Self-Control

If SUCCESS is your great goal,
You must practice SELF-CONTROL.
Use common sense in all you do.
Controlling emotions is helpful too.
I knew a fish who took the bait.
Good judgment gone, the hook he ate.
My friend was fried upon the grill,
With SELF-CONTROL, he'd be here still.

JANUARY

Alertness

SLANT (Sit up, Look and Listen, Ask “thoughtful” questions, Nod, Turn Towards)

Pay attention to everything that goes on around you.

Know what you have to do.

Poems from Inch and Miles

Alertness

My ears are as tall as telephone poles.

My nose is like a button with holes.

I listen and look and sniff around.

I stay **A**lert to sights and sounds.

And one more thing that I should mention,

Alertness means you pay attention

To all things that others share.

You'll learn so much if you're aware.