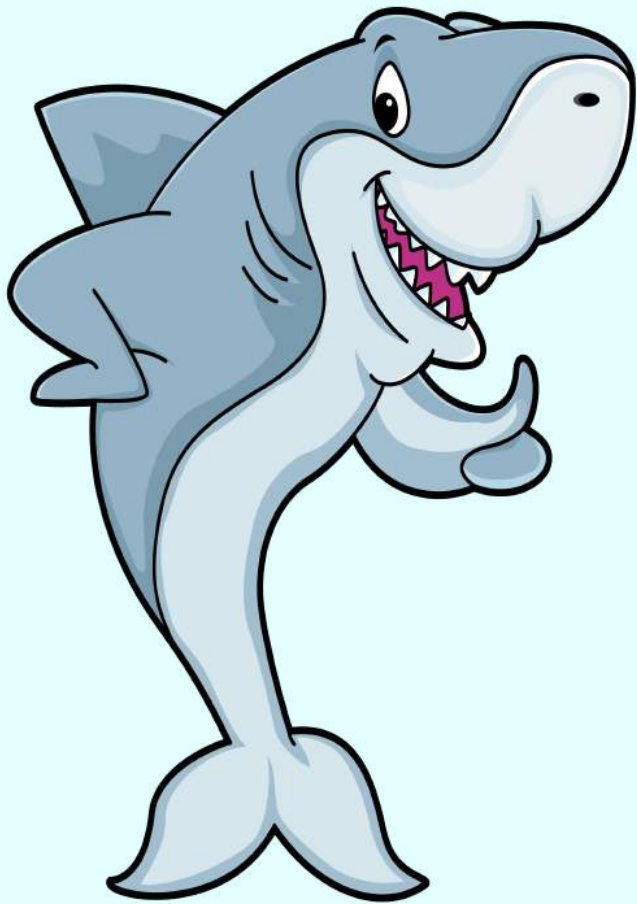


# Use these no-prep activities to help your students learn about self control!

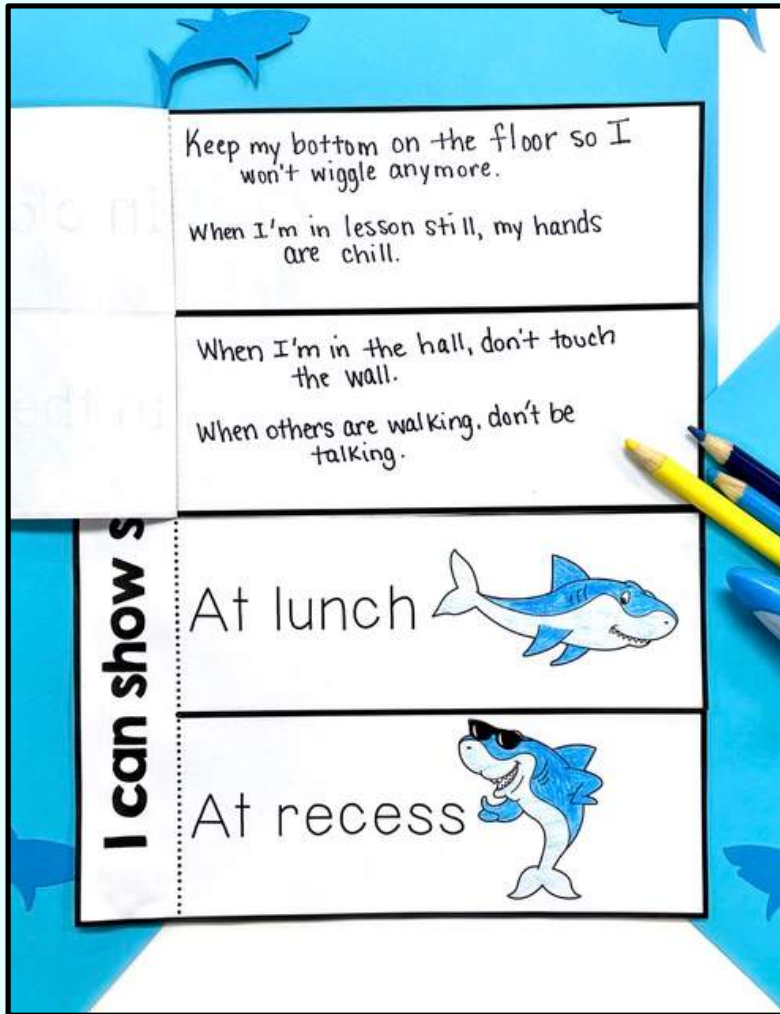


These activities are the perfect complement to the book "Clark the Shark" by Bruce Hale, however the activities can also be done without the use of the book!

They are great for...

- Students who could benefit from increased self control
- Students who could benefit from social skills training
- Self control groups or lessons
- Social skills groups or lessons
- Use as centers/stations

# SELF CONTROL FLIP BOOK



Students will create their own rhymes to help them remember to use self control in various settings!


# CUT & PASTE ACTIVITY

Name: Brandon

## How My Friends Feel: Cut & Paste

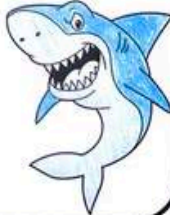
Directions: Cut out the squares at the bottom of the page and decide if those actions make your friends feel mad or glad!

### Things That Make My Friends Feel Glad!



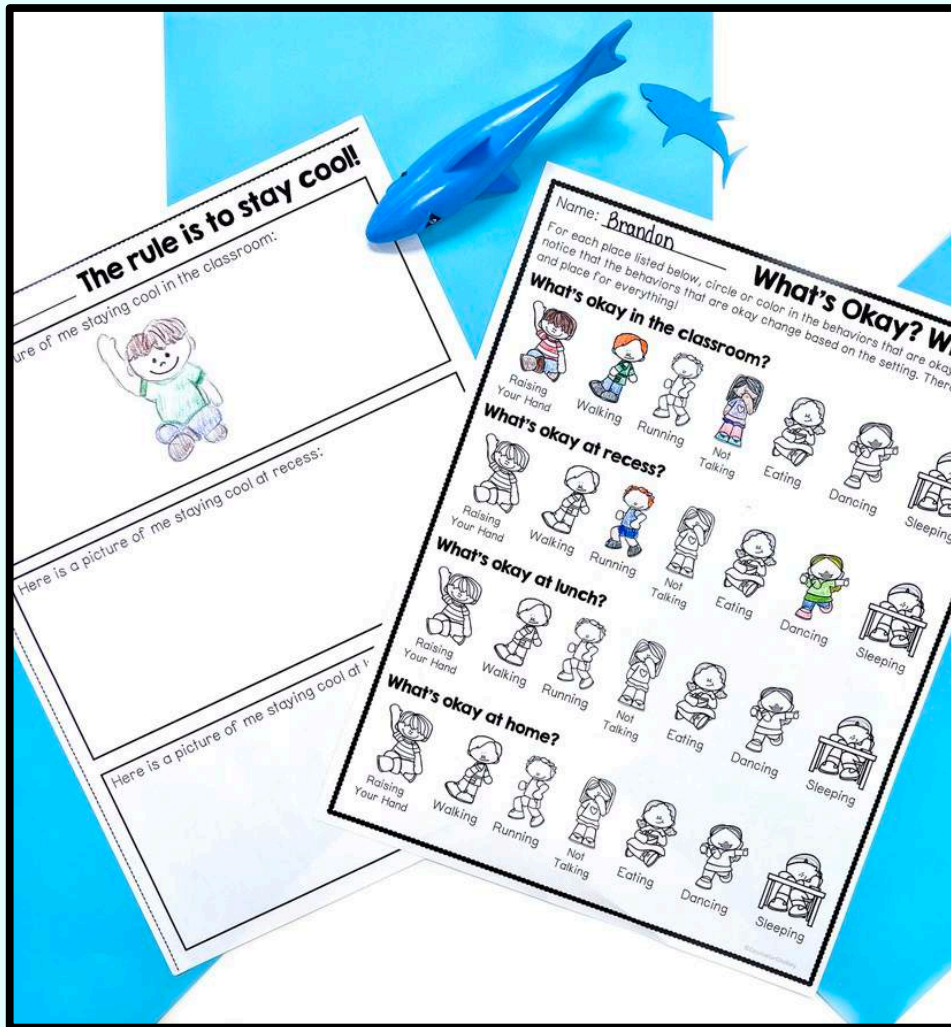
You keep your work in your own space.	You use your own pencil for your work.
You play by the rules at recess.	You ask before you give your friend a hug.

### Things That Make My Friends Feel Mad!

You bump into your friend in the hallway.	You cut in front of your friend in line.	
You don't wait your turn for the tablet.	You talk during work time.	

Students will look at 12 behaviors and decide whether these behaviors make their friends feel mad or glad!

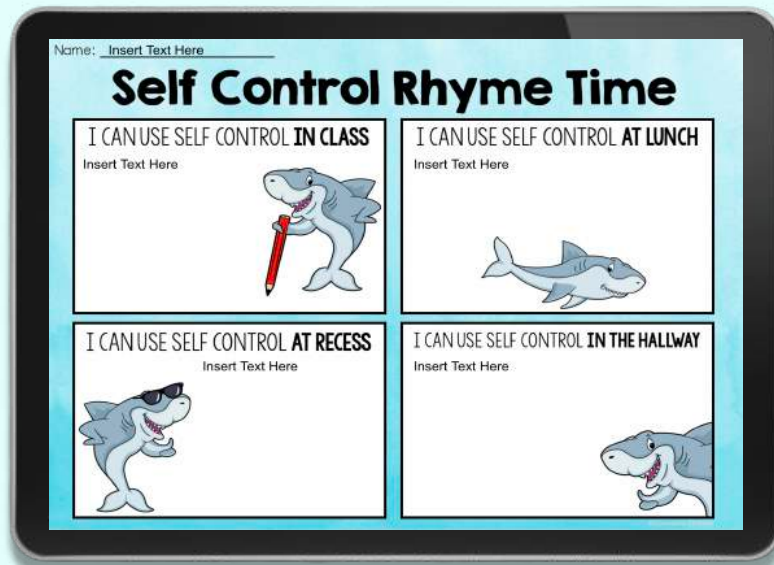
# 2 WORKSHEETS



Students will consider what is appropriate and not appropriate in various situations and will draw a picture of themselves showing self control in different settings.

# GOOGLE SLIDES COMPONENT

All activities are also included in a Google Slides format to help educators doing distance learning or who are looking to incorporate technology into their lessons.



# WHAT PEOPLE ARE SAYING...

“This is a great activity for students who need to participate in trying to master some self control. The students really enjoyed this activity (cutting, pasting and creating their own book) and were very engaged! Great job.”

–Susan B.

“These activities helped reinforce the concepts in the book, and students were engaged in the activities. I appreciated the creativity and ease of use of these.” – Jill C.

“Such a great resource to go along with the book! My students enjoyed these activities and really came to understand how they can practice self-control in the classroom/at school.” – Rachel D.