



The Self Control Game: A Card Game That Teaches Emotional Intelligence

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Ages: 8 & Up. Developed by Lawrence E. Shapiro, Ph.D. This clever game approaches self-control in two ways. As players respond to question cards, they think and talk about different aspects of self-control, an important component of emotional intelligence. Then, as they place the cards facedown to form a maze, they actually experience the value of self-control - being patient and looking ahead makes it easier for them to win. Resisting temptation, planning, persisting, and understanding the consequences of impulsive behavior - challenge children to think before they act with this card game! 2-4 players.

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