

Temperance LOOK-FORs

- **Balanced emotions (avoiding extremes)**
 - **Respecting other people's property**
- **Respecting other people's personal space**
 - **Being on time**
 - **Telling the truth**
 - **Getting enough sleep**
 - **Looking after our responsibilities**
- **Doing what needs to be done (not procrastinating)**
 - **Listening to our parents, teachers, EAs**
 - **Following rules**
 - **Balancing work and play**
 - **Eating good food, less junk food**
- **Care for our bodies: with good food, rest, exercise**
- **Care for our minds: (studying, reading, relaxing)**
 - **Care for our souls (prayer, worship)**
- **Care for our hearts (friendship, family love)**
 - **Saying "no" to gossip**
 - **Saying "no" to too much computer**
 - **Saying "no" to inappropriate language**
 - **Saying "no" to aggressive behaviour**
- **Saying "no" to inappropriate videos, movies**
 - **Being honest about who we are**
 - **Using money wisely**
 - **Sharing our abundance with others**