

# CAN DO Examples to Help Kids Feel in Control

## **Child doesn't want someone to look at them.**

- You can close your eyes.
- You can leave the room.
- You can pretend you're invisible.
- You can cover yourself with a blanket.

## **Child wants to go out with friends and is not allowed.**

- You can decide where you and I go together.
- You can decide what game we play at home.
- You can be alone in your room.
- You can go to the park. I can take you if you want.

## **Child wants another child to give them a toy.**

- You can ask her for a turn.
- You can wait until she is done.
- You can get one of your toys to trade with her.
- You can keep toys you only want for yourself hidden in your room before friends come over.
- You can put it on your birthday or Christmas list and have your own to keep forever (if it's not the child's toy).

## **Child resorts to being physically mean or picking on others.**

- If you're so angry that you want to hit, you can hit a pillow or rip this paper.
- You can yell those words in the bathroom.
- You can yell at the wall in your bedroom.
- You can write it down on paper and put it under your pillow.

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The best solutions will come from the child. If the child has a high need for power and control, they will LOVE deciding their own solutions over you providing them.

To help your child come up with solutions, I love using the all-purpose CAN DO like this: There must be something you can do!

Or if you're open to negotiation: There must be something we can do!

# 15+ Games and Activities to Help Kids Develop Self-Control

Hint: Let kids take turns being the leader and follower to help meet their need for power and control AND practice self-control.

## Red light, Green light.

Kids move on the green light and stop on the red light. Don't get caught moving on the red light.

## Simon Says

Children have to perform an action only when the leader says "Simon Says...". For example, if the leader says "Simon Says touch your toes" and all the children touch their toes. If the leader says "Touch your toes", no one should touch their toes.

## Mother May I

One child is the leader. The rest of the children ask: "Mother May I take...." a certain amount of steps, hops, jumps or leaps to get to the leader. The leader approves or disapproves.

## Color Moves

Explain to your kids that they will walk around the room. They are to move based on the color paper you are holding up. Green paper means walk fast, yellow paper means regular pace and blue paper means slow motion walking. Whenever you hold up a red paper they stop. Try different locomotor skills – running in place, marching, jumping, etc.

## Follow the Leader

The leader performs different actions and the children have to follow the actions exactly.

## Loud or Quiet

Children have to perform an action either loud or quiet. First pick an action i.e. stomping feet. The leader says Loud and the children stomp feet loudly.

## Follow My Clap

The leader creates a clapping pattern. Children have to listen and repeat.

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- Duck Duck Goose
  - Freeze Dance
  - Board Games
  - Bop It
  - Freeze Tag
  - Musical Chairs
  - Yoga
  - Spot It
  - Hide and Seek
  - Jenga
  - Balloon Breathing
  - Guided Meditation