

The Self-Control & Problem Fixer

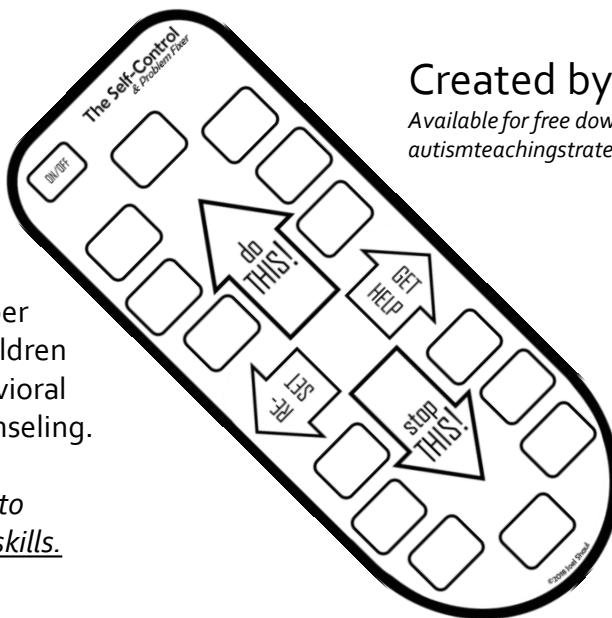
Created by Joel Shaul

Available for free download at
autismteachingstrategies.com

This pdf file provides you with printables you can use to create paper "remote control" devices to help children to focus on learning goals and behavioral objectives in your teaching and counseling.

**An entirely separate kit is available to make Self-Controls for conversation skills.*

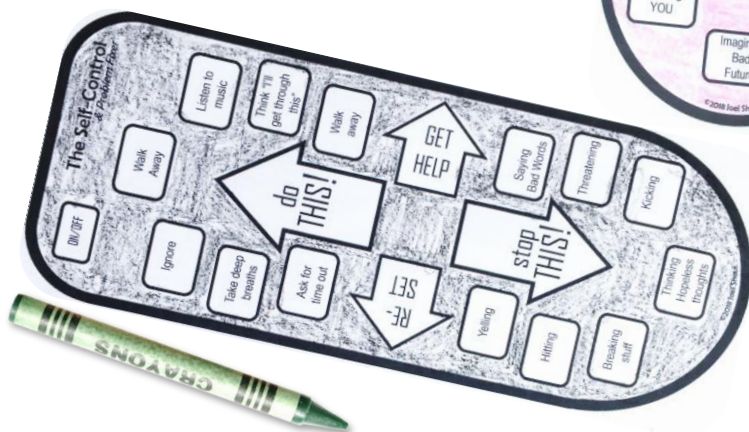
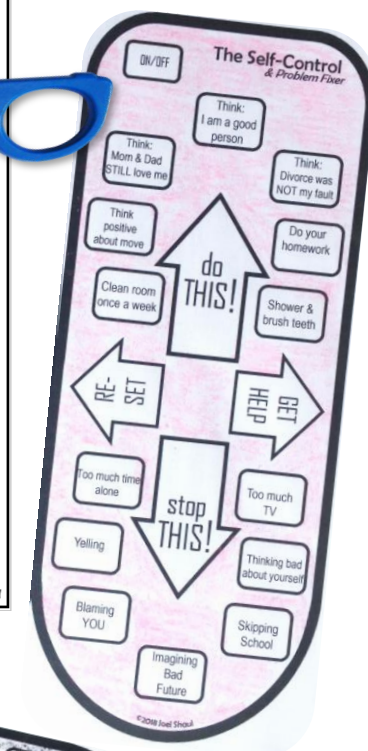
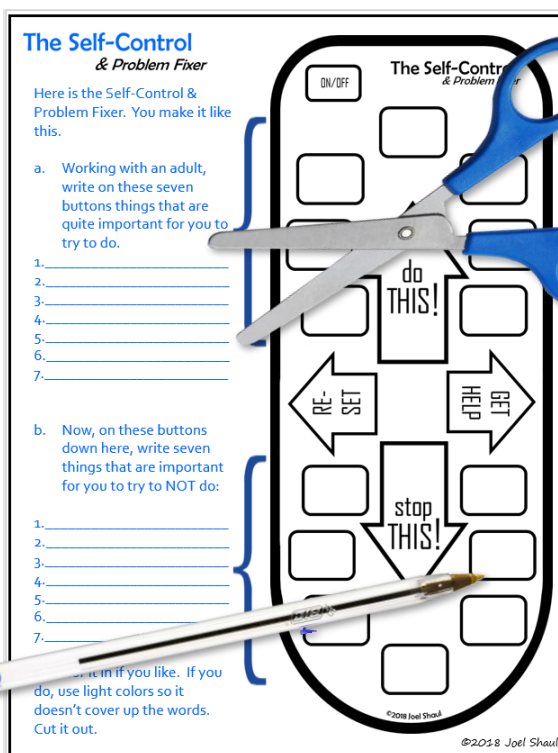
Go to <https://bit.ly/2HC5T4f>



On page 4 of this pdf is a page that shows children how to customize and cut out their own Self-Control. Coloring it is optional and recommended.

There are two ways to put text on the Self-Controls.

1. You or the child can write the words by hand.
2. A convenient alternative is to use the PowerPoint option, which allows you to type the text right on the document before you print it out. See the other download link on the blog for the PowerPoint option that allows you to type on the document.



You use a remote to control your TV.

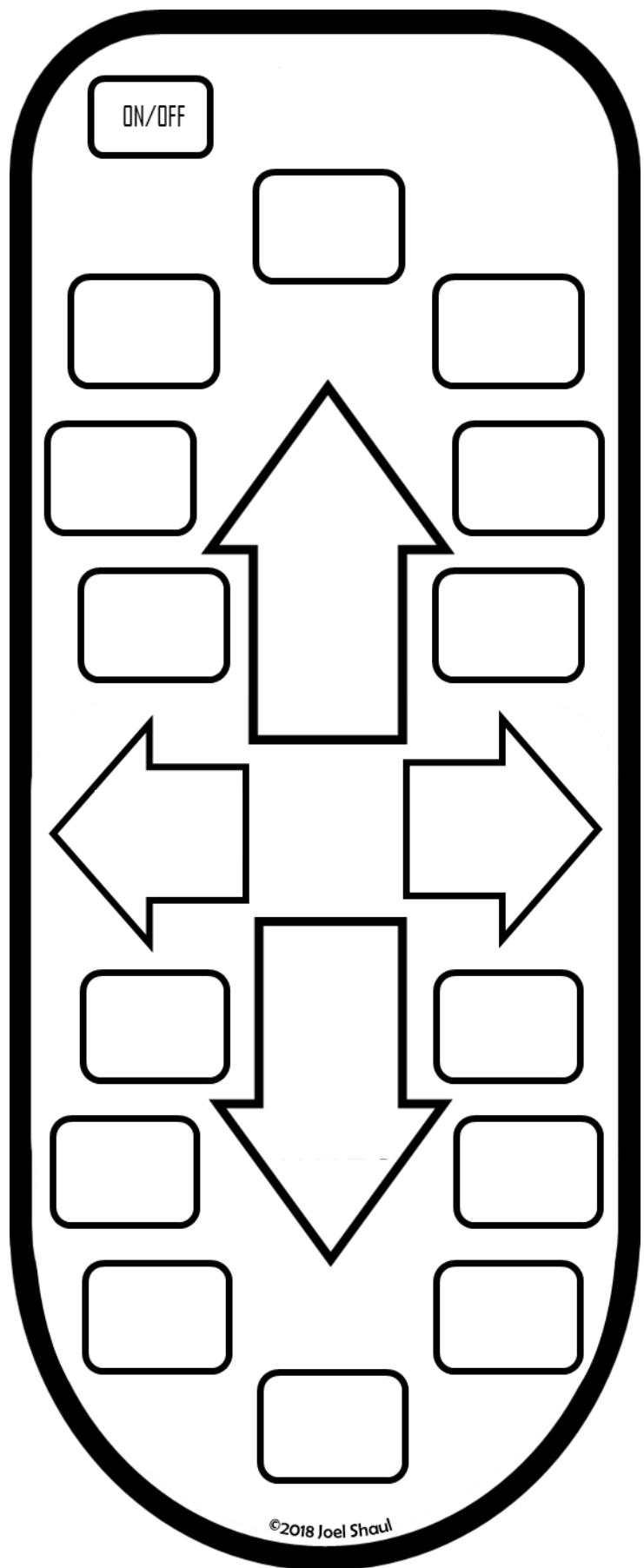
To make it do things for you.



Imagine if there was a controller that we could use to control **us** - and make us do the things **we** need to do.

Of course, there is no such thing!

But we can make one anyhow, to remind us of important things we need to do and *not* do.



The Self-Control

& Problem Fixer

Here is the Self-Control & Problem Fixer. You make it like this.

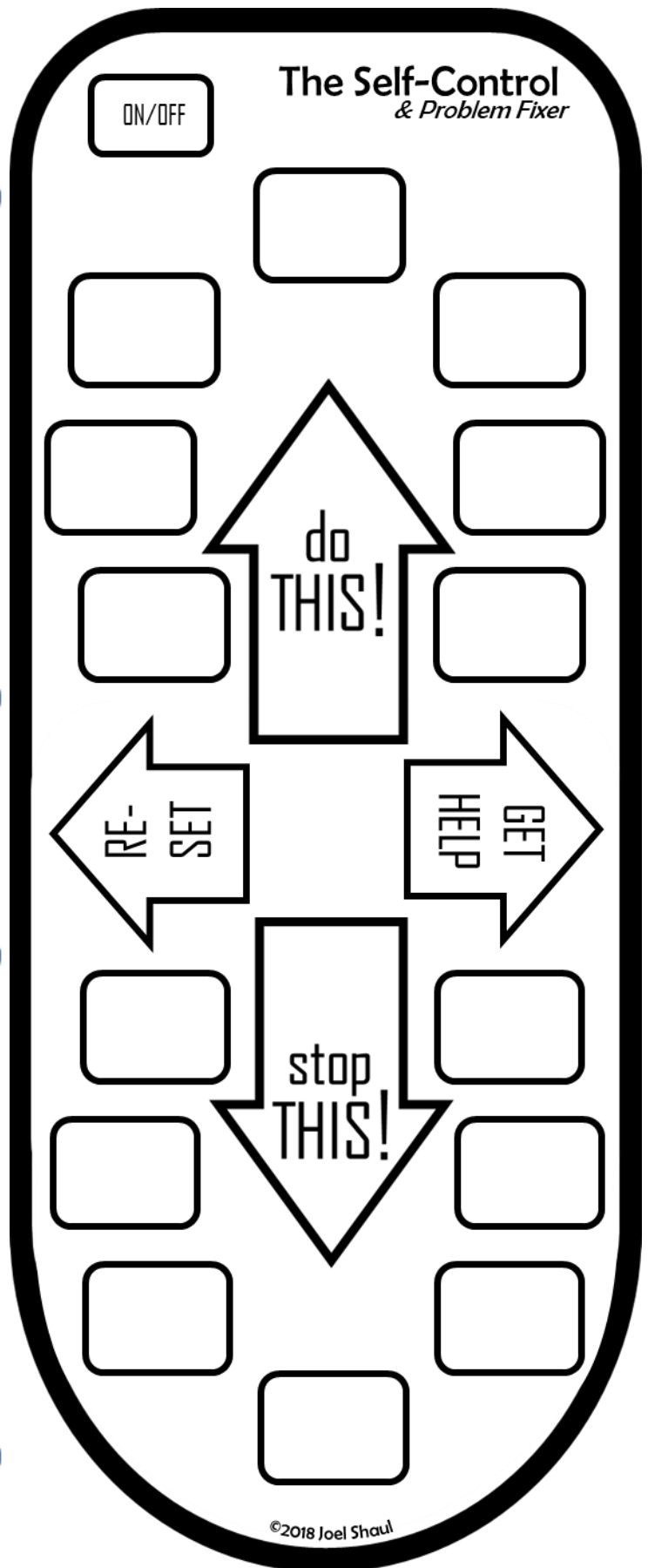
- a. Working with an adult, write on these seven buttons things that are quite important for you to try to do.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

- b. Now, on these buttons down here, write seven things that are important for you to try to NOT do:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

- c. Color it in if you like. If you do, use light colors so it doesn't cover up the words. Cut it out.



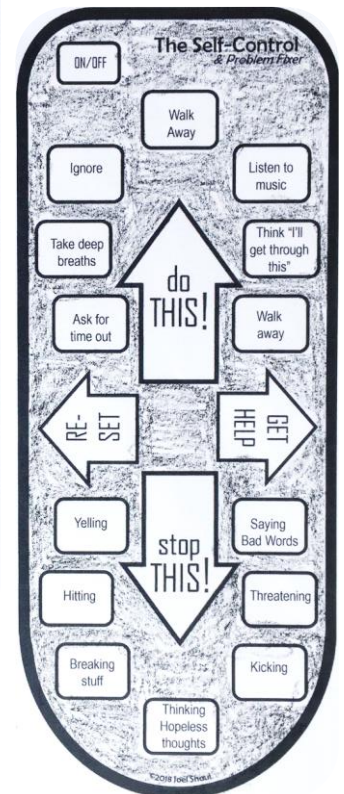
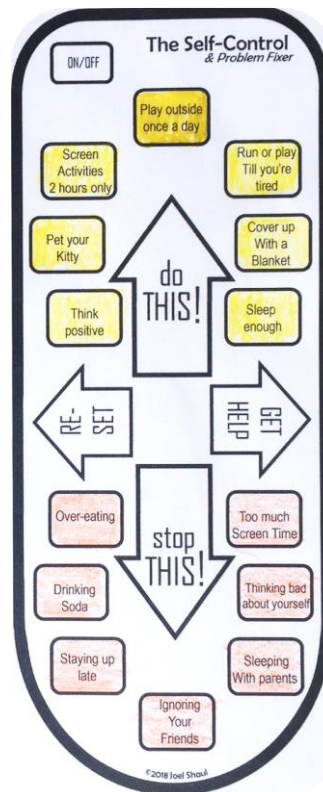
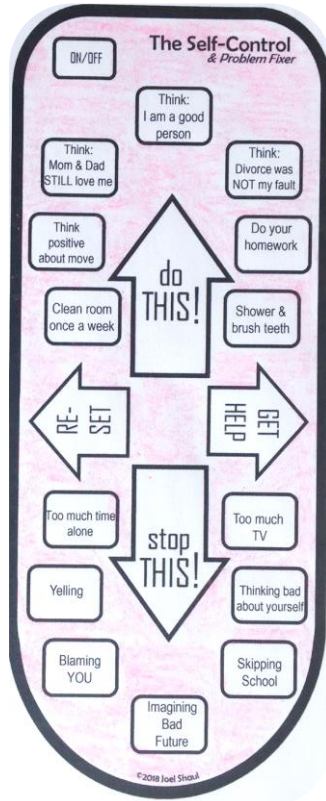
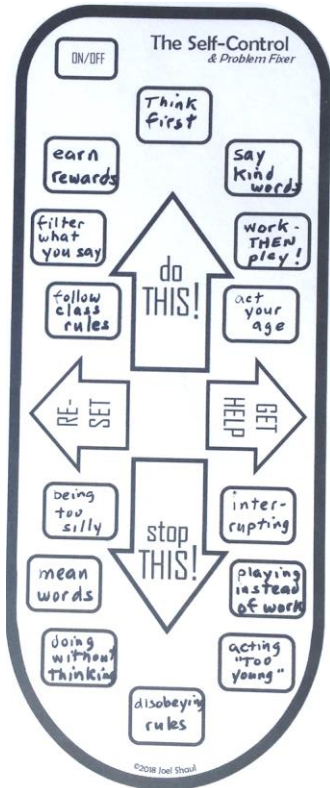
Here are some different ways to make a **Self-Control & Problem Fixer**. You will probably think of some more, too.

To work on some problems with behavior.

To help get through a hard time in your life.

To work on helping learn good ways to feel less nervous and stressed.

To work on an anger problem.



Good luck working on your own **Self-Control & Problem Fixer**.