About Impulse Control - Level 3 Student Activity Guide



Think About It

1. What is something that students at your school often do impulsively?
2. What are areas in your life that you'd like to be less impulsive?

Brain Quiz!

- 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. Children 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 of

r to your teenage self, lis	ing all the ways that s	self-control helped	rears old. What is yo I you to enjoy the li	g
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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 turns 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.

Activity #2 Group Activity: