

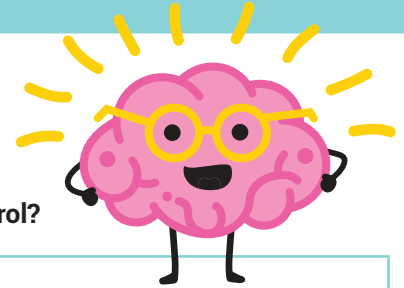


About Impulse Control - Level 1

Activity Handout

Video Viewing Guide

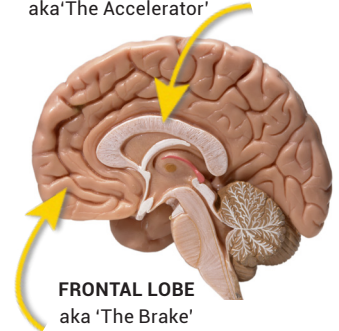
Do Now: Write 1-2 sentences in the box below in response to the question-
What do you think are the differences between being impulsive and having impulse control?



Fill In The Blank

Fill in the blank - "An _____ is a strong urge to do something that sometimes comes on quickly. Being impulsive is acting without _____.
Impulse _____ is the ability to control your behavior regardless of what you're thinking or feeling

LIMBIC SYSTEM
aka 'The Accelerator'



List the benefits of having Impulse Control below:

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List some strategies for improving your Impulse Control:

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Stop and Think...

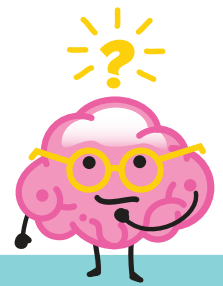
CFU #1 - When is it hard for you to control your impulses?

Stop and Think...

CFU #2 - Describe "Urge Surfing" and provide an example of how and when to use it.

Write About It Prompt

Directions: Write 5-10 sentences in response to the following question.
Use the box at the bottom to draw out your thoughts.



Describe a time you controlled your impulses and how you were able to make good choices. Then, describe what might have happened if you had not had impulse control in the same situation.

Activity #1 - Independent Practice

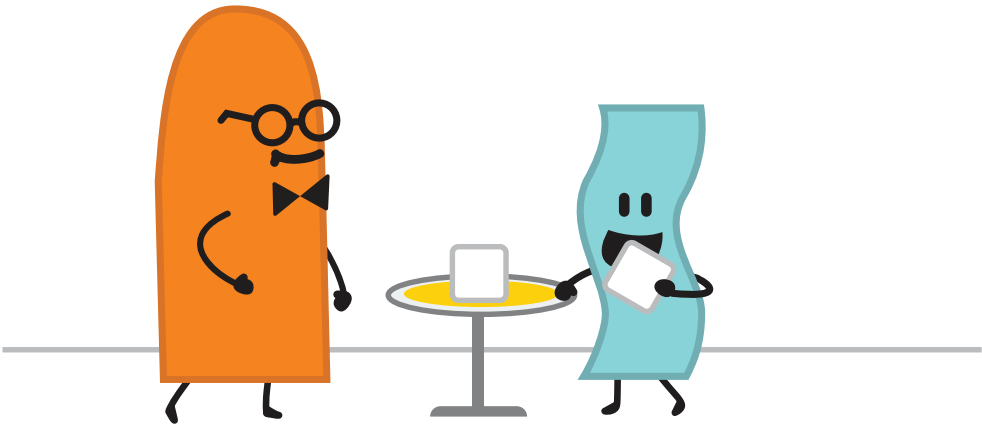
Directions: In the table below, list situations that might require impulse control on the left. On the right, describe strategies you could use to have impulse control.

Situation the Requires Impulse Control	Strategies for Using Impulse Control

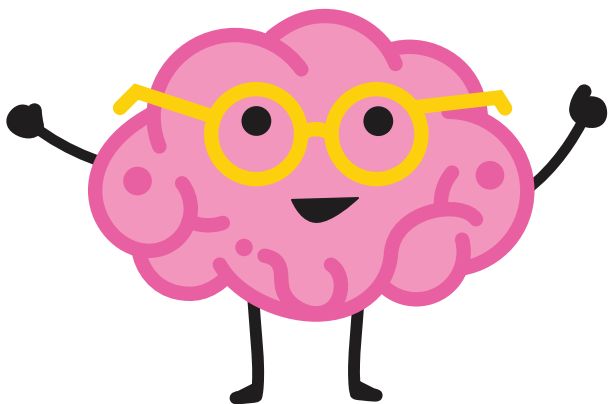
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Activity #2 - Group Activity

Act it Out - Create a Commercial: In your group, create a commercial trying to sell “impulse control.” In your commercial, showcase the benefits of impulse control and how to use it.



IMPULSE CONTROL



Activity #3 - Extended Learning

Write a story - Write a brief story about two characters, one which has impulse control and another who is impulsive. Describe how they react in the same situation, and the consequences of their choices.

Brain Quiz

1. An _____ is a strong urge to do something that sometimes comes on quickly.
 - A. Accelerator
 - B. Impulse Control
 - C. Impulse
 - D. Limbic System
2. Which of the following is not a strategy you could use to improve your impulse control?
 - A. Doing what you want without thinking
 - B. Taking three deep breaths
 - C. Meditating
 - D. Taking a time out
3. Studies show that having impulse control can help students...
 - A. Have more self-control later in life
 - B. Feel more confident
 - C. Be more motivated to reach goals
 - D. All of the above
4. Which of the following is an example of being impulsive?
 - A. Waiting a few minutes to respond when someone says something that bothers you
 - B. Pushing a classmate when they cut you in line
 - C. Taking a few deep breaths when your younger sibling is annoying you
 - D. Walking away when another student tries to start a fight
5. **True or False:** You are born either impulsive or with impulse control, and there is no way to change that.

