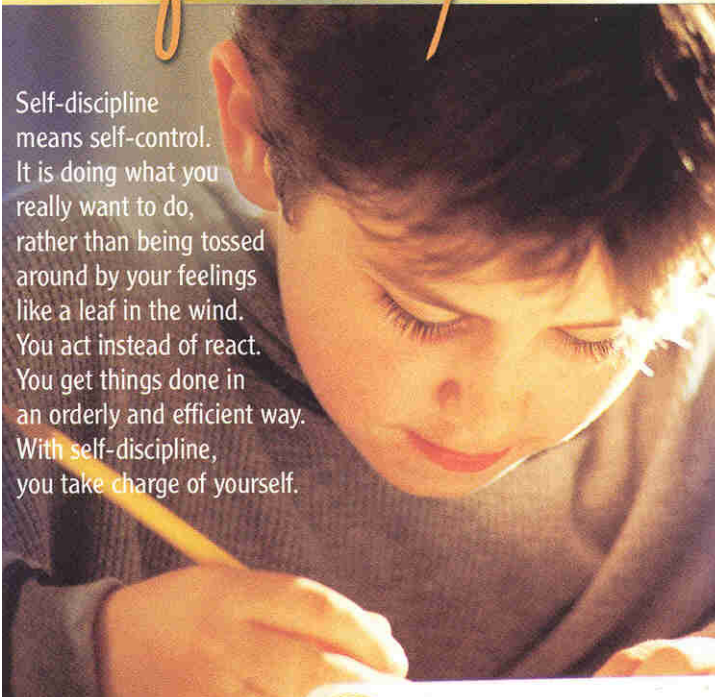


# Family Virtues Newsletter

This weeks Virtue:

*Self-discipline*



Self-discipline means self-control. It is doing what you really want to do, rather than being tossed around by your feelings like a leaf in the wind. You act instead of react. You get things done in an orderly and efficient way. With self-discipline, you take charge of yourself.

Things a family can do to practice *Self-discipline*...

- Use detachment so your emotions won't control you
- Speak and act calmly when you are hurt or angry
- Create routines that bring peace and order to your day
- Practice moderation
- Do what is expected without anyone watching over you
- Do things on time



Kelsey, Alexis, Caelan and Jordon act out the Aesop fable of the hunter and the hawk. The hunter in anger, loses self control when the hawk tries to save his life.



The fox, Avery, flatters Grayson the crow, perched in the tree (Steele). Lacking self-discipline the crow drops the meat for the fox to eat.

Next Virtue:

*Understanding*

**Important Announcement:**  
**Come join us in the Rotary**  
**Winter Carnival Parade Feb. 10**

Virtues classes are held each Sunday from 9:30 a.m. to 11:00 a.m. at the Grand Bend Public School Community Room for children ages 5 – 14. All are welcome and it's free. Call Josy and Gord Britton at 238-6036 or [gordbritton@hay.net](mailto:gordbritton@hay.net) to register your child. [www.virtuesproject.com](http://www.virtuesproject.com)