

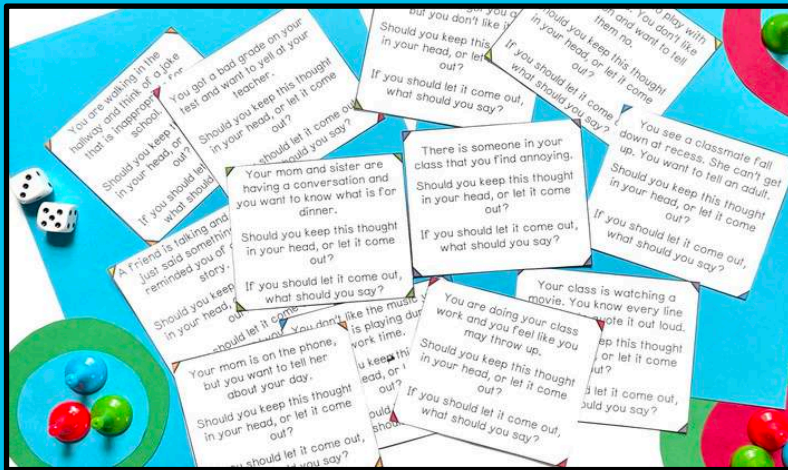
# These engaging, low prep self control games will help your students learn what self control is, why it's important and get to practice it!



They are perfect for...

- Self control lessons or small groups
- Social skills lessons or small groups
- Students who could benefit from thinking before they act
- Students who could benefit from considering the consequences of their actions
- Students who have ADHD

# BOARD GAME



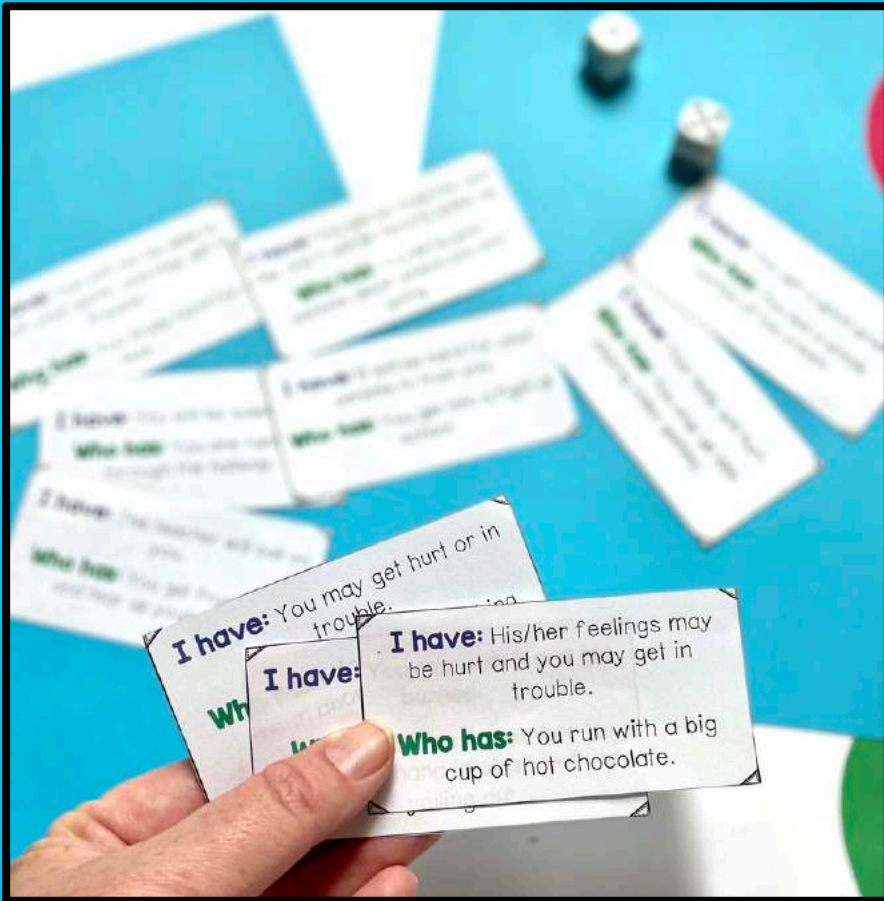
Students will decide whether or not they should say what they are thinking, and consider the best way to communicate their thoughts!



## WHAT'S INCLUDED:

- Game board (Color)
- Game Board (BW)
- 30 question cards

# “I HAVE, WHO HAS”



In this interactive game, students will learn to consider the consequences of their actions.

## WHAT'S INCLUDED:

- 3 sets of 10 “I Have, Who Has” Cards

# GAME ADAPTATIONS

**Impulse Control Game Adaptations**  
**UNO**

**Objective:**

- Students
- Students

**Materials:**

- UNO Cards

**Directions:**

- Play UNO
- On each round, the player who has the lowest card value goes first.
- If a player has a wild card, they can choose to draw a card or discard a card.

**Discussion Points:**

- How did it feel to play?
- Was it hard to wait your turn?
- In what ways did you practice impulse control?

**Impulse Control Game Adaptations**  
**Jenga**

**Objective:**

- Students will learn to wait their turn.
- Students will learn to follow rules.

**Materials:**

- Jenga

**Directions:**

- This game can be played in a group.
- Play the game with the Jenga blocks.
- For the first round, the player who has the lowest card value goes first.
- For the second round, the player who has the highest card value goes first.
- If a player drops a block, they will lose a turn.

**Discussion Points:**

- During which game did you practice impulse control?
- How did being able to wait your turn help you?
- What happens when we wait our turn?

\*\*This same idea can be used with other games.

**Impulse Control Game Adaptations**  
**Pictionary**

**Objective:**

- Students will practice raising their hands instead of blurting out.

**Materials:**

- Cards from next 2 pages
- Blank paper
- Writing utensils

**Directions:**

- Cut out the cards on the following pages, or create your own.
- One person picks up a card and, using the blank paper, draws the item or action listed on the card. The rest of the participants need to guess the answer.
- However, in order to guess, the participant MUST raise his or her hand and be called on. They can be called on by the drawer, or the group facilitator.
- If someone blurts out the answer, they do not get a point, and the answer may be stolen by another player who does raise his/her hand.
- Once the answer is guessed, a new player gets to be the drawer.

This activity can be used in group sessions, or individual sessions. For individual counseling sessions, the facilitator and participant take turns being the drawer, and the drawer will need to call on the guesser after he/she raises his/her hand.

Use these adaptations to help students practice thinking before they act or speak while having fun playing their favorite games!

## WHAT'S INCLUDED:

- Game adaptation ideas for Uno, Jenga and Pictionary

# DICE GAME

Students will make their way through the game board while answering prompts that are designed to help students explore the concept of self control and learn how they can use self control in their own lives.

**Self Control Dice Game Questions**

- One:** Name one time that you practiced self control.
- Two:** Name one time you practice self control.
- Three:** Name one firm to practice self control.
- Four:** Name one real self control.
- Five:** Name one thing teacher is talking. Do your head, or should.
- Six:** Name one thing are angry. Name 3 (or negative) that may be

**Self Control Dice Game**  
Roll the dice and answer the question that goes with the number you rolled. If you can answer correctly, move forward the number that you rolled.

100	Back 6	98	97	96	95	94	93	92	91
Back 2	82	83	84	85	86	87	88	89	90
80	79	78	77	76	75	74	73	72	Ahead 3
61	62	63	64	Back 3	66	67	68	69	70
60	59	58	57	56	55	54	53	Ahead 2	51
41	42	43	Ahead 1	45	46	47	48	49	50
40	Back 4	38	37	36	35	34	33	32	31
21	22	23	24	25	Ahead 2	27	28	29	30
20	19	18	17	16	15	14	Ahead 3	12	11
1	2	3	Back 2	5	6	7	8	9	10

## WHAT'S INCLUDED:

- Game Board
- 6 prompts

# WHAT OTHERS ARE SAYING...

“I am a school counselor and my students really enjoyed this guidance lesson! They were engaged in the lesson and I liked that I could use it with individual students or as a small group.”

–Laura B.

“My students loved it and it was able to hold their attention and make them really think and discuss at the same time.” – Erin B.

“Loved! So great for kiddos with impulse control challenges! The board game was especially engaging”

– Lindsay T.

# TEACHING ABOUT SELF-CONTROL? BUNDLE AND SAVE!



This resource is included in a self-control bundle that will includes activities, games, small groups, read alouds and more!

[SEE THE BUNDLE HERE](#)