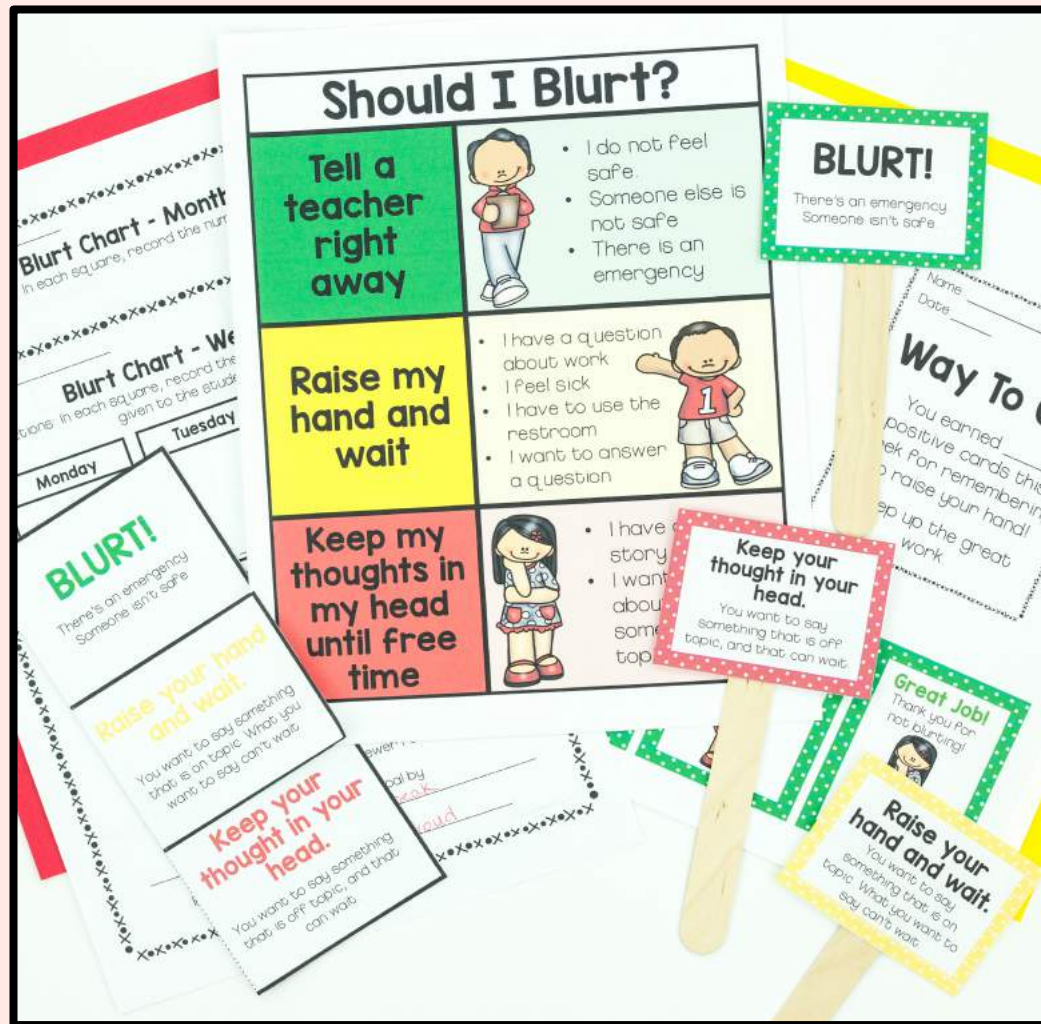


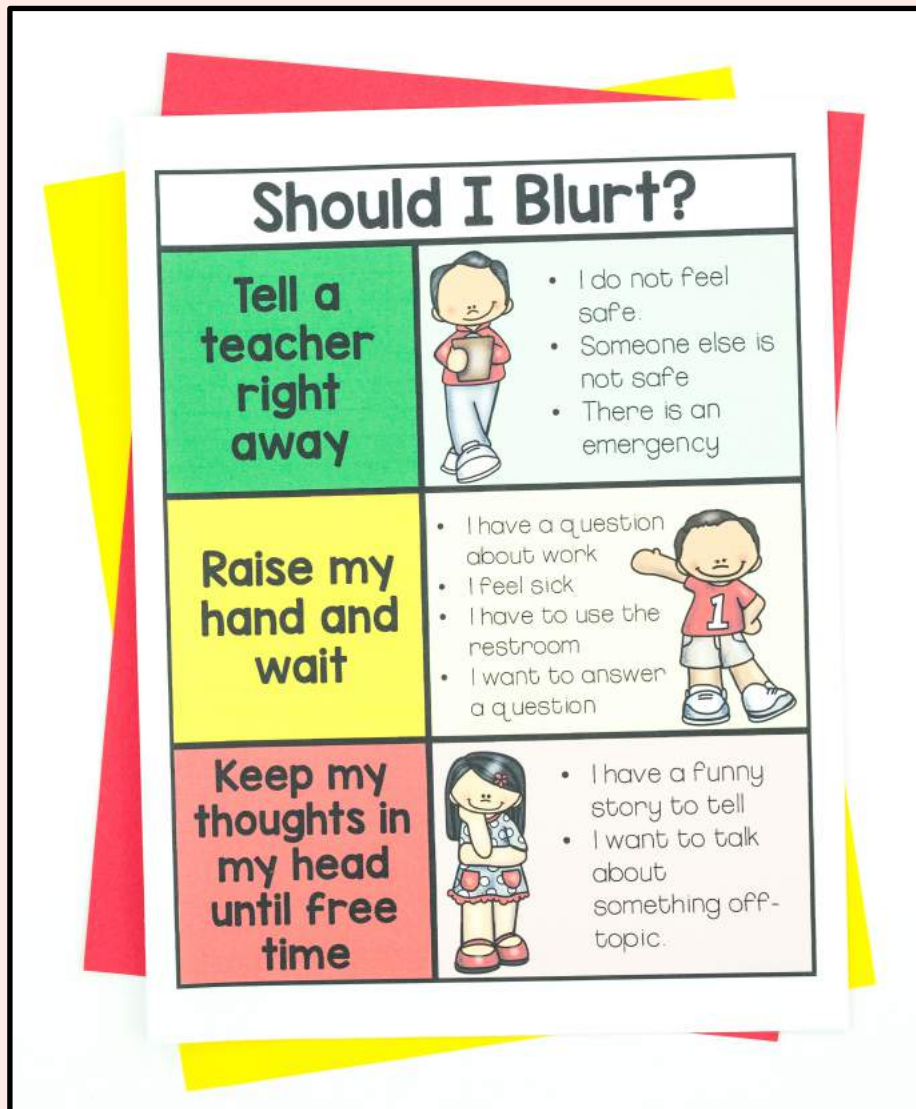
# Use these resources to help your students learn to control the blurts!

Perfect for:

- Self control lessons
- Self control small groups
- Classroom management
- Morning meetings
- Students who could benefit from remembering to wait to talk
- Students who frequently interrupt the teacher or other students



# “Should I Blur?” Posters



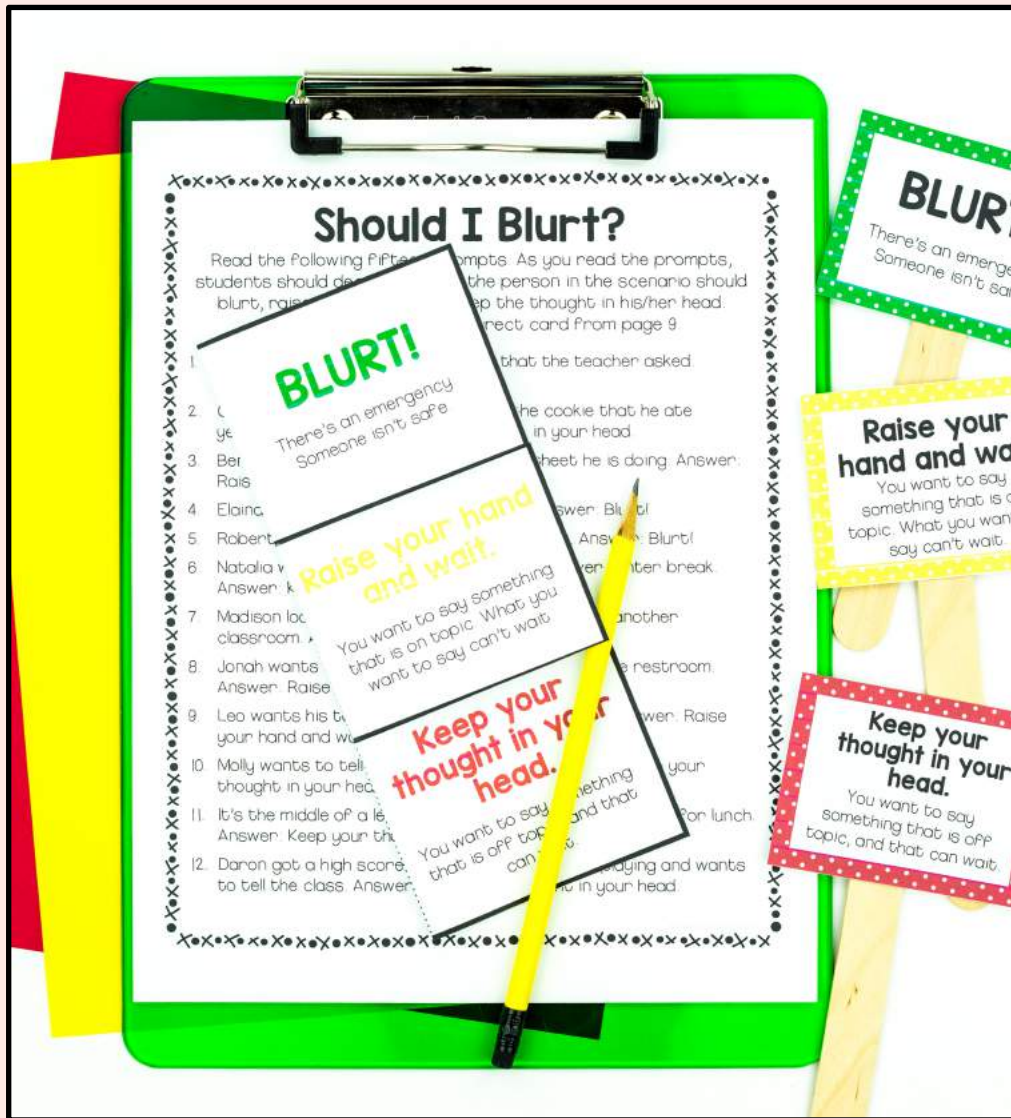
These posters help students determine whether they should blurt, raise their hands and wait, or keep their thoughts in their heads.

## WHAT'S INCLUDED:

- Poster in color
- Poster in B&W
- Desk sized poster in color
- Desk sized poster in B&W



# “Should I Blur?” Activities



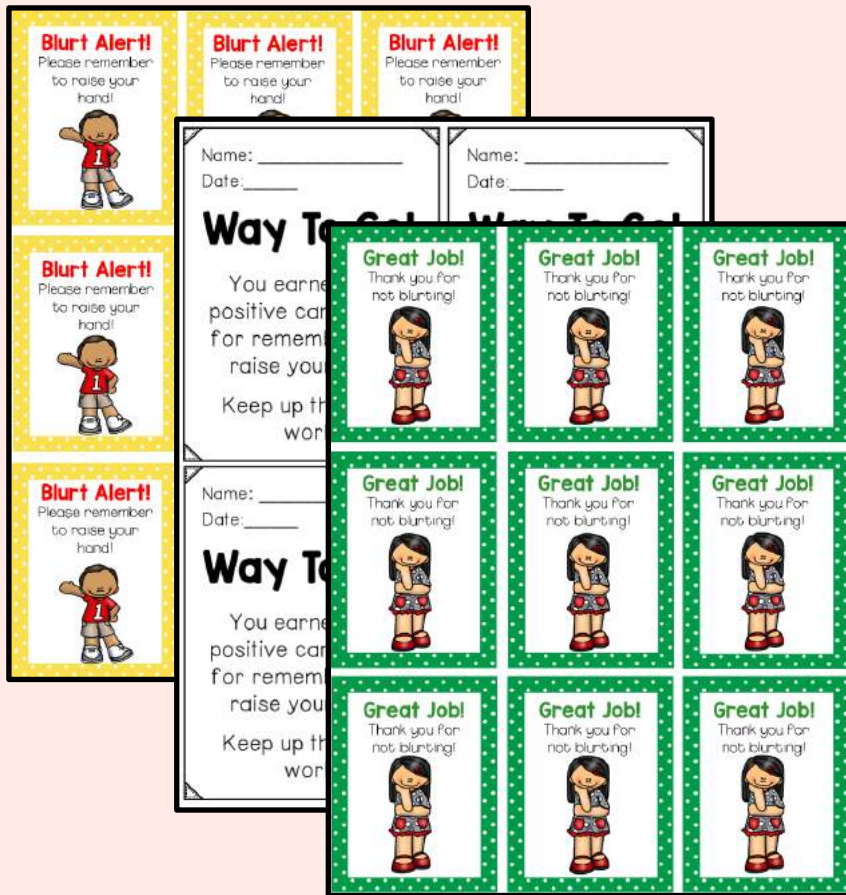
## Scenario Activity

- Students will look at 15 scenarios and decide whether or not the person should blurt.

## Foldable Activity

- Students will write examples for each of the three “Should I Blur?” criteria.

# Reinforcement Cards



These cards can be used to give positive reinforcement and/or reminders to your students. The notes of praise can be used to celebrate how many positive cards they have received in a day, week or month.

## WHAT'S INCLUDED:

- 9 positive reinforcement cards
- 9 reminder cards
- Notes of praise to celebrate daily, weekly and monthly success.

# Data Tracking Sheets

These data tracking sheets are perfect for communicating with parents or keeping your own data to measure growth.

The image shows three overlapping data tracking sheets. The top sheet is the 'Blurt Chart - Daily' form, which includes a name field, directions, a table for recording reminders by time of day (Morning, Lunch/Afternoon, Afternoon, Special), and a 'Student Goals' section. The middle sheet is the 'Blurt Chart - Weekly' form, which includes a name field, directions, a table for recording reminders by day of the week (Monday, Tuesday, Wednesday, Thursday, Friday), and a 'Student Goals' section. The bottom sheet is the 'Blurt Chart - Monthly' form, which includes a name field, directions, a table for recording reminders by week (Week 1 to Week 5) and day of the week (Monday, Tuesday, Wednesday, Thursday, Friday), and a 'Student Goals' section.

**Blurt Chart - Daily**  
Name: \_\_\_\_\_  
Directions: In each square, record the number of reminders given to the student.

Time	Mon	Tue	Wed	Thurs	Fri
Morning					
Lunch/Afternoon					
Afternoon					
Special					

My goal is to have \_\_\_\_\_  
I can accomplish my goal by \_\_\_\_\_  
If I reach this goal, I will feel \_\_\_\_\_.

**Blurt Chart - Weekly**  
Name: \_\_\_\_\_  
Directions: In each square, record the number of reminders given to the student.

Day	Mon	Tue	Wed	Thurs	Fri
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					

Date: \_\_\_\_\_

My goal is to have \_\_\_\_\_  
I can accomplish my goal by \_\_\_\_\_  
If I reach this goal, I will feel \_\_\_\_\_.

**Blurt Chart - Monthly**  
Name: \_\_\_\_\_  
Directions: In each square, record the number of reminders given to the student.

Week	Mon	Tue	Wed	Thurs	Fri
Week 1					
Week 2					
Week 3					
Week 4					
Week 5					

**Student Goals**  
My goal is to have \_\_\_\_\_ or fewer reminders.  
I can accomplish my goal by \_\_\_\_\_  
If I reach this goal, I will feel \_\_\_\_\_.

## WHAT'S INCLUDED:

- 4 “number of reminders” tracking sheets (month, week, day, day with blank schedule)
- 4 “number of successes” tracking sheet (month, week, day, day with blank schedule)



# What Others Are Saying...

“This tool has been invaluable to me in the counseling office when students are struggling with the concept of waiting! Perfect visual! Thank you!”  
–Crystal Z.

“This resource was a great addition to my SEL lessons and small groups. I also used part of it for individual instruction. It was easily adapted for all learners.” –LuAnn C.

“It did not take a long time to get this resource to be used. I used it as an extension activity and to emphasize the importance of not blurting out. It is a great resource and to the point. Loved using it and my students enjoyed it as well.”

# TEACHING ABOUT SELF-CONTROL? BUNDLE AND SAVE!



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

**SEE THE BUNDLE HERE**