

# GAMES FOR IMPULSE CONTROL



## RED LIGHT, GREEN LIGHT

The leader stands on one side of the room with their back turned to the players on the other side. They call "red light" for stop, "green light" to go, yellow light to move slowly. Players try to touch the wall behind the caller first.

## BALLOON NAMES

The leader tosses a balloon in the air and says one of the players' name. Only that person can tap the balloon to keep it up. Once this has been mastered, call to a number or a colour assigned to each person/

## FREEZE DANCE

When the music plays, dance around the room. When the leader stops the music, everyone must stay frozen in place.

## WAIT - 2 - 3

The leader asks a player a question, but they cannot answer it for the designated number of seconds.

## MOTHER MAY I?

Players take turns asking the leader if they can do an action. They leader says yes or no. Players must listen and only do the action when the leader says yes.

## MY GRANDMA'S UNDERPANTS

The leader asks a player a question and the player must only respond with "My grandma's underpants" but they cannot smile while saying it!

