

Self regulation is a skill that can be practiced. The following games and activities are not designed by myself, however I have collated them for you for easy reference. Please adapt them to your child's level and discussion can also be adjusted.



Activity 1.

Red light, green light

Ages – 3-7

What you need:

Open space and some kids

How to:

1 person is chosen to be the traffic officer (parent)

All players stand on the agreed upon starting line and the officer turns his/her back on the rest of the players.

The officer calls green light and the children try to run to the end line (that has been pre agreed upon)

When the officer says red light, he turns around and players have to immediately stop.

If the officer catches someone still moving, they ask that person to go back to the starting line.

Whoever reaches the finish line first becomes the new traffic officer.



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Alternative: switch up what Red and Green light stand for!

Benefits:

- listening and controlling urges to do something
- Making connections between being able to control their bodies
- Using listening skills and interpreting that to bodily skills (ie. Stopping)

Activity 2.

Musical Freeze

Ages :

2 years plus

What you need:

A music player

Space (indoor or out!)

How to play:

Play different songs that have opposite tempos to get the children to move/dance. Use the tempo of the music to ensure children dance or move to that speed. Randomly, press pause on the song and the child needs to freeze.

THEN; change up the rules. Fast music = slow dancing and Slow music = fast dancing

Benefits:

- Discuss how often we feel impulse to do something.
- Listening
- Gross motor skills

Activity 3.

Bubble POP!

Ages:

2 years plus.

What you need:

Bubble machine

Space (if indoor, be careful not to play on floorboards as it become slippery!)

How to play:

Blow lots of bubble and encourage the children to pop as many bubbles as they can, in any (safe and reasonable) way they can.

Then, ask them to sit down and this time when you blow bubbles, they are not allowed to pop a single one!

Benefits:

Patience

Talk about how it feels to resist the temptations.

Connect with real life situations

Controlling emotions



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Activity 4

Count to 10

Recommended ages:

4 years plus.

Sitting in a circle, explain that as a group, and in any order of person, you need to get through counting from 1 to 10.

Any random person can start with 1, and then another person needs to say 2, so on and so forth.

The game restarts if:

If you speak over each other

If you say two numbers in a row.

Skills attained:

- ear and eye coordination,
- team work
- patience.