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Objectives:

- Students will learn what self-control is.
- Students will learn how they can practice self-control in their lives.

How to Use:

Students take turn rolling dice to make it through the game board. Each time a die is rolled, students will answer the prompt with the corresponding number. Prompts are design to help students explore the concept of self-control and learn how they can use self control in their own lives.

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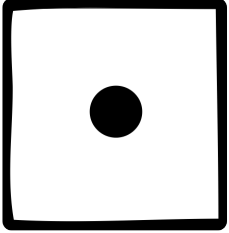
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Self-Control Dice Game

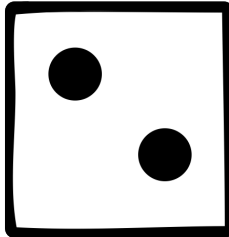
Roll the dice and answer the question that goes with the number you rolled. If you can answer correctly, move forward the number that you rolled.

100	Back 6	98	97	96	95	94	93	92	91
Back 2	82	83	84	85	86	87	88	89	90
80	79	78	77	76	75	74	73	72	Ahead 3
61	62	63	64	Back 3	66	67	68	69	70
60	59	58	57	56	55	54	53	Ahead 2	51
41	42	43	Ahead 1	45	46	47	48	49	50
40	Back 4	38	37	36	35	34	33	32	31
21	22	23	24	25	Ahead 2	27	28	29	30
20	19	18	17	16	15	14	Ahead 3	12	11
1	2	3	Back 2	5	6	7	8	9	10

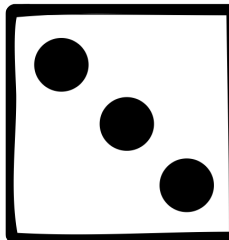
Self-Control Dice Game Questions



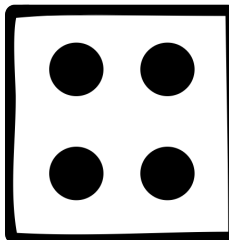
One: Name one time that you practiced self-control.



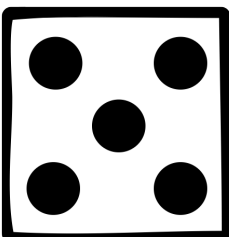
Two: Name one time that you saw someone else practicing self-control.



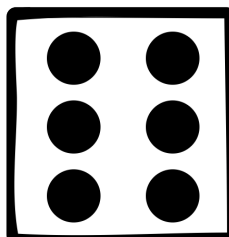
Three: Name one time that it was difficult for you to use self-control.



Four: Name one reason that it is important to use self-control.



Five: Name one thought you have while your teacher is talking. Does this thought need to stay in your head, or should you say it out loud?



Six: Name one thing you may want to do when you are angry. Name 3 consequences (positive or negative) that may happen if you choose this action.