



Self-control Activity

Autism & ABA Therapy Social Skills

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Activity Title:

"Patience Path: Learning Self-Control"

Objective:

To help the child with autism develop self-control by practicing patience and managing impulses in a structured and supportive setting.

Materials Needed:

- Patience Path Game Board: A simple board game layout with a path, challenges, and rewards. You can create this on a large piece of paper or cardboard.
- Game Pieces: Tokens or small figures to represent each player.
- Challenge Cards: Cards with simple tasks or challenges that require waiting or controlling an impulse (e.g., "Wait for 10 seconds before moving to the next space").
- Timer: To use for challenges that involve waiting for a certain amount of time.

Activity Setup:

Create the Patience Path Game Board:

- Design a path with spaces that lead to a goal. Include specific spots for challenges and rewards.
- Ensure the game is visually appealing and engaging for the child.

Prepare Challenge Cards:

- Write down various challenges that involve practicing self-control, such as waiting, not touching certain items, or speaking in a calm tone.

Activity Steps with Example:

Introducing the Game:

- Explain the game: “We’re going to play a game where we follow the path to reach the end. Along the way, we’ll have some challenges that will help us practice being patient and controlling our actions.”

Playing the Patience Path Game:

- Players take turns rolling a die or spinning a spinner to move along the path.
- When landing on a challenge space, draw a Challenge Card.
- Example Challenge: “Wait quietly for 15 seconds before your next turn.”

Applying Self-Control:

- Encourage the child to complete the challenge, using the timer if necessary.
- Offer support and guidance to help them succeed.

Positive Reinforcement:

- Provide praise and a small reward when the child successfully completes a challenge.
- Example Praise: “You did a great job waiting for your turn without getting upset. That’s awesome self-control!”

Reflection and Discussion:

- After the game, discuss how the child felt during the challenges.
- Ask, “How did you feel when you had to wait? What helped you stay calm?”

Skills Targeted:

- Impulse Control: Managing the urge to act immediately or reactively.
- Patience: Learning to wait calmly for a period of time or turn.
- Emotional Regulation: Keeping emotions in check during challenging situations.
- Problem-Solving: Finding ways to deal with difficult tasks or situations.

Tips:

- Tailor the challenges to the child's ability level and ensure they are achievable.
- Use clear, simple language to explain the rules and the purpose of the game.
- Be patient and offer encouragement throughout the game.
- Celebrate the child's efforts and successes, regardless of how small they may seem.