



In Control: A Book of Games To Teach Children Self-Control Skills

Lawrence E. Shapiro

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This book of six games helps children keep cool under any circumstances. The colorful game board is bound into the middle of the spiral-bound book, ready to be used for play. Teaches children such skills as listening to others, following rules, and cooperating. For 2-4 players.

The six games in this book take a multimodal approach to teaching self-control skills. Each game concentrates on a specific skill, including:

- Controlling Emotions
- Controlling Impulsivity
- Using Positive "Self-talk"
- Organizing and Planning
- Concern for Others
- Social Entry

Contents:

Game board book

1 6-sided die

1 30-sided die

50 chips

6 pawns

1 minute sand timer

Feelings Faces cards

In Control cards

I.O.U. cards

Instructions

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