Potty, Stop & Go

We tend to think of self-control as a skill children need to stop themselves from hitting or biting. It’s also a skill they need in order to stop playing and get to the potty on time. It can be challenging for small children to step away from playing and go to the potty when the need strikes. Here’s a way to help children practice self-control by combining music with a 'freeze” game.

Learning Goals Children Are Working on:

- Self-control
- Listening Skills
- Motor Coordination

Materials:

- Music from any source – radio, CD, iPod or phone.

Directions:

- Select music that’s good for marching or some other kind of spirited dancing.
- Tell the children to listen to the music and then march or dance when it’s on and to stop moving when the music stops. (This works best if you can turn your back so your child can’t see when you stop the music.)
- When the children manage to stop, you have a wonderful opportunity to say something like, “See, you can control yourself! Good stopping!”
- Remember, it’s hard to calm down after doing a lively activity like this, so it’s a good idea to play softer, slower music to help the children wind down gradually.
- Over time, children will get better at this musical game. That growing ability can extend to other times when children need self-control, like when it’s time to stop playing and go to the potty.

Strategy Song: When you have to go potty, stop…and go right away. Flush, wash….and be on your way.

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