

SELF-CONTROL LAPBOOK



Self control lapbook

Instructions

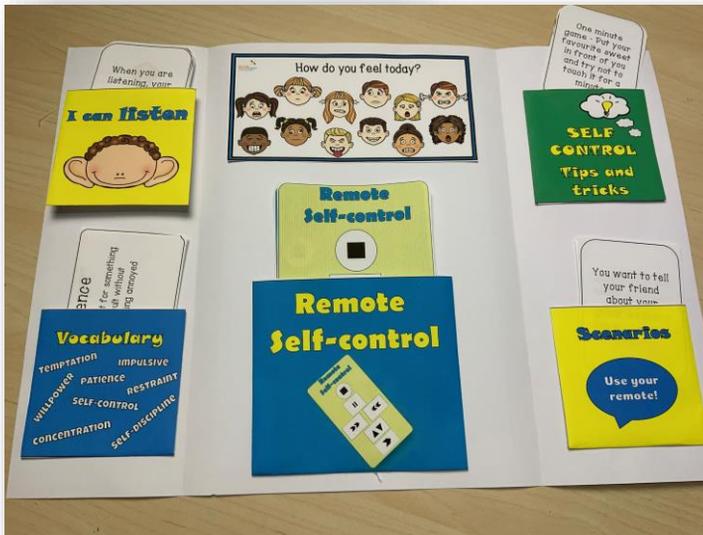
You will need one A3 piece of card to make the lapbook. Fold the right flap in 11.5cm And the left flap in 10cm. There will be a slight overlap for velcroing if you require.



Front of the lapbook

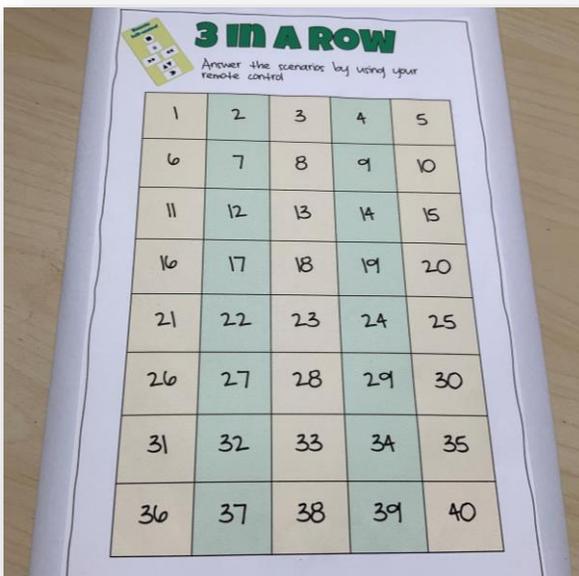
Cut out and stick the title to the left hand flap

Cut out the name and picture and stick to the right hand flap of the lapbook



Inside of the lapbook

Set out like this

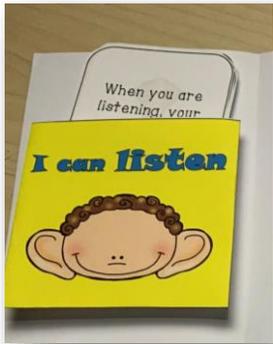


Back of the lapbook

Stick the game to the back of the lapbook

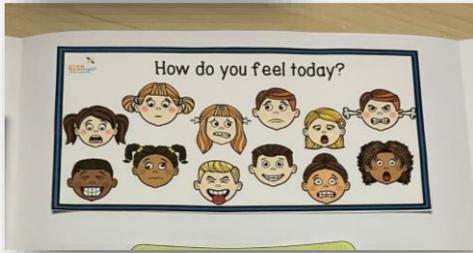
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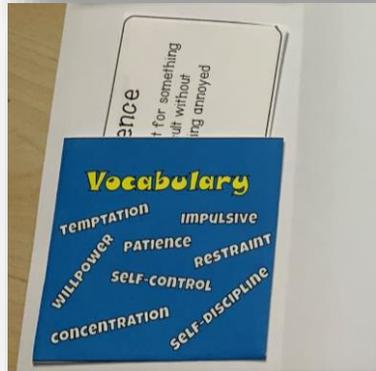
I can listen pocket

This goes through whole body listening. There are picture cards and cards with text. Use this to ensure the child understands good listening skills



How do you feel today?

A simple emotional register to use each time you work with the child. Also can be used when discussing scenarios.



Vocabulary pocket

This goes through some common vocabulary associated with self-control. Ensure the child understands what each word means. There are some cards with meanings and also some cards for the child to fill in.



Remote Self-control

This pocket contains the Remote Control which needs to be discussed with the child. They will use this when discussing scenarios.



Self-control Tips and tricks

This pocket has lots of tips for helping themselves have more self control. There are little one minute games to play and useful advice.

There are also some cards for children to come up with some calming strategies should they be needed.

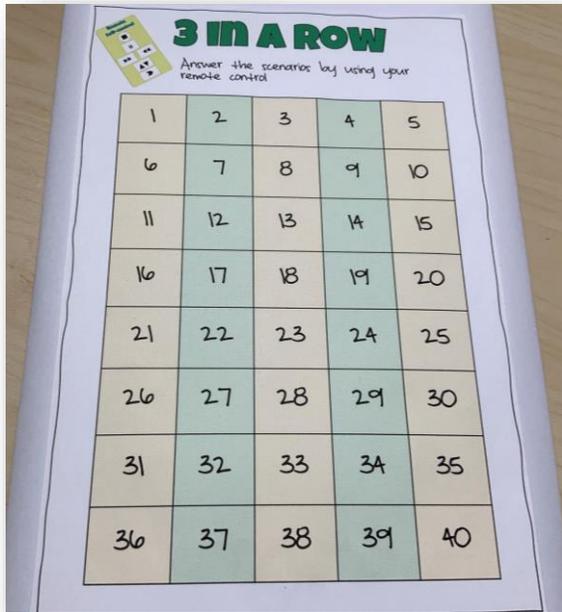
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Scenarios

This pocket contains 40 scenarios that you can use along with the game on the back of the lapbook. You can also just use them as they are. If you want to use as part of the game then please print them and write the numbers 1-40 on the back of the cards. You will need the remote control with these scenarios so the child understands the steps needed to ensure good self-control.



3 in a row game

You will need the remote control, some counters and the scenario cards with numbers 1-40 written on the back to play this game. Please see the file for the instructions.