



Impulse Control Activities & Worksheets for Elementary Students W/CD

Tonia Caselman

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This book provides activities and reproducible worksheets to help students think about and practice strategies to become more reflective (vs. impulsive). Using cognitive-behavioral theory and techniques, it is intended to provide school personnel with tools to teach students how to stop and think before acting. The games, role-plays and worksheets are presented in a playful, but thoughtful manner to help engage children while they learn invaluable lessons about how to use self-control techniques.

These activities teach children how to:

Understanding Impulse Control

Use Patience and Tolerance

Anticipate Consequences

Practice Good Problem-Solving

Recognize and Manage Feelings

Use Impulse Control with Peers

Practice Good Listening Skills

""Be the Boss"" of Impulses

Use Impulse Control with Anger & Anxiety

This book was formerly published as ""Impulse Control: Stop & Think.

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