

Why Use Task Cards?

- Task cards are low prep
- Task cards provide prompts for students to engage in discussion with the instructor or other students about a specific topic.
- Task cards provide an opportunity to check how much your students understand about a specific topic. This can be done before or after a lesson.

How To Use Task Cards:

Task cards can be used for a variety of purposes. Here are some options for use:

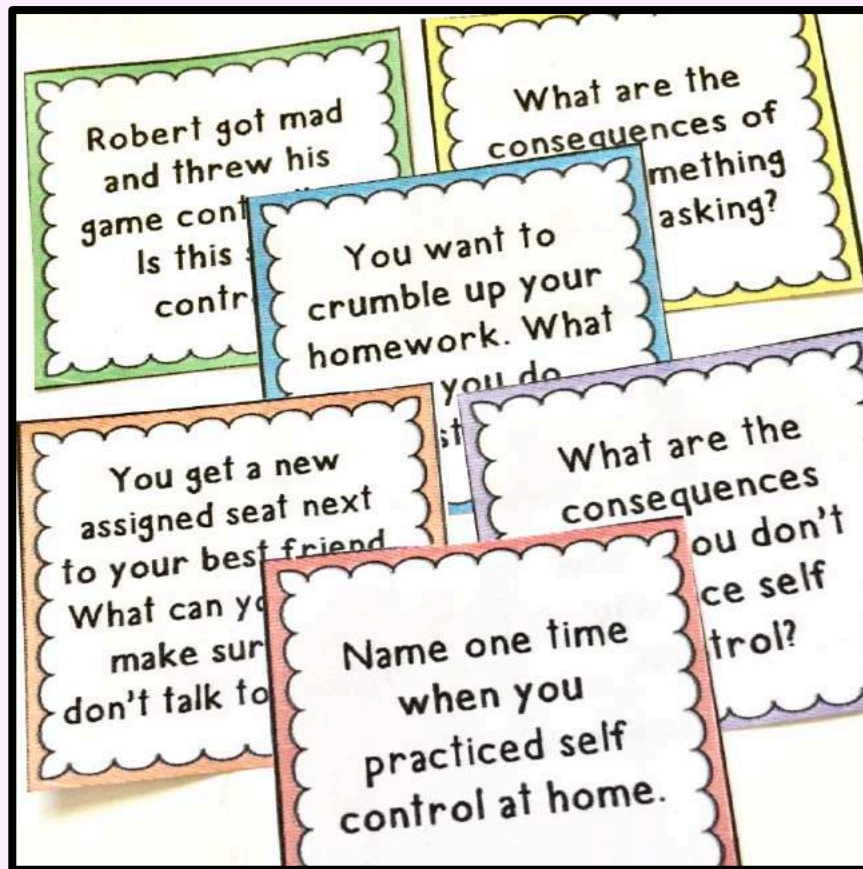
- Use in a small group by having each student choose and answer 1-2 cards per session.
- Have students choose card(s) and record their answers using the answer sheets provided. These can be collected as an “exit ticket” to gauge understanding or collect data.
- Use as part of a game. While playing a non-counseling game, have the students periodically choose and answer a card. For example, every time a player rolls a certain number, or plays a certain card, he/she has to choose and answer a task card.
- Select a card and read it to students. Have them write their answer on individual white boards, and then discuss their answers.
- Use as part of a journal or interactive notebook activity.
- These cards can be used in individual, small group or classroom lessons.

How To Use Task Card Recording Sheets:

These response sheets can be used in various ways.

- At the end of a lesson or session, have each student respond to 1-2 task cards and record their responses as an “exit ticket.”
- Students can respond to 2-4 task cards, and then discuss their responses with the class or a partner.
- Students can respond to 4+ task cards as a way to assess the students’ understanding of the topic.

Use these task cards to help kids learn about what self-control is and how to use it.

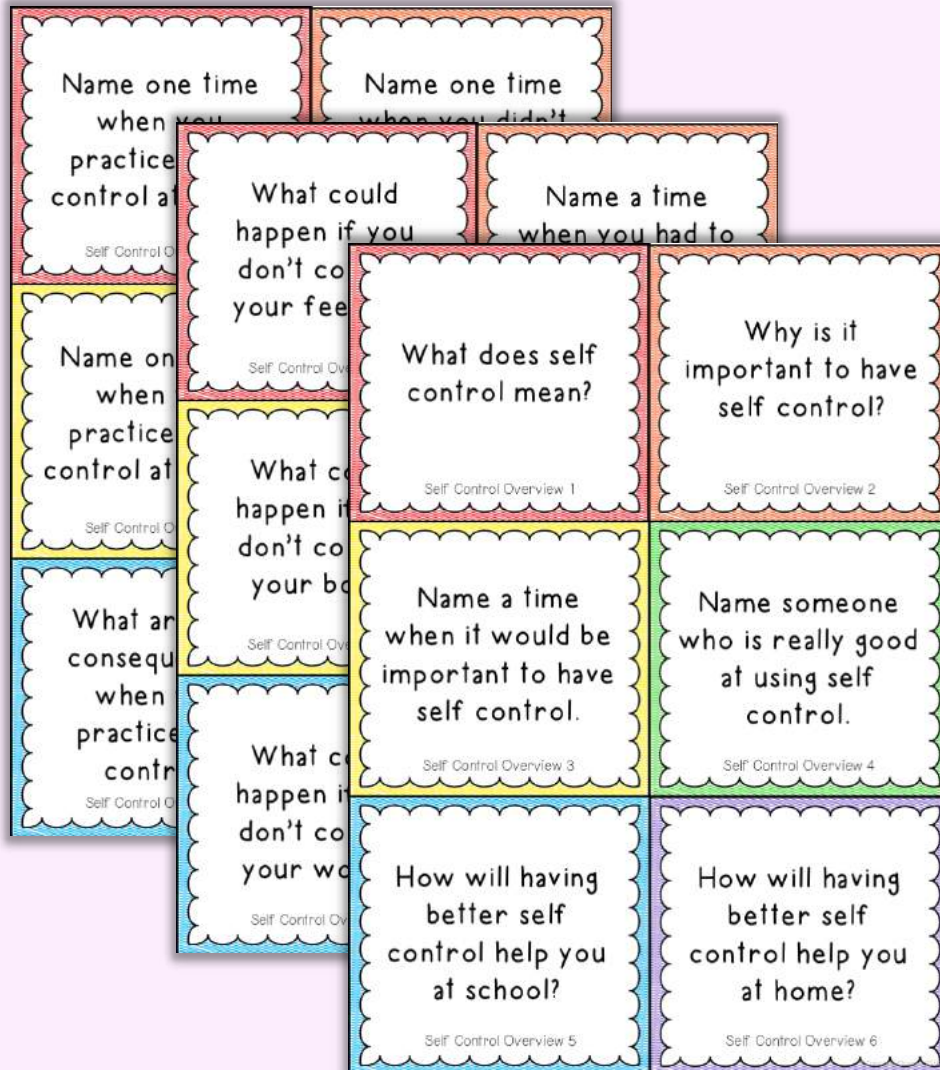


Perfect for...

- Self-control lessons or small groups
- Character education lessons or small groups
- Social skills lessons or small groups
- Student who struggle to think before they act
- Students who could benefit from considering consequences of their actions
- Students who have ADHD

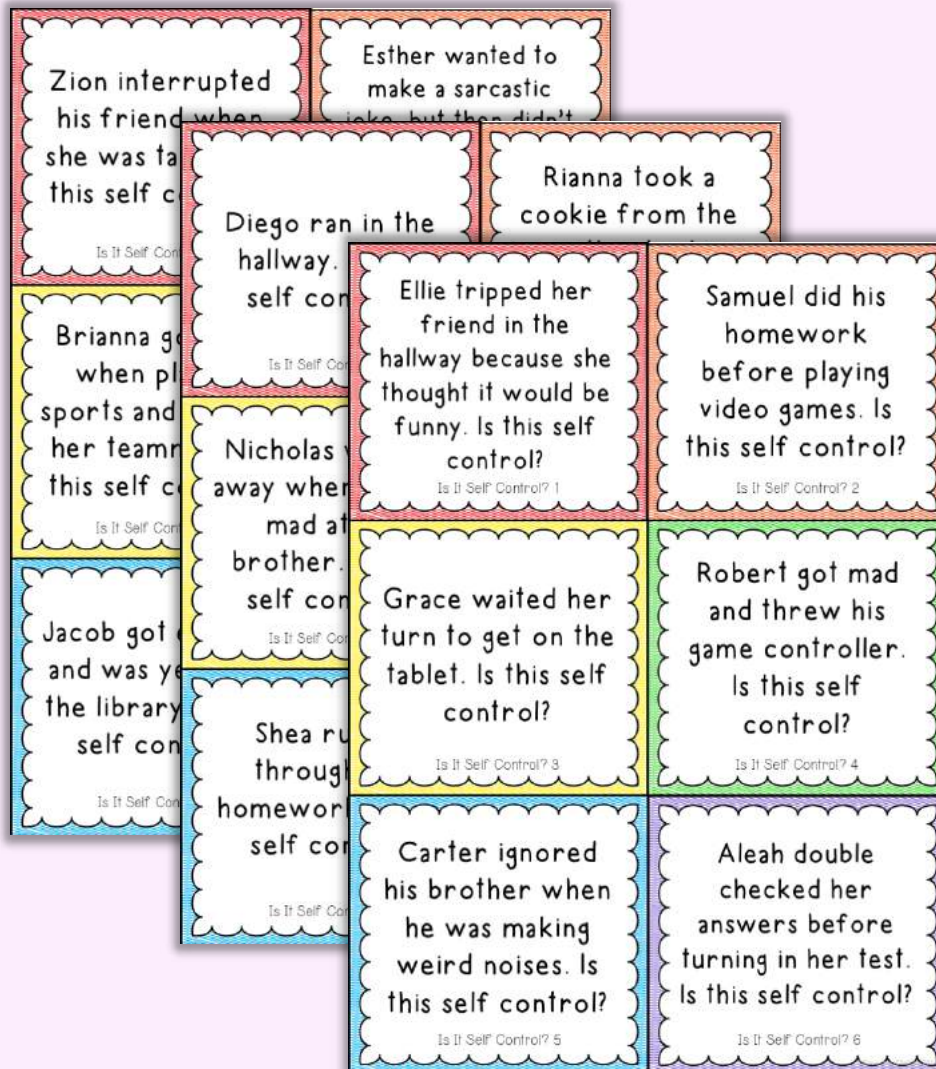
Keep scrolling to learn more about the 72 cards included.

18 “Self-Control Overview” Cards



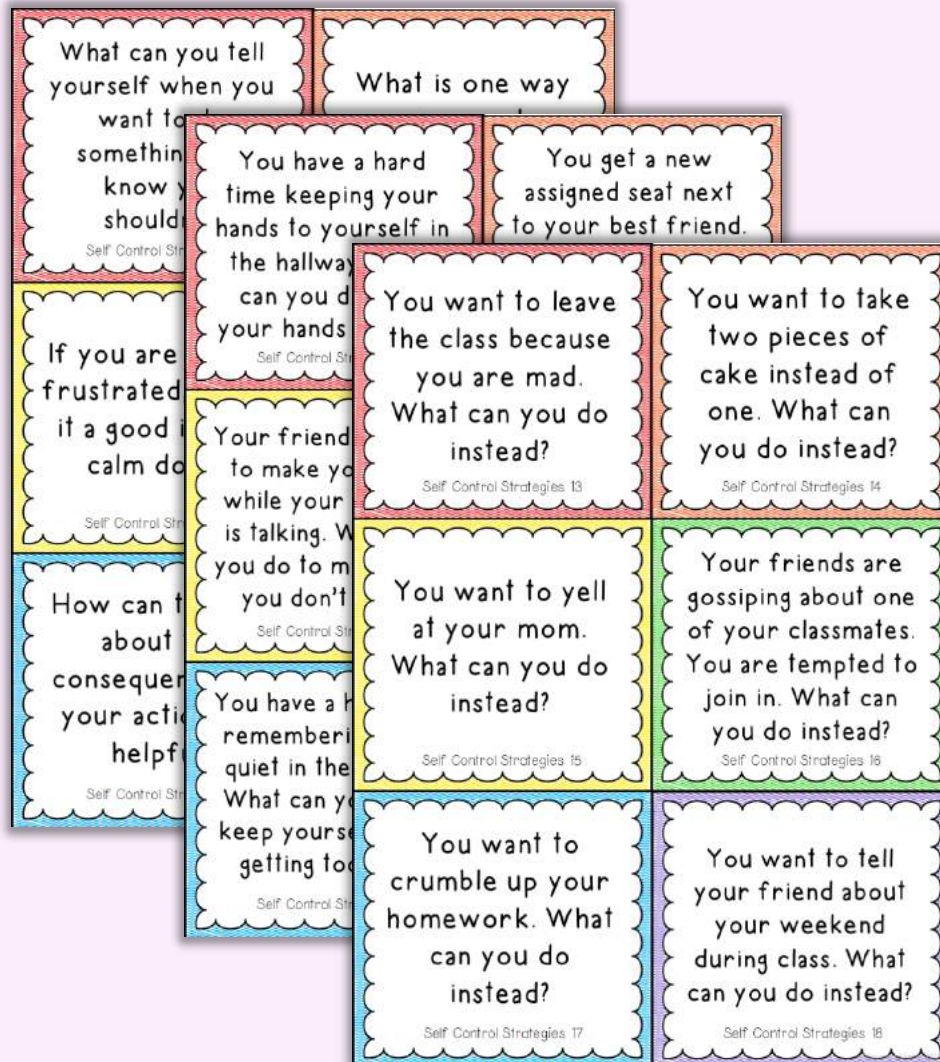
Students will consider what self-control is, why it's important and how it relates to their lives.

18 “Is It Self-Control?” Cards



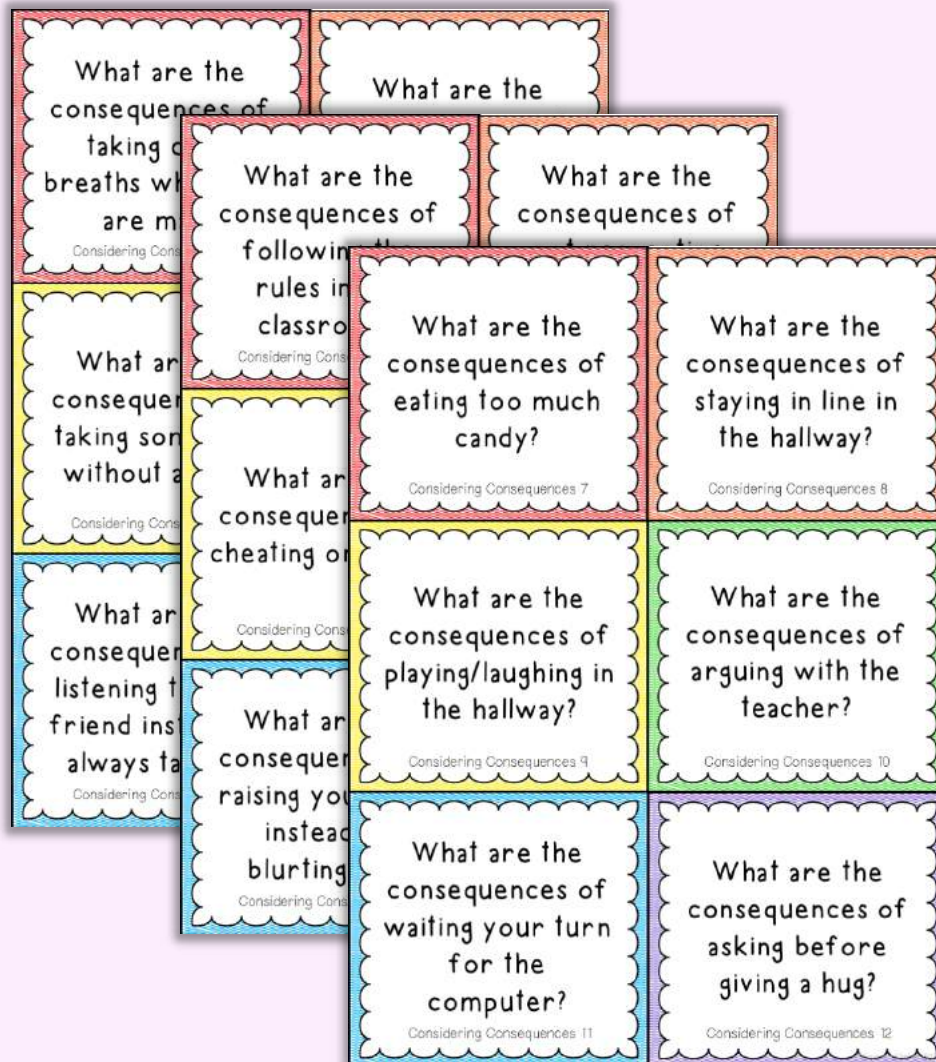
Students will look at 18 scenarios and determine whether or not the person in the scenario is using self-control.

18 “Self-Control Strategies” Cards



Students will learn about different self-control strategies and consider how they can use self-control in various situations.

18 “Considering Consequences” Cards



Students will look at various scenarios and determine the consequences of the actions.

Sample Answers

Self Control Strategies Task Card Sample Answers

Please note that these are just sample answers, designed to help give you guidance if you aren't sure how to answer. All answers will vary.

1. I can tell myself to stop.
2. I can walk away.
3. When I am frustrated, I can take a break.
4. If I am aware of my actions, I can choose to do something else.
5. I can realize that I am in control of my actions.
6. I can choose to do something else.
7. I can ask my friend for help.
8. I can ask my teacher for help.
9. I can keep my mouth shut.
10. I can think about the consequences of my actions.
11. I can sit next to a friend.
12. I can block the negative thoughts out of my mind.
13. I can talk to a friend.
14. I can tell myself to stop.
15. I can think about the consequences of my actions.
16. I can walk away.
17. I can take a break.
18. I can tell myself to stop.

Considering Consequences Task Card Sample Answers

Please note that these are just sample answers, designed to help give you guidance if you aren't sure how to answer. All answers will vary.

1. I can be calm and think about the consequences.
2. I will get in trouble.
3. People may not like me.
4. The other people will get angry.
5. My friend will get angry.
6. My teacher will get angry.
7. I may get a detention.
8. I won't get in trouble.
9. I will get in trouble.
10. He/she will be angry.
11. I will get your friend angry.
12. The other people will get angry.
13. I won't get in trouble.
14. My friend may get angry.
15. I will get a detention.
16. They will feel bad.
17. The teacher will get angry.
18. I will get in trouble.

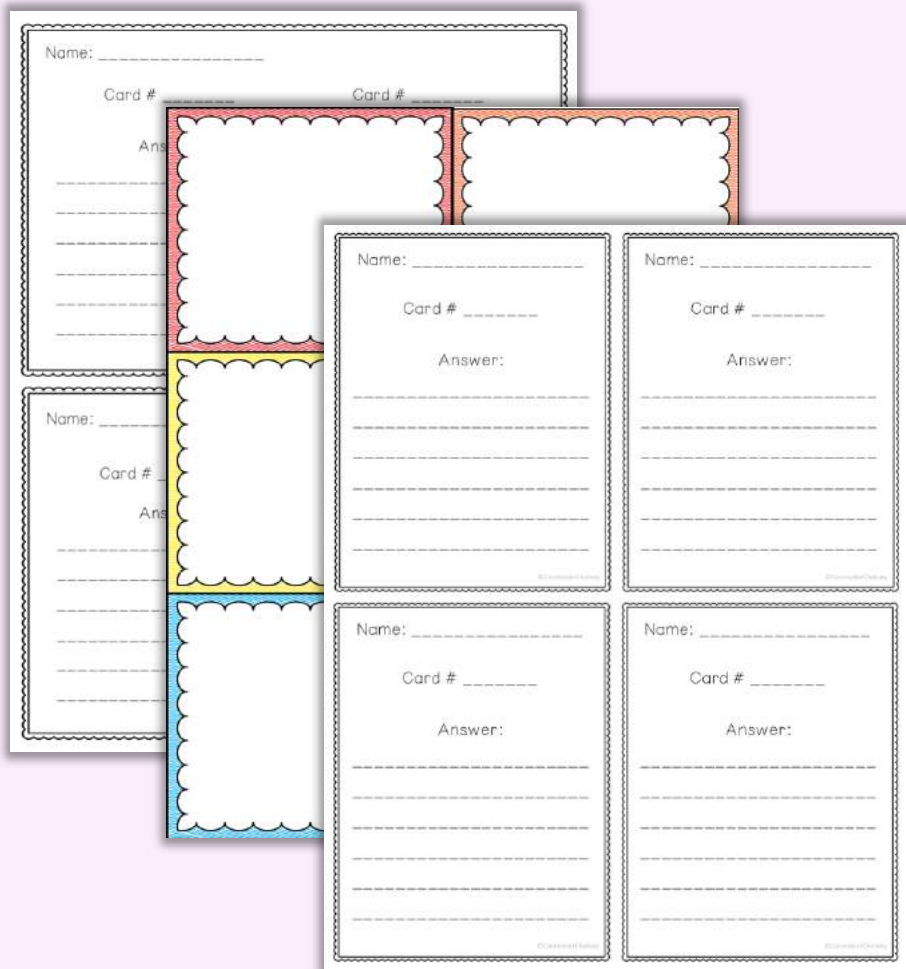
Self Control Overview Task Card Sample Answers

Please note that these are just sample answers, designed to help give you guidance if you aren't sure how to answer. All answers will vary.

1. Self control is thinking before you act or speak and choosing to make the best decision.
2. When you use self control, you are able to make good decisions that have positive consequences.
3. When you get angry. When you are sitting in the lesson. When you are talking to your friends.
4. Answers may vary.
5. I can be more focused in the classroom and get better grades.
6. I can be better at following the rules and not get grounded as often.
7. When I waited until after dinner to eat dessert.
8. When I yelled at my dad.
9. When I stayed quiet during the lesson.
10. When I was talking during the movie our class was watching.
11. The consequences are positive. I get better grades, my friendships are better, etc.
12. The consequences are negative. I get in trouble, people don't want to be around me, etc.
13. I may do something that will get me in trouble.
14. When I got mad at my friend for accidentally bumping into me.
15. I could hurt myself or someone else.
16. When I wanted to push someone during the basketball game.
17. I may say something that hurts someone's feelings.
18. I wanted to say a cuss word, but knew I wasn't allowed.

There are sample answers included for each card to make them even easier for you to use!

Answer Recording Sheet



There are three answer recording sheets to help your students answer 1, 2 or 4 cards at a time.

There is also a set of blank cards that you can use to write your own prompts.

What Others Are Saying...

“These task cards were a great resource to help students apply their self-control skills to real world situations.”
–Heather N.

“I have used this resource many times with clients who are working on social goals. I like the variety of questions.”

“Love this resource for teaching impulse control! Super helpful and my students enjoy it as well.”
–Rachel D.

TEACHING ABOUT SELF-CONTROL? BUNDLE & SAVE!



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

SEE THE BUNDLE HERE