

# Includes 7 Worksheets And A Cut & Paste

- 2 “Considering Consequences” Worksheets
  - 4 “Stop, Think, Go!” Worksheets
  - 1 “Think or Say” Worksheet
  - 1 Cut & Paste

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

## Stop, Think, Go!

Directions: Look at the impulse in the first box. Use the rest of the boxes to help you decide how you should handle this impulse!

**Stop:** What are you thinking about doing?

I am thinking about cheating on my math test.

**Think:** What will happen?

**Go:** What is the best way to handle this?

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

Directions: Write as many consequences as you can (positive or negative) for each action.

Actions	Consequences
You spread a rumor about your friend.	
You practice really hard for your upcoming sports competition.	
You blurt out the answer in class without raising your hand.	
You get mad at someone in your class and hit him/her.	

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

## Impulse Control Cut & Paste

Every person experiences something called impulses. Impulses are a sudden desire or urge to do something. Acting on our impulses can sometimes be a bad thing, because we do not think about the consequences of our choices. The good news is that we can control these impulses. If we get a strong desire to do something, we don't have to do it. This is called impulse control – when we control our sudden and intense desire to act. In this activity, you will sort the actions on this page into two categories on the next page. You will have to decide if each action is example of you controlling your impulse, or your impulse controlling you!

You got mad and yelled at your sister.	You did homework instead of watching TV.	You called your friend a mean name.
You did your work carefully instead of rushing through.	You slammed the door when you were upset.	You thought of a rude comment, but kept it in your head.
You walked in the hallway instead of running.	You did not talk to your friend during class.	You waited to eat dessert until after dinner.
You ran across the street without looking for cars.	You crumbled up your paper when your work was hard.	You did your chores before you played video games.
You left the classroom without asking.	You asked your mom before you got on your tablet.	You jumped off of a high ladder and almost got hurt.
You tripped a person you saw running in the hallway.	You threw your brother's toy across the room.	You were mad and waked away instead of yelling.

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

Directions: Look at each thought in the top boxes. Use the THINK filter, to help you decide if those thoughts should stay in your head, or if they should come out. In the bottom box of the corresponding number, write whether or not the thought should come out of your mouth. If it should, how should you say it?

1. "Why is this guy talking to me again? He is so annoying."	2. "If this kid kicks my chair again, I think I might punch him."	3. "I really liked the activity our teacher did with us today."
4. "This lesson is boring. I don't need to know this stuff."	5. "On my way to school, I saw an elephant in my neighborhood."	

**THINK! Is it... Important? Necessary? Kind?**

	3.
	6.



# Includes 6 posters!

These can be displayed in your office or classroom to remind your students of self control strategies! They come in full color and ink friendly versions.





# Includes the worksheets in a Google Slides format

Name: \_\_\_\_\_ Insert Text Here

**Directions:** Look at each thought in the top boxes. Use the THINK filter, to help you decide if those thoughts should stay in your head, or if they should come out. In the bottom box of the corresponding number, write whether or not the thought should come out of your mouth. If it should, how should you say it?

<b>1.</b> "Why is this guy talking to me again? He is so annoying."	<b>2.</b> "If this kid kicks my chair again, I think I might punch him."	<b>3.</b> "I really liked the activity our teacher did with us today."
<b>4.</b> "I want to tell everyone all about my new Lego collection."	<b>5.</b> "This lesson is stupid. I don't need to know this stuff."	<b>6.</b> "On my way to school, I saw an elephant in my neighborhood."

**THINK! Is it...**  
T rue? Helpful? I mportant? Necessary? Kind?

↓

<b>1.</b> Insert Text Here	<b>2.</b> Insert Text Here	<b>3.</b> Insert Text Here
<b>4.</b> Insert Text Here	<b>5.</b> Insert Text Here	<b>6.</b> Insert Text Here

The worksheets and cut and paste are provided in Google Slides. This is great for distance learning or if you are looking to incorporate technology into your lessons!



# What other educators have said about this resource...

“The visuals were great to explain key points and my students found this resource helpful with everyday circumstances.”  
– Kaitlyn M.

“Really enjoyed using this with students. Kept them engaged and good examples.” – Whitney B.

“I have used this resource many times with students of various ages. The visuals are so helpful to help students understand the concepts! This is such an important topic for adolescents to learn about.”



# TEACHING ABOUT SELF-CONTROL? BUNDLE & SAVE!



This resource is included in a self-control bundle that will includes activities, games, small groups and more!

**SEE THE BUNDLE HERE**