


# Use these activities to help your students learn to use self control and understand the importance of listening!

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

## If I Didn't Talk...

When we listen and don't talk, there is so much that we are able to learn and do! Sometimes, talking takes up time that we could be spending on something else. Talking can also keep us from learning new things or learning what to do. Look at the situations below, and decide what would happen if you weren't talking. Write the letter of the answer in the blank space next to the scenario.

1. ___ If I listened to directions	A. I'd learn something new about him/her.
2. ___ If I didn't talk during clean up	B. I'd stay safe.
3. ___ If I listened to my friend	C. I'd have time to eat.
4. ___ If I listened to the lesson	D. I'd have more time for the next activity.
5. ___ If I didn't talk during lunch	E. I'd know what to do.
6. ___ If I listened to the TV show	F. I'd learn the words.
7. ___ If I listened to the crossing guard	G. I'd know what it's about.
8. ___ If I listened to a new song	H. I'd learn something new.



**"We have mouths that close and ears that don't. There must be a reason for this."**

Worksheet with answer key included!

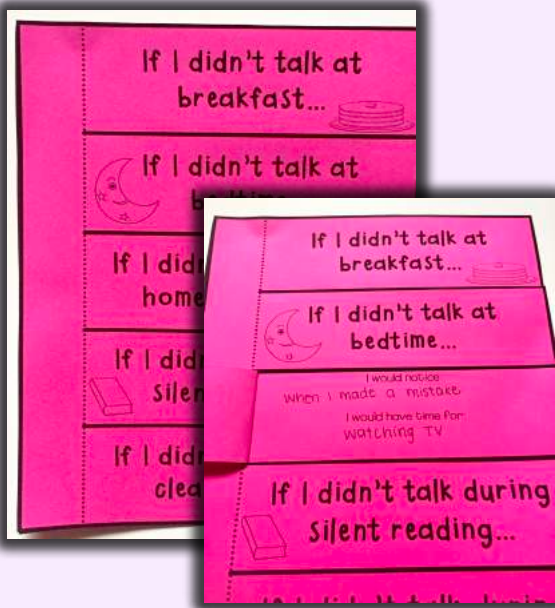
These activities are perfect for:

- Self control lessons or small groups
- Students who talk frequently in inappropriate situations
- Students who struggle with impulse control
- Students with ADHD
- Students who blurt out frequently

These resources can be used in conjunction with the book Lacey Walker, Nonstop Talker by Christianne Jones. However, you can also use the activities without the book.

# “If I Didn’t Talk” Foldable Activity

Students will identify what they would notice and what they would have time for if they did not talk during various scenarios.

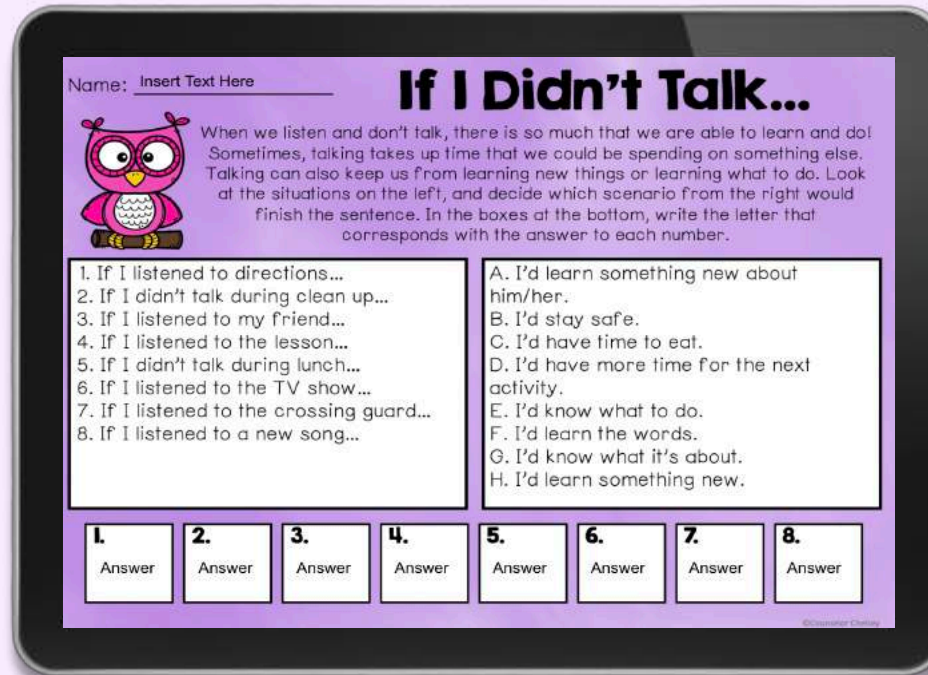


# “Listen or Talk?” Sorting Activity

Students will look at each scenario bubble and consider whether it is a situation in which they should talk or listen. Scenario bubbles will then be placed in the corresponding pocket.



# Includes A Google Slides Component



All of the activities are also included in a Google Slides format. This is great for educators doing distance learning or who are looking to use more technology.