



## Activity 9, Energy Modulation: The 4 C's of Control Time

*Overview: Children stand in their own space trying to be aware of the ground and their body and are instructed to find one thing to focus on or to think about. Using self-talk, they are then expected to stand perfectly still for one to five minutes. A simple set of phrases, called the 4 C's, is used to help them master the steps involved in the process. The technique is reinforced with an accompanying handout that can be posted where the children can easily see it and refer to it.*

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Time needed: 10 min.

Ages: All ages

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Space needed: Small, Medium, or Large, there is no traveling involved so it depends on size of group

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### Props:

- The 4 C's handout and the 4 C's Challenge sheet
  - Parent Letter with a copy of handout
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### Purpose:

- Increase attention span
  - Increase ability to resist temptation
  - Increase sense of mastery and self-confidence
  - Increase body awareness
  - Serves to focus and calm, builds on repertoire of relaxation techniques
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Particularly helpful for attentional problems and/or an excitable group that needs frequent calming. Not necessary for all groups.

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### Discussion Topics:

- › What did you think about, focus on, or experience while you were standing still?
- › What does this activity have to do with violence prevention?
- › What temptations might you be faced with? Discipline affects the ability to control our actions. This enables us to resist temptation. Resisting the use of weapons can be brought up here.

### Activity Description:

- › Have the children find their own individual space in the room.
- › Direct them to stand with their feet hip-width apart and their arms hanging freely at their sides.
- › Have the children bend and straighten their knees a few times, keeping their feet on the floor. Direct them to feel the ground beneath their feet or shoes while they are doing this. Then have them stand still and try to feel their body. (Children with ADHD have a hard time feeling themselves as being alive when not moving. Connecting to the ground can help them maintain self-awareness during the activity.)
- › Have children find one thing to focus on or think about. Instruct them to tell themselves, "I can be focused and calm."
- › The children are expected to stand perfectly still (except for breathing or blinking) for one to five minutes. Start small and add additional time as the children show mastery.
- › Call the group back together and discuss what they thought about, focused on, or experienced while doing the activity. Talk about why you are doing the activity. Key points to cover are attention (which is like a muscle and requires exercise and practice to become an athletic

attender), discipline, ability to control actions, and how all of this is related to preventing violence.

- › Teach the children the 4 C's of Control Time: CONNECT to the ground, COLLECT your thoughts, CONCENTRATE on one thing, and CREATE stillness. Chant this with them several times. The following movements accompany these phrases:
  - For CONNECT TO THE GROUND, the children bend and straighten their knees a few times and feel the ground underneath them.
  - For COLLECT YOUR THOUGHTS AND CALM DOWN, the children take a deep breath, say to themselves, "I can be focused and calm," and then exhale. It is helpful to repeat this three times.
  - For CONCENTRATE ON ONE THING, the children scan the room, find one thing to focus on, and look at it.
  - For CREATE STILLNESS, the children stand with their hands at their sides and keep their bodies perfectly still. Except for breathing or blinking, they don't move at all.



Note to Parents: This is a very powerful activity for the whole family, especially if everyone focuses on the same thing such a candle or picture. It is related to meditation. It can be done before or after dinner or at any time during the day when your children typically have difficulty. As everyone increases the length of time they can stay focused, it can be used to develop a sense of pride within the family. If practiced regularly in a positive light, it should increase your children's attention span and focusing ability. This should not be used as a punishment for children. Make it an enjoyable activity the whole family can do together.

# THE 4 C's OF CONTROLLED CONCENTRATION

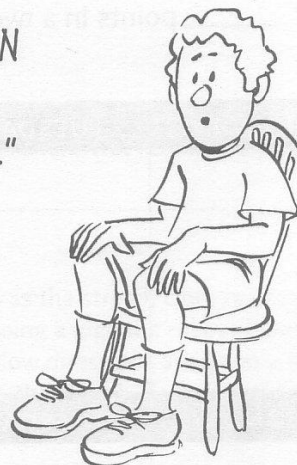


## CONNECT TO THE GROUND

With both feet on the floor, bend and straighten your knees a few times. Feel the ground or chair beneath you, then stand or sit upright.

## COLLECT YOUR THOUGHTS & CALM DOWN

Take a deep breath.  
Say to yourself, "I can be focused and calm."  
Let out your breath.  
Calm your body and mind.



## CONCENTRATE ON ONE THING

Choose one thing around you to focus on.  
Look at it.



## CREATE STILLNESS

With your hands at your side or in your lap, keep your body perfectly still (except for breathing and blinking).

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