

Self Control is a very **important** part of **Taekwondo** training. Self control keeps us **safe** and out of **trouble**. For instance, when you get **angry**, self control helps keep you from saying things you may regret later, or lashing out physically. Having good self control helps us get our **homework** done instead of playing video games all day because we think those are more fun. Following **rules**, even ones we don't particularly like, also shows good self **control**. Remember to have **good self** control in everything that you do. Showing you know what self control is by completing this worksheet will earn you a blue **star**.

Directions: Unscramble each of the clue words. Each of the bolded words in the paragraph above is a clue word. Copy the letters in the numbered cells to other cells with the same number.

