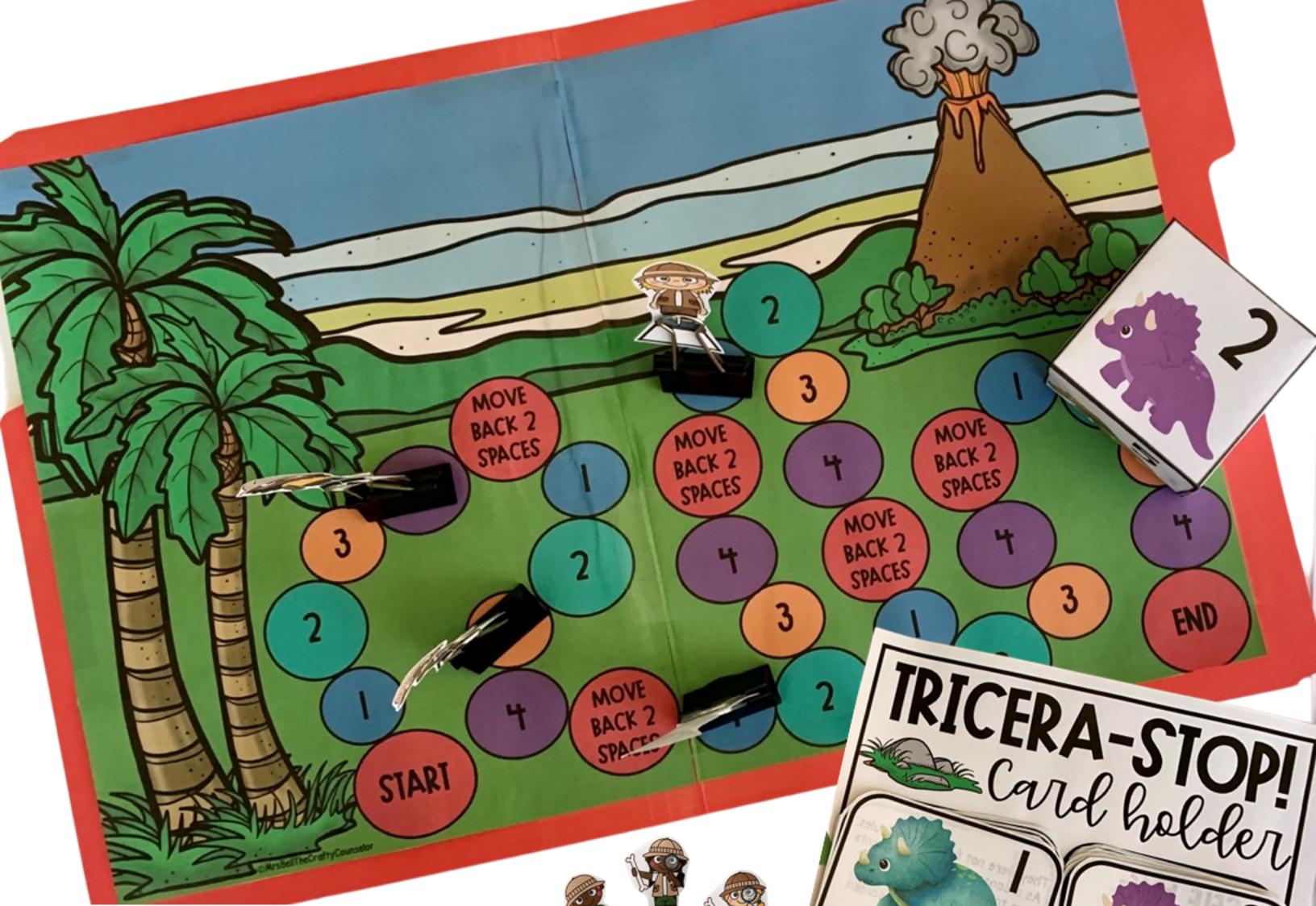


ANGER REGULATION TRICERASTOP GAME





FILE FOLDER GAME



**TEACH EMOTIONAL
REGULATION SKILLS**



EASY ASSEMBLY



Mrs. Bell
The CRAFTY
Counselor



TRICERA-STOP!

Card holder

1

STOP

2

CALM

3

PLAN

4

EVALUATE

Mrs. Bell
The **CRAFTY**
Counselor



Mrs. Bell
The **CRAFTY**
Counselor



MOVE
BACK 2
SPACES

MOVE
BACK 2
SPACES

2

3

2

4

2

3

4

MO
BA
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M
B

3

2

LESSON OUTLINE

Activity Prep:

- 1) Print Visuals/Posters
- 2) Prep Game Pieces, Cube, and Gameboard
- 3) Prep Situation Cards and Place on Card Holder

Activity Description:

Students are introduced to the Tricera-STOP activity, a game that teaches calming strategies and coping skills. Children are taught strategies they can apply to real life situations. Children are taught to STOP, CALM, PLAN, and EVALUATE with these fun triceratops.

Activity Objectives:

- Students participate in the Tricera-STOP Game
- Students learn new calming strategies and coping skills
- Students are able to describe when they can use their new skills in real life.

Activity Outline:

Students will be thrilled to play this fun triceratops themed anger regulation activity. To start, show the triceratops visuals. Use the visuals to thoroughly explain the difference between feeling angry and feeling calm. Use the visual to explain and provide examples of each step of STOP, CALM, PLAN, and EVALUATE. Once students have an understanding, start playing the game!

Students can choose from a variety of game pieces to place at start on the gameboard. Students roll the cube and move their game piece to corresponding number of spaces. Students will land on a number (or will move backwards two spaces to a number). They will choose a card with the corresponding number and will answer the questions. For example, if the student lands on number three, they will pick up a card from pile three. They will read the scenario written on the back and will answer the questions about the scenario's PLAN. Continue until someone reaches the end of the board. Keep playing the game as long as desired.



TRICERA-STOP! and plan



STOP



Stop what you are doing. Give yourself a moment to gain control before you act. This will help keep you from acting out of anger. STOP might look differently depending on the situation and available options.



Choose a strategy that helps you CALM your thoughts and think through your next actions. Practice various strategies and find a few that work well for you.



Once you've calmed your mind and body, PLAN your next steps. Think of what appropriate actions you can take next. What can you do to help yourself?



EVALUATE the results of your plan. Decide if your plan helped you or hurt you. Would you react the same way next time? Why or why not?

TRICERA-STOP!

- Blurred Vision
- Mind Racing
- Hands in Fists
- Seeing Red
- Hitting
- Shaky
- Kicking
- Hot
- Stomping



Settled Stomach Slower Breathing

Content Mind Relaxed Hands Relaxed

At Peace In Control

Clear Vision

Cool Feeling

CALM



Feet Still





Mrs. Bell
The CRAFTY
Counselor

THANK YOU FOR BEING HERE!



Hi, I'm Ashley, the face behind Mrs. Bell The Crafty Counselor. I'm an elementary school counselor who loves travel, going to the beach, and all things SEL & emotional regulation.



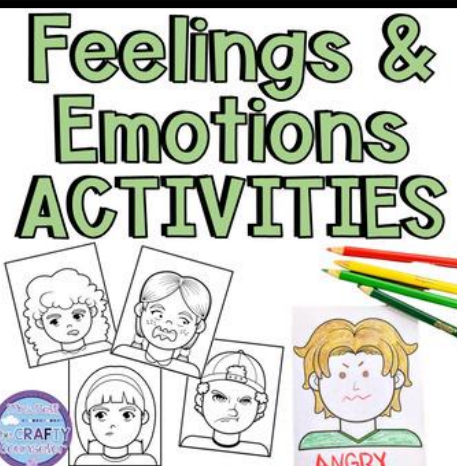
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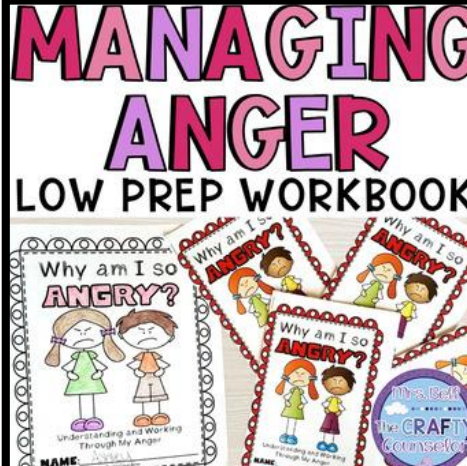
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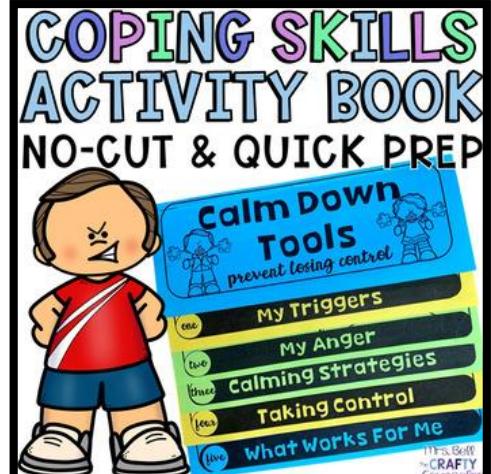
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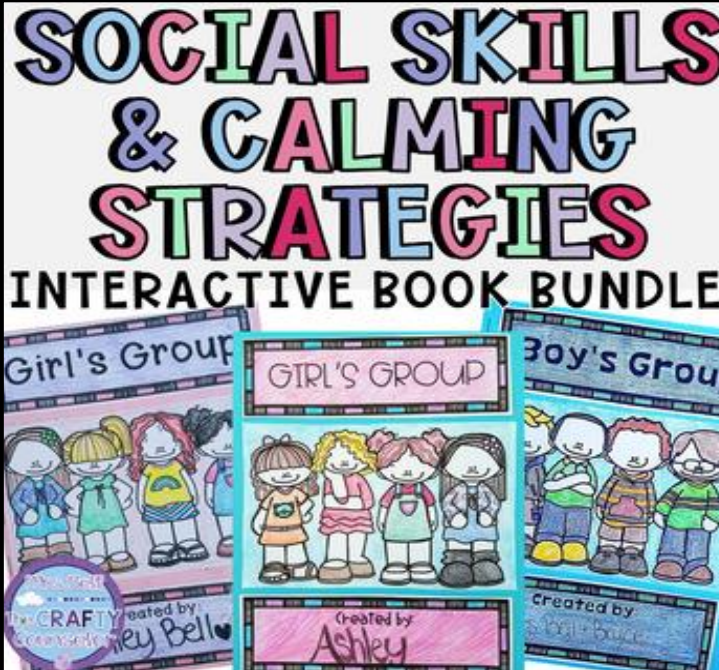
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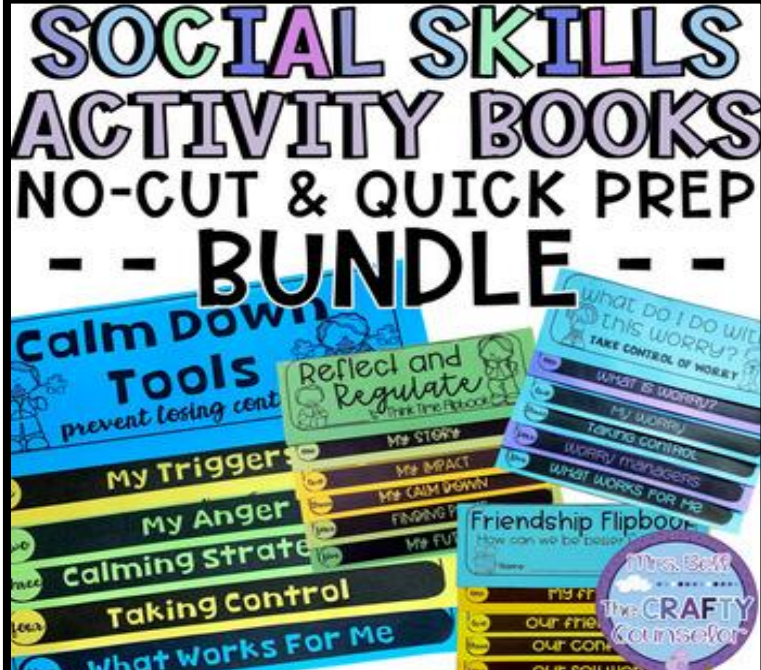
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