# About Impulse Control – Level 2 Student Activity Guide



#### **Think About It**

1. What is something that students at your school do impulsively?

2. What are areas in your life that you'd like to be less impulsive?	



1. The part of the brain that seeks novel pleasure is called the:

- a. Frontal Lobe
- b. The Brake
- c. Nucleus Accumbens
- d. Brain Stem

2. What research study was used to study impulse control?

- a. Pavlov's Dog
- b. The Coffemaker Experiment
- c. Once Upon a Dream
- d. The Marshmallow Test

3. How does substance abuse contribute to poor impulse control?



- 4. Self-control Techniques include all of the following EXCEPT:
  - a. Brainstorming
  - b. Immediately Acting on the Urge
  - c. Deep Breathing
  - d. Distracting Yourself
  - e. Taking a Time out
- 5. C hildren who can delay gratification . . .
  - a. Show more self-control
  - b. Are more self-reliant and confident
  - c. Are less likely to use drugs
  - d. All of the Above

## Activity #1 Write About It:

Self-Control is a predictor of future success. Imagine that you are 25 years old. What is your life like? Write a letter to your teenage self, listing all the ways that self-control helped you to enjoy the life that you are living now.

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## Activity #2 Group Activity:

In groups of 3-5 students, brainstorm situations/scenarios that require the use of impulse control. Take turns role-playing utilizing impulse control in each of these scenarios.



## Activity #3 Extended Learning Activity:

When people drink too much or use drugs, their frontal lobe is off. In groups of 3-5 students, brainstorm how drug and/or alcohol use may negatively affect impulse control. Create a list and share examples with the class.