

IMPULSE CONTROL STRATEGIES: READY, SET, GO!

Impulse Control is...

the ability to control your behaviors and feelings to accomplish a goal



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READY, SET, GO!

Students will:

- listen carefully, focus, and wait for the other person to finish speaking

Materials:

- ground markers, like cones or bases

Impulse control, or self-control, is the ability to resist temptations, urges, or impulses in order to meet one's goals. Children with good self-control are able to pay attention to important information in their environment, such as instructions from teachers or parents. Giving students effective impulse control strategies and the opportunity to practice them will help students in their relationships with adults and peers.

Directions:

1. Choose a starting line, then place a marker about 20 feet ahead, and another about 20 feet beyond that. (You can feel free to add as many markers as you want or have space for!)
2. Have students line up next to each other at the starting line.
3. Tell students that when they hear the word "Go," they should run to the first cone. If they start running before they hear "Go," they won't get to move to the next cone.
4. You will tempt students' impulses by substituting "Go" with other G-words like "grow," "gotcha," "grin," etc. Say the phrase "Ready....Set....G...." slowly before completing the phrase with your chosen G-word.
5. If a student has made it to the first of second cone and false starts on a word other than "Go," the student must go all the way back to the beginning.

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Discussion Questions

- Was it hard to wait until the game leader was done talking to start running? Why or why not?
- Did you use any strategies to stay still until you heard the word "Go"? What were they?
- Did you have any false starts where you had to go back to the beginning? How did that feel to have to start over?

Discuss with students that having to start over in this game is similar to what happens when you interrupt others in conversation. If you're always interrupting, the conversation starts over, and you lose the momentum you've built with the other person. And even if you don't interrupt, but you just stop listening intently, you'll often miss important information.