Dear \_\_\_\_\_\_\_\_\_\_\_\_\_

Today’s ELF SKILLZ Lesson is all about Self-Control – Following Directions!

When you have self-control, then you can control your actions by following directions.

Following directions can be hard, especially when you want to do something else. But what you have control of your actions, you make better choices by following the rules.

Let’s try a game to see if you know how to follow directions!

Are you following directions if…

* You are a first-time listener when your parents tell you to do something?
* You intend to follow directions but get distracted on your iPad?
* You can follow directions without being reminded such as getting dressed on your own or getting ready for bed on your own?
* You always forget what you have to do to get ready for bed?

Today I challenge you to follow directions. Try and be a first-time listener, or better yet, follow directions without even being told or reminded!

If you accomplish this task, then you will get 5 points, and remember, when you have 20 points you get a prize!