



We hope you are continuing to learn new skills and valuable lessons.

On Tuesday, June 17th, the East Side Colts Summer Practice starts: **Tuesdays through Friday from 5:00pm until 8:00pm** and on **Saturdays from 10:00am until 2:00pm**. We will not hold practice on July 3rd, 4th and 5th due to the holiday.

We will hold a car wash on the next three Saturdays: June 14th, 21st, & 28th. And, we will hold a FUN DAY on July 12th.

Remember your lesson from the last newsletter: RESPECT. This month we will focus on SELF DISCIPLINE.

If you have any questions or need to talk, call Coach Nick – 443-760-1667.

LESSON FOR JUNE

Let's learn about...

SELF DISCIPLINE!

What is **SELF DISCIPLINE**?

Controlling your behavior and actions and doing what is expected of you without reminders.

Children with

SELF DISCIPLINE:

- Listen
- Keep unkind thoughts to themselves
- Speak kindly to parents, teachers and others
- Play fairly and wait their turn
- Raise their hands before talking
- Say "please" and "thank you"
- Clean up after themselves
- Share
- Obey rules
- Accept differences

Why is **SELF DISCIPLINE** important?

