

Don't Take The Bait

Self Regulation Counseling Game

Don't Take the Bait
The fisherman is trying to catch you. Don't take his bait or get loose! Use strategies to avoid the Good Luck!

FINISH

Don't Take the Bait

START

Don't Take the Bait!
What can you do?

Kristen is my partner and she is being really bossy. It's making me frustrated.

Don't Take the Bait

Don't Take the Bait

STUDENTS WILL



understand their possible triggers.



learn helpful coping strategies.



find the strategies that work for them.



have safe and fun practice opportunities.



Learn about and understand their own triggers.

My Bait Survey

	Never	Sometimes	Often
1. Loud noises bother me.	Never	Sometimes	Often
2. I follow directions.	Never	Sometimes	Often
3. I get distracted easily.	Never	Sometimes	Often
4. I need to move around after a few minutes.	Never	Sometimes	Often
5. I get excited easily.	Never	Sometimes	Often
6. I feel tired.	Never	Sometimes	Often
7. I get in trouble with my teacher.	Never	Sometimes	Often
8. I get in trouble with my friends.	Never	Sometimes	Often
9. I get in trouble with my family.	Never	Sometimes	Often
10. I get in trouble with my classmates.	Never	Sometimes	Often
11. I have trouble staying focused.	Never	Sometimes	Often
12. I get in trouble with my teacher.	Never	Sometimes	Often

When is it hard for you to be alert and calm?
1. during independent work
2. when my friend is being silly

My strategies

How do you avoid the bait and stay calm?
set goals to stay focused on my work
Pick a good independent work spot.
What if you take the bait? What can you do to feel calm and alert?
Take a mindful minute + reset.



My strategies

What strategy can you use so you don't take the bait?

- Don't Take The Bait Strategy**
Think Happy Thoughts
- Don't Take The Bait Strategy**
Use a Fidget
- Don't Take The Bait Strategy**
Take a Break
- Don't Take The Bait Strategy**
Wall Push-Ups



Learn helpful coping strategies that work best for them.



Have opportunities to practice and have fun in a safe environment

WHAT'S INCLUDED

PRINTABLE GAME

36 Game Cards, Board, Spinner, Player Pieces, and Intro to Game.

SUPPORT MATERIALS

How to Use Strategies Guide

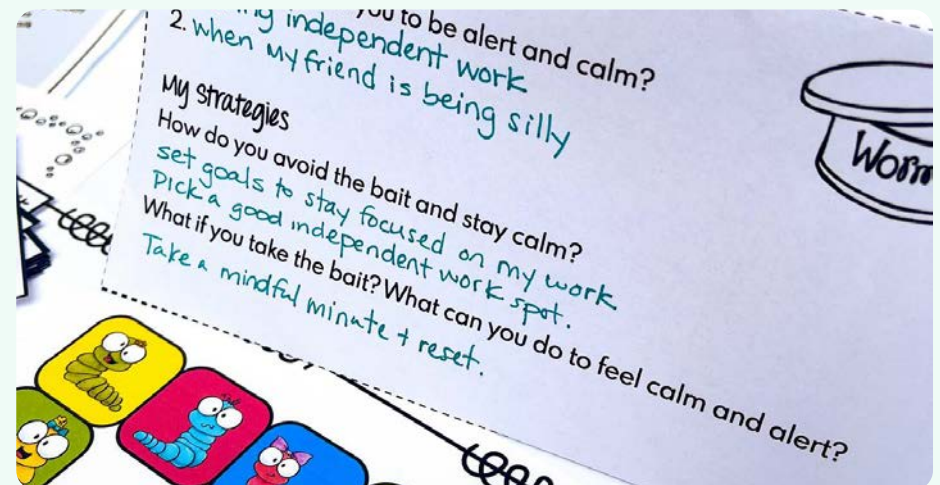
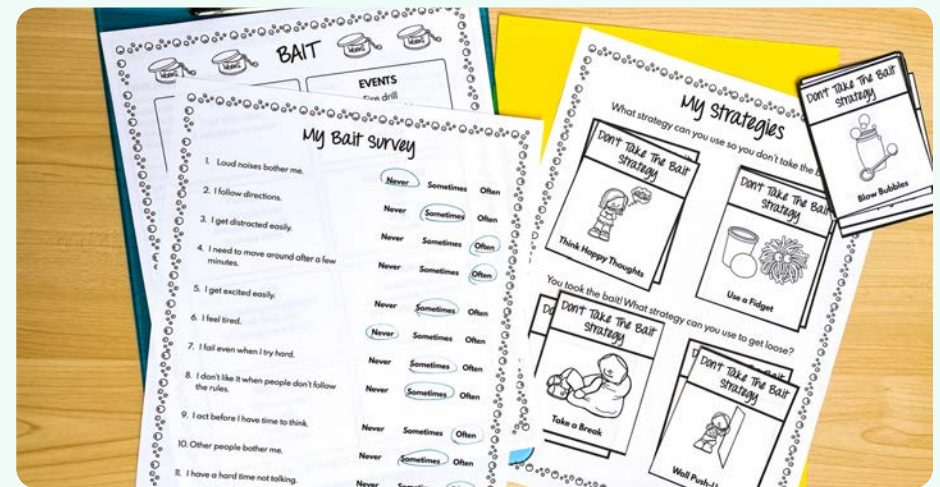
16 Strategy Cards

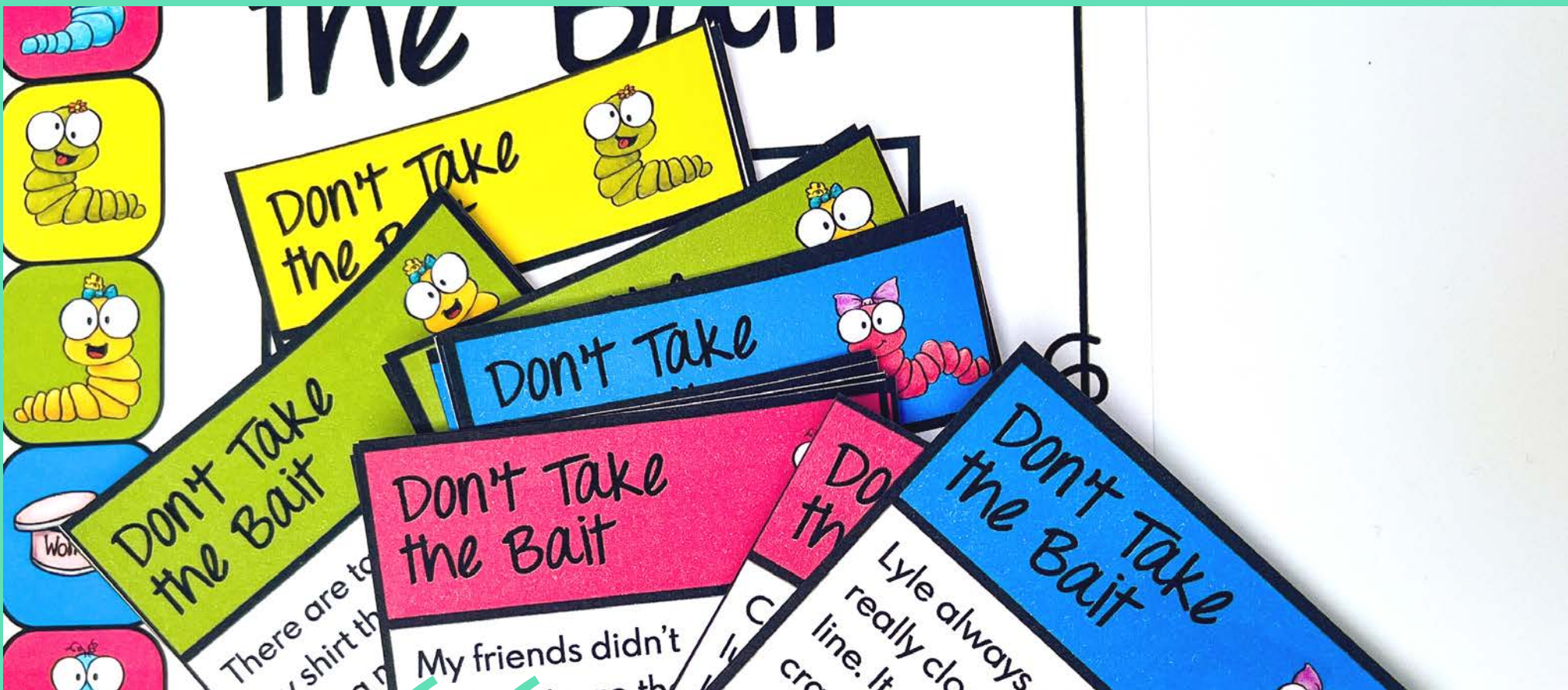
My Strategy Card

List of Triggers

Student Triggers Survey

My Bait Card





This is engaging and fun to use. I printed and laminated it once, and it has been low prep time ever since when I want to use this. I am very happy with this purchase.

ASHLEY

2nd - 4th

Don't Take The Bait

self regulation
counseling game

Don't Take the Bait is an engaging school counseling game to help students understand their triggers, find their best coping strategies, and take opportunities to practice in a safe environment.

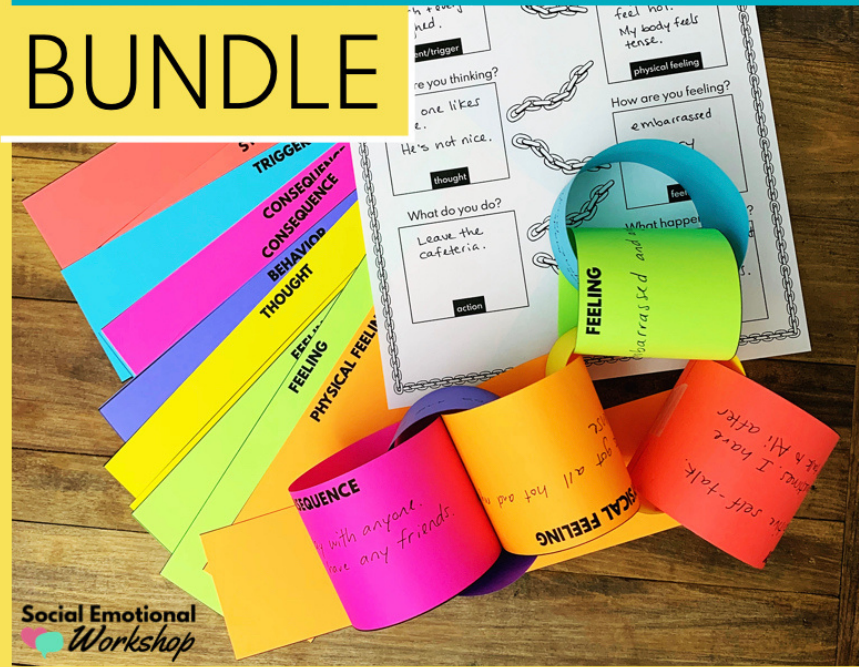
- 36 Game Cards
- Printable Game Pieces
- List of Common Triggers
- How to Use Strategies Guide
- 16 Strategy Cards
- Student Strategy Card
- Student Survey - Triggers
- My Bait Card

YOU MIGHT LIKE

SELF REGULATION

small group lessons & games

BUNDLE

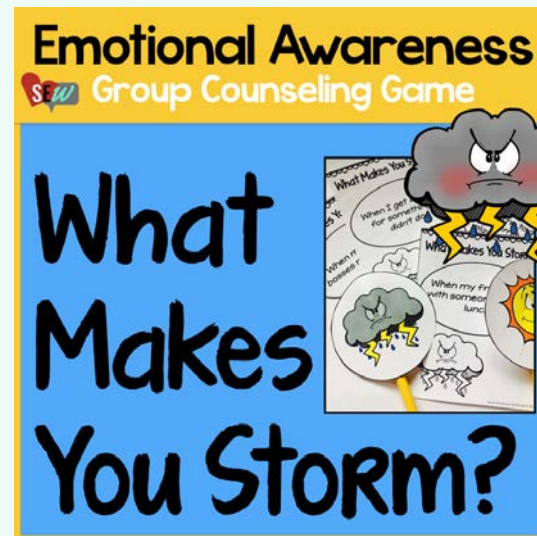


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Get 7 lessons, 3 Games
and bonus materials.



Small group counseling
game for positive thinking.



Easy counseling game to
learn anger triggers.