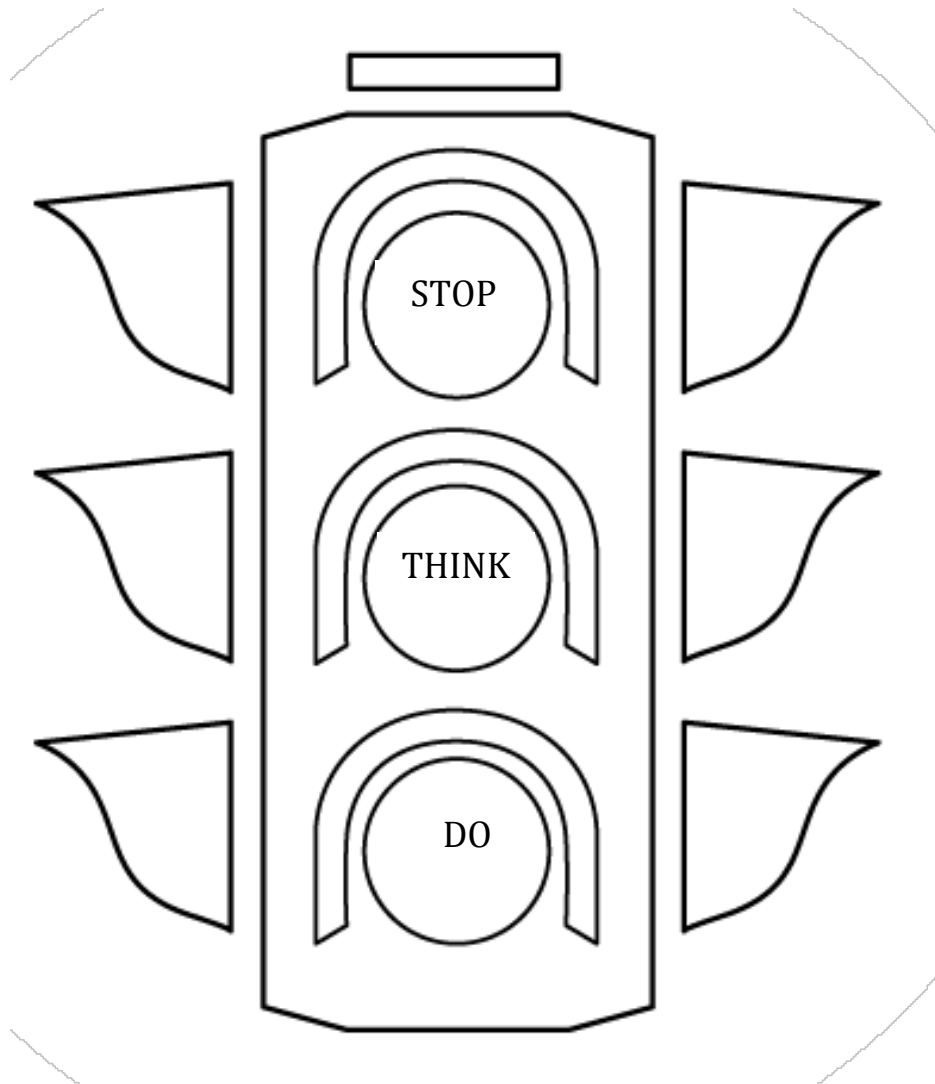


Name: \_\_\_\_\_

# Impulse-Control



# Temptations

## Small Group Rules

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1. What happens in group, stays in group 😊
  - a. Except if someone is hurting you
  - b. You want to hurt someone
  - c. You want to hurt yourself
1. Be respectful of all group members 😊
2. Always try your best and have a positive attitude 😊
3. No put-downs 😊
4. Be responsible and participate 😊

## Small Group Goals

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- I will develop a positive peer support network I can use outside the group.
- I will learn and practice good communication and social skills.
- I will learn appropriate behaviors and skills for dealing with difficult situations.
- I will be able to identify feelings and ways to express them.
- I will feel good about myself.

## My Individual Goals

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1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

# Recommended Books To Read

<i>Hunter and His Amazing Remote Control</i> - Lori Copeland	<input type="checkbox"/>
<i>Peer Pressure Gauge</i> - Julia Cook	<input type="checkbox"/>
<i>Sorry, I Forgot To Ask!</i> - Julia Cook	<input type="checkbox"/>
<i>A Bad Case of Tattle Tongue</i> - Julia Cook	<input type="checkbox"/>
<i>It's Hard To Be A Verb!</i> - Julia Cook	<input type="checkbox"/>
<i>I Can't Believe You Said That!</i> - Julia Cook	<input type="checkbox"/>
<i>What If Everybody Did That?</i> - Ellen Javernick	<input type="checkbox"/>
<i>Hands Are Not For Hitting</i> - Martine Agassi	<input type="checkbox"/>
<i>Words Are Not For Hurting</i> - Elizabeth Verdick	<input type="checkbox"/>

Name: \_\_\_\_\_

## Following Directions

*Directions: Before starting this assignment, read all the statements carefully first.*

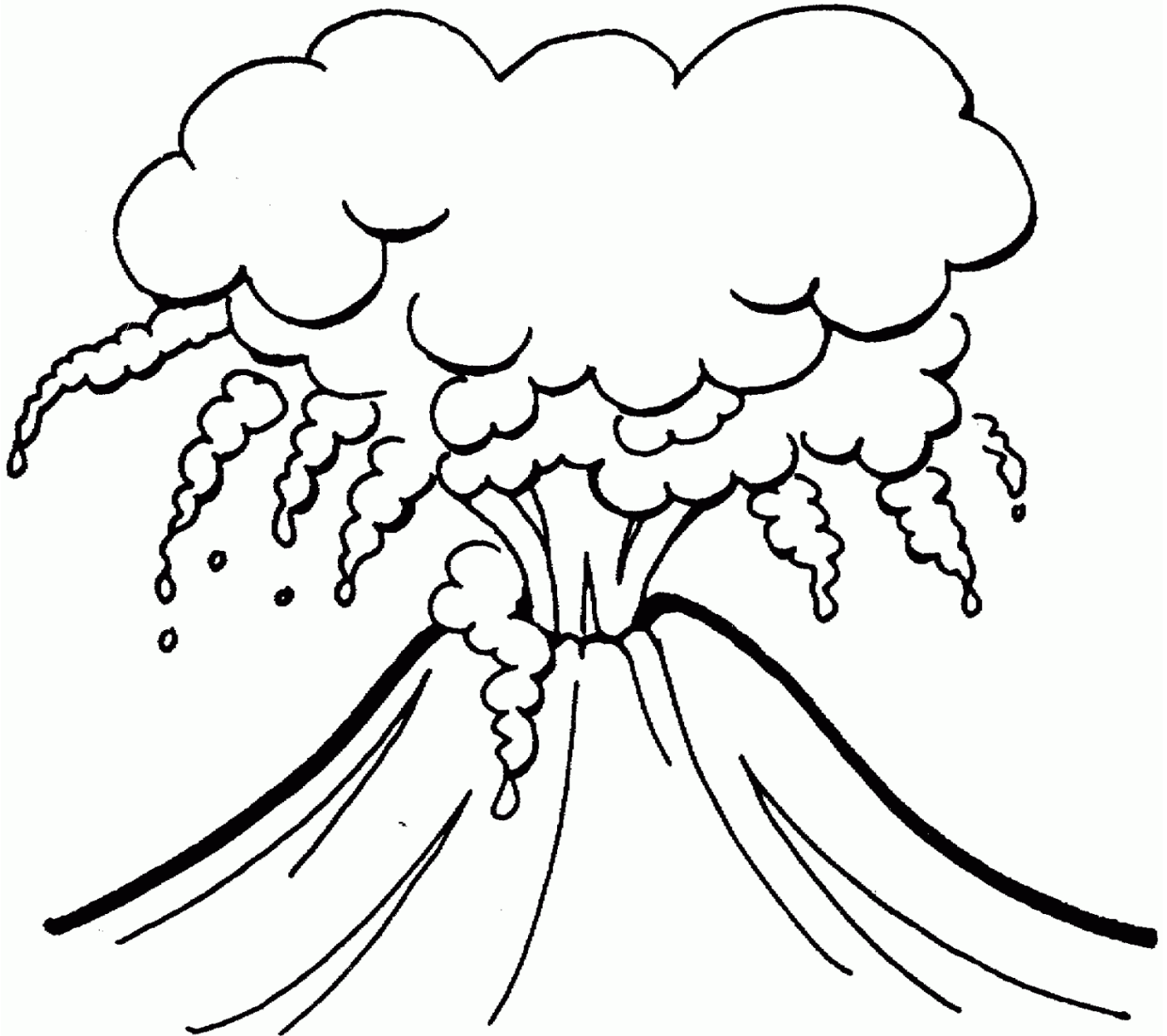
1. Write your name at the top of this paper.
2. Underline all capital letters found on this sheet.
3. Stand up and clap your hands 3 times.
4. On the bottom of this page, list your top 2 favorite movies.
5. Raise your hands in the air and wave them like you just don't care.
6. Are you a boy or girl? \_\_\_\_\_
7. Are you afraid of the dark? YES or NO
8. Turn to your neighbor and ask them if they like McDonald's.
9. What is your favorite subject in school? \_\_\_\_\_
10. Do problem number 1 only. When you're done just sit quietly.



**LISTEN  
CAREFULLY  
AND  
FOLLOW  
DIRECTIONS**

Name: \_\_\_\_\_

## My Mouth Is A Volcano



**If I feel like I'm going to "erupt," I will ...**

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Name: \_\_\_\_\_

## What If Everybody Did That?

What if everybody broke the rules and spoke during story time, didn't wash up, got mad when things got tough? The world would be a mess! Students need to learn that every action has a consequence especially thoughtless, inappropriate, and careless behavior.

<b>What would happen if everybody ...</b>	<b>What would it look like at school? What would the consequences be?</b>
did what they wanted to do and not what the teacher asked them to do?	
waited their turn to talk ?	
threw a temper tantrum if they didn't understand how to do something?	
was a good citizen?	
didn't care about other people's feelings?	
respected each other?	

*"You are free to make whatever choice you want, but you are not free from the consequences of the choice."*

Name: \_\_\_\_\_

## Self-Control: What is it?

Self-control is good to have. But how do you get it? What is self-control?

Self-control is listening to your friend talk when you want him or her to listen to you.

Letting someone else take the biggest piece of candy takes self-control. And waiting until after dinner to eat your piece takes even more!

Letting your cat down to play when she wiggles takes self-control, because it's such fun to hold her close and listen to her purr.

Not laughing when your sister falls down – that takes LOTS of self-control.

When your brother punches you for no good reason (except, maybe, that you've been teasing him), do you punch him back as hard as you can? Not if you have self-control!

When your baby sister is asleep and you want to play with her but, instead, you tiptoe quietly out, that's having self-control.

And self-control is not feeding the dog when he begs at the table.

When your team loses because you struck out, self-control keeps you from throwing your bat down.

Being quiet in the library takes self-control, especially when a friend comes in and you want to call to him.

Self-control is lining up when the teacher asks you to – and not pushing the person in front of you!

Self-control is waiting for the scissors – without complaining – when you and a friend are sharing a pair.

And when you don't know the answers, self-control is keeping your eyes on your own paper.

Self-control is listening quietly when your teacher tells a story.

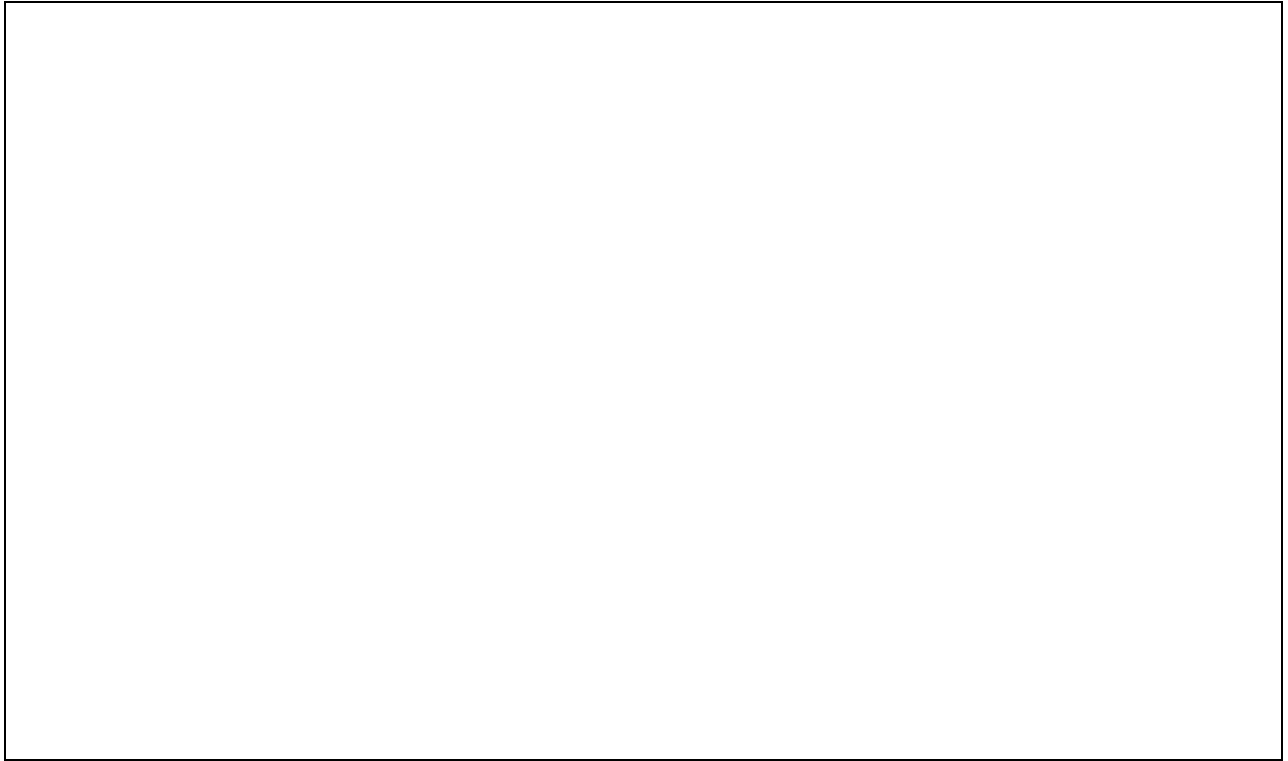
Waiting for your mom and dad, without complaining, takes lots of self-control.

Self-control means you really think and decide what is right for you to do.

Having self-control will help you to be a happy person.

## What else takes self-control?

Draw a picture and then explain why you need to control your impulses.



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“Self-control is taking control over the way you behave.”





I HAVE TO KEEP MY  
FEELINGS IN MY  
THOUGHT BUBBLE IF...

It's not the right TIME

It's not the right PLACE

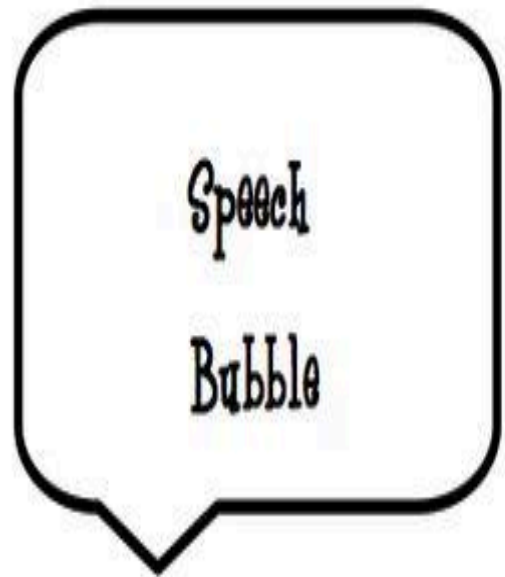
It's not the right AUDIENCE

Or if it might HURT someone's  
feelings or get me in TROUBLE

I CAN:

- ✓ Write it down for later
- ✓ Pick a better place to talk
- ✓ Make an appointment to talk
- ✓ Ask for help from someone else

OR





I CAN TALK ABOUT  
MY FEELINGS IF IT'S...

- ✓ A good TIME (for everyone)
- ✓ A good PLACE
- ✓ To the right PERSON
- ✓ It's good for EVERYONE

Name: \_\_\_\_\_

*Directions: Place each thought into the appropriate category by drawing an arrow into the column.*

 Say It	FILTER THE THOUGHTS	 Filter It
	<ol style="list-style-type: none"><li>1. You're not my friend anymore.</li><li>2. I'm not doing this! It's too hard!</li><li>3. You are so ugly!</li><li>4. You can go before me.</li><li>5. You can't sit by me.</li><li>6. I hate your laugh.</li><li>7. You annoy me.</li><li>8. You want to come play with us.</li><li>9. I really like your drawing!</li><li>10. No, I want to do it first!</li><li>11. You did a great job!</li><li>12. Ew, you stink!</li><li>13. I hate the shirt you have on.</li><li>14. I am smarter than you!</li><li>15. That's a terrible idea!</li></ol>	

***"Remember, you don't have to verbalize every thought that pops into your head."***

Name: \_\_\_\_\_

## CONTROLLING YOUR BODY

Use words or phrases for each letter in the words SELF-CONTROL that have to do with making good choices and controlling yourself when you get the urge to say or do something at the wrong time and situation.

**S**

**E**

**L**

**F**

**C**

**O**

**N**

**T**

**R**

**O**

**L**

Name: \_\_\_\_\_

# Secret Message About Impulse Control

Mark through all the Z's below. Each line should have letters left on it so that it makes a word. When you find a letter, write it on the space provided at the bottom of the page. The secret message gives you an important message about impulses!

J	Z	Z	Z	Z	U	Z	Z
Z	Z	S	T	Z	Z	Z	B
Z	Z	E	Z	C	Z	A	Z
U	S	Z	Z	Z	E	Z	Z
Z	I	Z	Z	F	Z	Z	E
E	Z	Z	Z	L	Z	Z	Z
Z	Z	I	Z	Z	T	Z	Z
D	Z	Z	O	E	Z	Z	S
Z	Z	N	O	Z	T	M	Z
Z	E	A	Z	Z	N	I	Z
Z	H	Z	Z	A	V	Z	Z
E	Z	Z	T	O	Z	Z	Z
D	O	Z	Z	Z	I	T	Z

\_\_\_\_\_

\_\_\_\_\_, \_\_\_\_\_

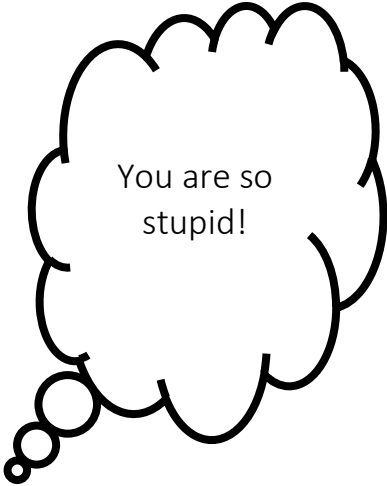
\_\_\_\_\_

\_\_\_\_\_!

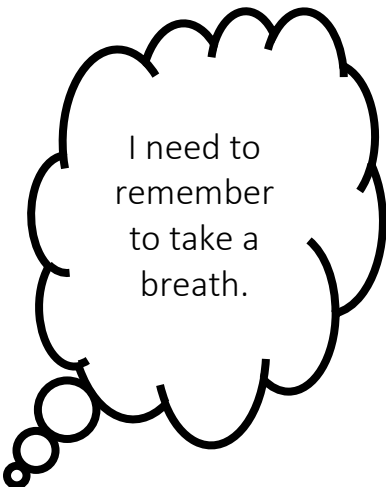
Name: \_\_\_\_\_

## Showing Self-Control


Directions: Look at the thought bubbles below.  
Color the thoughts that show self-control GREEN.  
Color the thoughts that are not showing self-control RED.

A thought bubble with a scalloped border and three small circles at the bottom left.


You are so  
stupid!

A thought bubble with a scalloped border and three small circles at the bottom left.


I need to  
remember  
to take a  
breath.

A thought bubble with a scalloped border and three small circles at the bottom left.


Your  
clothes are  
ugly!

A thought bubble with a scalloped border and three small circles at the bottom left.

You're not  
my friend  
anymore.

A thought bubble with a scalloped border and three small circles at the bottom left.

I need to  
keep my  
hands and  
feet to  
myself.

A thought bubble with a scalloped border and three small circles at the bottom left.

I need to  
raise my  
hand  
before I  
speak.

Name: \_\_\_\_\_

# Self-Control

What could happen? Is that what you want?



Give a situation that you need to stop and think before you speak or act and then list the positive consequences versus the negative consequences.

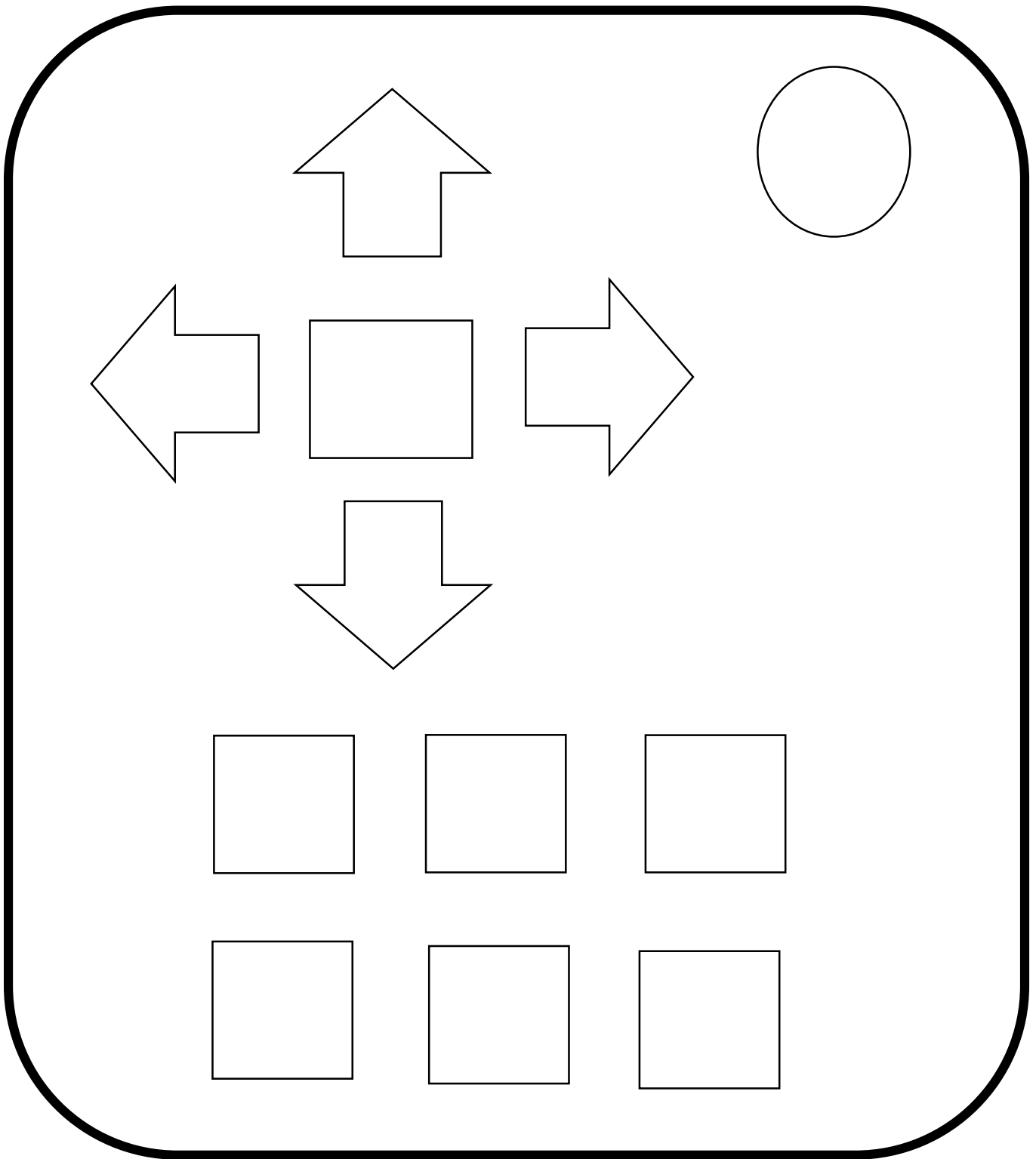
Situation:	
Positive Consequences	Negative Consequences
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.

*“Never do something permanently foolish just because you are temporarily upset.”*

Name: \_\_\_\_\_

## Remote Your Control

Design and name your own Impulse Remote Control buttons.  
What kind of buttons do you think would help you control your impulses?



Name: \_\_\_\_\_

# School Success: Get The Facts

Solve the puzzle by working each math problem.

Then use the key to match your answer to the letter in the alphabet.

Place the letter in the gray box to reveal three ways to be a successful student at school.

Key:

A	B	C	D	E	F	G	H	I	J	K	L	M
1	2	3	4	5	6	7	8	9	10	11	12	13
N	O	P	Q	R	S	T	U	V	W	X	Y	Z
14	15	16	17	18	19	20	21	22	23	24	25	26

1.)

[illegible]

2.)

[illegible]

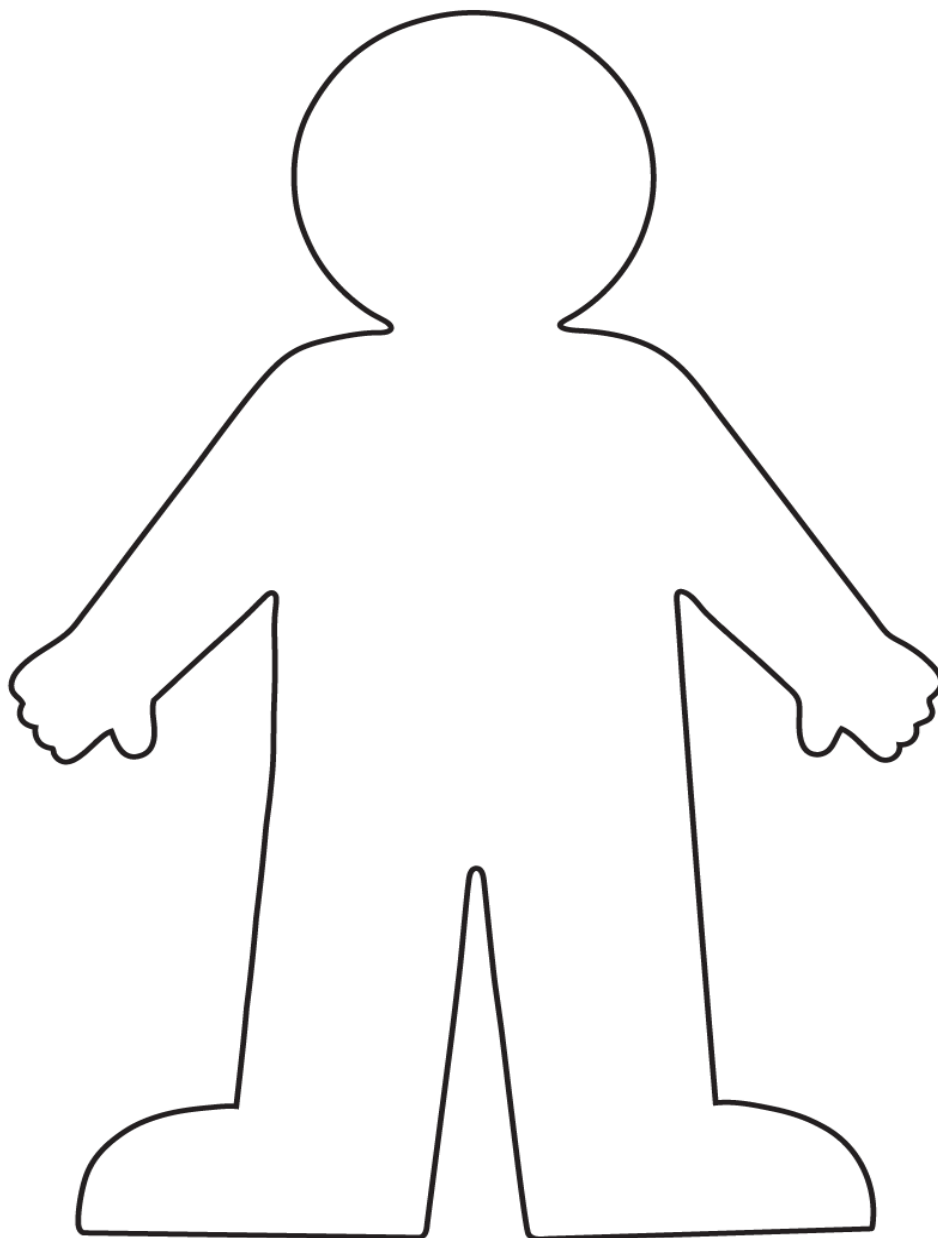
3.)

[illegible]



Name: \_\_\_\_\_

**Impulse Control Superhero Name**



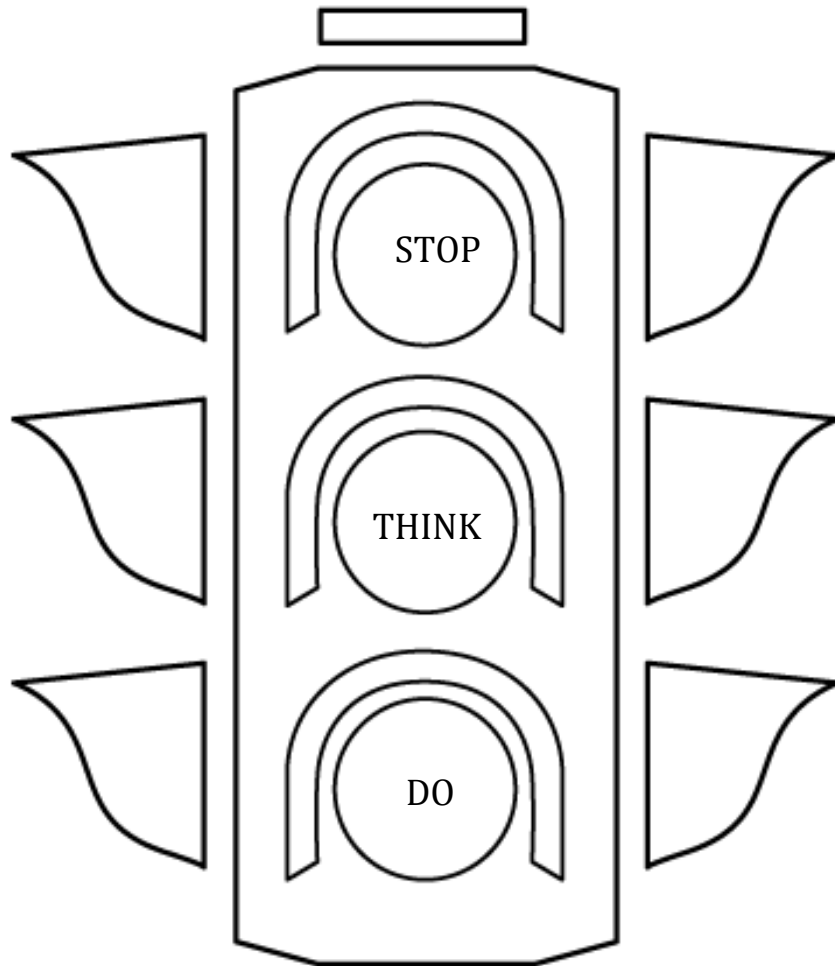
**Superhero "Impulse Control" Powers**

1.

2.

3.

# Self-Control Stop & Go Light



## **STOP**

How can I calm down?  
How can I control myself?

## **THINK**

What are my choices?  
What are the consequences of each choice?

## **DO**

Make the best decision and do it!

“Self-control  
is knowing you  
can, but  
deciding you  
won’t.”

“Self-control is  
taking control  
over the way  
you behave.”

Name: \_\_\_\_\_

## Impulse Control Word Search

E	P	A	I	Y	X	M	F	X	S	E	J	R	G	A
X	P	H	A	M	X	Q	I	W	C	W	E	O	H	V
P	K	R	G	C	P	E	J	N	H	S	C	O	A	K
O	R	N	R	J	Q	U	E	L	I	B	J	D	H	O
T	Q	C	I	E	F	U	L	S	E	B	D	K	E	E
S	Q	V	C	H	Q	Q	T	S	X	A	N	N	R	Y
A	G	T	C	E	T	M	K	Y	E	D	Y	I	A	X
G	Y	L	S	N	D	D	H	Q	L	I	V	H	W	E
C	O	N	T	R	O	L	N	E	U	D	W	T	V	M
M	O	E	Z	E	E	R	F	A	L	E	M	P	T	K
C	K	R	F	S	I	R	V	B	P	A	X	O	H	J
S	H	N	L	C	Z	G	L	P	G	O	L	T	Z	B
W	V	P	I	E	Z	O	M	S	D	X	T	S	G	Z
R	P	L	Y	H	R	H	P	Z	Y	H	I	S	W	K
R	Z	T	R	N	T	Z	P	U	H	H	X	M	V	B

BAD IDEA  
FREEZE  
STOP

CONSEQUENCE  
IMPULSE  
STOP AND THINK

CONTROL  
RESIST  
STOP THINK DO

## Recommended Websites

Teaching Your Child Self-Control

[http://kidshealth.org/parent/emotions/behavior/self\\_control.html](http://kidshealth.org/parent/emotions/behavior/self_control.html)

Managing Your Emotional Reactions

[http://kidshealth.org/teen/your\\_mind/friends/emotional-reactions.html](http://kidshealth.org/teen/your_mind/friends/emotional-reactions.html)

Your Child's Habits

[http://kidshealth.org/parent/emotions/behavior/five\\_habits.html](http://kidshealth.org/parent/emotions/behavior/five_habits.html)

School Behavior Tips: Impulse Control

<http://www.additudemag.com/adhd/article/1037.html>

Helping Children Develop Impulse-Control

<http://www.illinoisearlylearning.org/tipsheets/impulsecontrol.htm>

At What Age Do Children Have Impulse Control?

<http://mom.me/parenting/5106-what-age-do-kids-have-impulse-control/>