**Self-Control Building Games**

Physical self-control is an excellent starting point for teaching mental self-control. Plus, games that involve physical impulse control are more developmentally appropriate for children. The traditional games such as Simon Says and Red Light/Green Light are effective for teaching self-control but may not be so exciting for your elementary school student. So another option is to play, Freeze. With Freeze, children dance to music while the teacher holds up a picture of a stick figure in a certain position. The children are supposed to observe the figure while dancing their own way; it is only when the music stops that they should get into the position. So not only do the work on their self-control by following challenging directions, they also work on memory skills by remembering the position after the music stops and the picture is taken down.

**Bullying Idea**

“Paula - A teacher in New York was teaching her class about bullying and gave them the following exercise to perform. She had the children take a piece of paper and told them to crumple it up, stamp on it and really mess it up but do not rip it. Then she had them unfold the paper, smooth it out and look at how scarred and dirty is was. She then told them to tell it they’re sorry. Now even though they said they were sorry and tried to fix the paper, she pointed out all the scars they left behind. And that those scars will never go away no matter how hard they tried to fix it. That is what happens when a child bullies another child, they may say they’re sorry but the scars are there forever. The looks on the faces of the children in the classroom told her the message hit home.”