

I Choose Self-Control Board changes a child's state from upset to calm

3 MIN • YOUTUBE • [HTTPS://WWW.YOUTUBE.COM/WATCH?V=URUIK9PVSXE](https://www.youtube.com/watch?v=UruIk9pvsXE)
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SUMMARY

The "I Choose Self-Control Board" is a tool designed to help children develop self-control and emotional regulation. Created to address a common need, it offers portability, individualization, and encourages reflection on personal goals, making it suitable for various age groups.

- *Designed to enhance self-control in children, addressing a prevalent need.*
- *Portable and easy to use in different settings like classrooms and playgrounds.*
- *Can be individualized to focus on specific emotions and strategies.*
- *Includes 18 strategies for managing emotions, with additional resources in a pouch.*
- *Encourages children to reflect on their emotional goals (e.g., calming down, feeling better).*
- *Proven effective, with positive feedback from children who have used it.*
- *Accompanied by an 18-page booklet explaining its importance and strategies.*
- *Aims to foster growth not only in children but also in adults facilitating their learning.*

I wanna share with you the I choose self-control board. Created out of what I think is a big need that we're all facing right now self control. I actually designed this sitting at a restaurant on the back of a restaurant receipt. I'm always give me some paper, I've got an idea. So I found this to be very helpful even for myself at my own age. but all the children I've seen use this are just in love with this.

And it does four phenomenal things
first of all it's packed. So it meets the need for space. Whether
your parent or teacher. Second uh... it's portable you can carry on
trips, you can carry it out to the playground. Third, you could individualize this so if a certain emotion is giving
a child a certain problem, you can put the ones up here they're dealing with and not so overwhelming. Also you
can pick the strategies there are about eighteen strategies that the new, the extra ones are in this pouch in the
back.

Finally the fourth thing which is just so important is to ask the children to
reflect on their goal. Is your goal to stay upset, calm down, feel better, or
getting out of doing something? So it asks for this wonderful skill called reflection. and if we facilitate that
development. It's the core skill one needs for honesty. I'd
recommend this for any grade. I'd recommend it for middle school, for high school. They got this like that.

There and there pulling it doing it. do you think Picking this. Doing this. Being a star. And they go right back to their desk. So tell me how you used it and how it worked for you. Frustrated. A disagreement a specials.

So I decided to squeeze the ball. Inside the safe place box. And what was your goal? What was your goal on the back? Cause you had four choices, to feel better, calm down, stay upset, or just get out of doing something. What was your goal? I wanted to calm down. So your goal was to calm yourself down? And how did it work out with patrol thing?

I was calm but I'm still fine. So you were able to handle a disappointment? How many people think it's been helpful? Well almost everyone has found it to be helpful. Even though that I choose self control board is easy almost self-explanatory for all children it comes with a eighteen page booklet that shows you and teaches you what and why this is so important for children, it explains all the strategies that are available so that you could individualize this for your specific child or specific children I'd choose self control board is gonna change things in your home and in your classroom significantly.

And you know the interesting thing it's gonna change you too. And I always that I grow with my children and for my children I wish you well.