

One fine summer day the Peterson family decided to have a picnic. Mrs. Peterson began putting sandwiches, fruit, and pickles in the family picnic basket.

"Oh dear, I'm all out of juice," she said. "I'll go to the store and you can make the ice cream for our picnic while I'm gone," she told her two children.

"That will be fun!" said Robert.

"Great!" said Sue.



"But don't eat any. It will ruin your appetite and there won't be enough for the picnic," said Mrs. Peterson.

"Can't we have even a small taste?" said Sue.

"Just a little one?" said Robert.

"OK," said Mrs. Peterson and then went to the store.

Sue and Robert made the ice cream. They churned and churned until it was smooth and creamy.



"We must put it in the freezer," said Robert.

"But first, let us have our taste," said Sue.

"Just one spoon!" said Robert.



"Just one spoon!" said Sue. "Mmmm, this is good."

"The BEST!" said Robert.

"I don't think we had a whole spoonful," said Sue.



"I think we should have one more taste," said Robert.

"Yes, one more taste," agreed Sue.

"This is GOOD ice cream!" they said together.

"We should stop eating," said Sue. "We will soon be full and there will be no more ice cream."



"You are right," said Robert, as he took another bite.

"One last taste," said Sue.

Suddenly, they noticed the ice cream was half gone.



"Oh, no!" said
Sue. "Now is the
time to call on
WILL POWER or
we will not have
any ice cream
left."

"Who is WILL POWER?" asked Robert.

"I don't' know," said Sue. "But he helps you to have self control.

"What is self control?" asked Robert.

"Self control is stopping when you don't want to." said Sue.

"Like not eating more ice cream?" answered Robert.

"Right," replied Sue.

Maybe if we yell really loud WILL POWER will come to our rescue," said Robert.



"WILL POWER HELP!" they screamed.

Just then they heard the front door open.

"That must be WILL POWER," said Sue.

"What are you two yelling about?" asked Mrs. Peterson. Then she saw the ice cream. "You two didn't have any will power and now there won't be enough ice cream for the picnic."

"We tried calling on WILL POWER," said Sue and Robert together, "but he did not come to us." "Silly children," laughed Mrs. Peterson.
"Will power isn't a person, it's something that is inside of you. Will power makes you strong so you do what you ought to."

"But how do you know will power is inside of us?" asked Sue and Robert.

"Well, you want more ice cream, right," said Mrs. Peterson. Robert and Sue nodded. "Think of some things you could do to keep yourself from eating more," continued Mrs. Peterson.



"We could not look at it," said Robert, covering his eyes.

"We could put it in the freezer," said Sue.

"Now that's WILL POWER!" said Mrs. Peterson.

They put the ice cream in the freezer and soon everything was ready for the picnic.

"I have an idea," said Robert. "Let's call on will power again."

"What for?" asked Sue.

"We already ate half the ice cream, let's leave the rest for everyone else," answered Robert.

"Good idea," said Sue "besides there will be lots of other foods we can eat."

