

About Impulse Control - Level 1 Staff Activity Guide



What's Included:

The purpose of this guide is to support teachers in empowering students to make positive choices even when faced with high-risk situations. In this guide you will find a Student Video Viewing Guide, Student Activity options, and a Brain Quiz with an answer guide. Each of these resources can be used independently or in conjunction with one another as time allows. For your planning purposes, please find the estimated time needed for each activity below.

- **Viewing the Video**

Without Student Video Viewing Guide - 5 minutes

With Student Video Viewing Guide - 10-15 minutes

- **Student Activities -**

Write About It Prompt - 5-10 minutes

Group Activity - 30-50 minutes

Independent Practice - 10-20 minutes

Extended Learning - 5-30 minutes

- **Brain Quiz - 5-10 minutes**

Student Video Viewing Guide Strategies:

- **Before the video (3-5 min) -**

Have students complete the **Do Now** question box to get the wheels turning

Ask students to "**pair and share**" with a classmate, and/or have a brief class discussion

Remind students to "**preview**" the Video Viewing Guide so that they know what they are listening for

- **During the video (3-5 min) -** Pause the video to talk about Check for Understanding (CFU). You can call out a few students to answer, and/or have them pair and share.

Pause the video to talk about for CFU Question 1 - When is it hard for you to control your impulses?

Pause the video to talk about for CFU Question 2 - Describe "**Urge Surfing**" and provide an example of how and when to use it.

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Student Activity Options:

- **Write About It Prompt (5-10 minutes)** -

- a. 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.

- **Independent Practice Activity (10-20 minutes)** -

- a. **Materials needed:** Student guide, or just paper and pen
- b. **Directions for Students:** 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.
- c. **Criteria for Success:** Students demonstrate knowledge of impulse control and strategies for using impulse control

- **Group Lesson Activity (30-50 minutes)** -

- a. **Materials needed:** None
- b. **Directions for Students:** Act it Out - Create a **Commercial:** In your group, create a commercial trying to sell "**impulse control.**" In your commercial, you need to showcase the benefits of impulse control and how to use it.
 - Put students in pairs or groups of 3-5. Have all groups or just a few present their commercial to the class
- c. **Criteria for Success:** Students demonstrate knowledge of impulse control, strategies for using impulse control, and the benefits of impulse control

- **Extended Learning Activity (15-30 minutes)** -

- a. **Materials needed:** Paper and pencil/pen
- b. **Criteria for Success:** Students write a story demonstrating knowledge of the differences between impulse control and impulsive, and the consequences for those behaviors

- **Brain Quiz Answer Key (5-10 minutes)**

1. C
2. A
3. D
4. B
5. False