

Shine Your Light!

Being modest is a great way to shine a light for others to follow. It shows that you love Jesus Christ and are trying to follow Him. Color in the flashlights by the ones you are already doing. Which ones do you want to work on?

Talk to your family about ways you can be modest. Send us your creative ideas!

Modesty Means...

How I act

Fits the time and place
Not showing off

How I dress

Clean and neat
Clothes that cover my body
properly and are appropriate
for the activity

How I speak

Kind words
Not bragging or rude

How I treat my body

With reverence
and respect
Keep it clean and healthy

How I treat others

Look for the best in
others—don't judge
Treat everyone with
respect and kindness



When I was at my friend's birthday party, everyone was eating junk food, taking off their shirts, and

playing really wild. I only ate a few treats, kept my shirt on, and played safe. I am glad I remembered to respect my body, because it is a temple.

Seth C., age 7, Wisconsin, USA