

# *“Level Up” in Character!*

## **Self-Control**

**Control of your actions and emotions**

### ***“Simon Says”***

There are numerous games you can play that will help you practice and understand Self-Control, but “Simon Says” is well known, simple, and a lot of fun.

Self-Control skills help us to control emotions, thinking, behavior and physical actions in different situations. Throughout the day, we need the ability to tolerate sensations, ignore situations and form appropriate responses. It requires that we learn control over our impulses to stop doing something if needed and to participate in something even if we do not want to do it.

#### **What You Need**

- An indoor or outdoor play space large enough to accommodate the players (make sure no breakables are nearby)

#### **How to Play**

The teacher or game leader gives an instruction like, “Touch your nose,” but students only follow the directive if the directive begins with, “Simon Says.” For example, students would not touch their noses if the teacher or game leader says, “Touch your nose,” but they would touch their noses if the teacher/game leader said, “Simon Says touch your nose.”

**Remember “We are responsible for our own actions and how we feel!”**



**#GAMEON**

