

Grade 3

Health Objective 1.01

Identify healthy methods of self-control.

Language Arts 2.08

Listen actively by: facing the speaker, making eye contact, asking questions to clarify the message, asking questions to gain additional information and ideas.

Materials Needed:

Hunter and His Amazing Remote Control: A Fun, Hands-On Way to Teach Self-Control to ADD/ADHD Children (paperback) by Lori Copeland

Two small bells

Remote controls made for each student

Focus:

Divide students into two teams. Then divide the teams into two lines facing each other. Tell the students that the objective of the game is to see which team can exchange their bells with each other first. The object of the game is to exchange the bell without allowing it to ring and without touching the clapper of the bell. This exercise requires that students control their emotions and actions in order to accomplish a task. If the bell rings the person must go back to the beginning and start over.

Teacher Input:

Self-control is an important skill for all children to learn. It refers to having power or control over one's own actions. It also means that an individual knows right from wrong. Children who do not make choices for their own behavior but instead rely on other children, parents, teachers or adults to make choices for them do not learn self-control. These children may follow others' bad choices and get involved in ridiculing others, taking away others' things, and not taking responsibility for their behavior. They also may listen to others who say negative things about people who may be different due to skin color, race, culture, religion, or disabilities. The skill of self-control allows children to know that the right thing to do is to be tolerant of others despite differences. If students are taught self-control at an early age, then they will feel better about the choices that they make. (NASP: National Association of School Psychologists)

Practice & Assessment:

Using the template provided in Hunter and His Amazing Remote Control, create a remote control either for each student or on poster board for small groups. Using activities presented in the book remind students that each of the methods listed in the book are healthy ways to monitor and control oneself.

Hunter and His Amazing Remote Control is a unique, cognitive-behavioral approach to teaching self-control to children whether or not they have ADD or ADHD. Using the buttons on their "amazing" remote controls, children learn how to improve self-monitoring, impulse control, and self-confidence.

This book contains an activity guide and an illustrated storybook with reproducible remote control covers. Through Hunter's story, students hear how he learned to use his very special

remote control. Then, they can create their own "amazing" remote controls and learn how to use them.