





- BUILD RAPPORT & CONNECTION
- COUNSELING ASSESSMENT TOOL
- GREAT ICEBREAKER GAME!

INCLUDES A BLACK & WHITE SET, TOO!



INSTEAD OF
COLORS, SHAPES!

...a stop sign. What does your stop sign look like? How could imagining a stop sign help you maintain self-control?

...shows great self-control is...

...Player can spy on 1 player by peeking at their cards and then choose a new shape for the discard pile... and go again.

...thoughts, and actions.

FREE!
Player can choose a new shape for the discard pile... and go again.

2
"A good way for me to calm down when I feel frustrated or angry is..."

the
Self-Control CARD GAME

...I can't believe you missed that!"
-or-
Keep trying! I know you'll figure it out!

5
TRUE OR FALSE
One way to practice self-control is to get first, before

9
A classmate says something rude to your friend. What are 2 choices you have? Which one shows more self-

3
"It would help me to practice more self-control when..."

...ha
time ur
lesson
out, y
walk
clas
cho
cho
mo