

FEBRUARY 2017

POWERFUL PROJECT

IMPULSE CONTROL

AGES 7 & UP



FIRST & LAST NAME: _____

This month we are talking about "impulse control." Impulse control is taking the time to stop, think & evaluate choices before taking action. On the top half of this sheet, write YOUR solution in the center. Then circle each question if the answer is YES, cross out if the answer is NO. On the bottom half, use the questions to determine a choice in your life.

Scenario 1: Some classmates are making fun of another child in your class. What do you choose to do or not do?

Scenario 2: Your sibling/friend keeps taking things from you without asking. What do you choose to do or not do?

Use these questions to determine what to do about a tough choice in your life right now.

Tough Choice: _____

Option 1: Is it safe? _____ Is it fair? _____ Will it work? _____ Is it right for me? _____

Option 2: Is it safe? _____ Is it fair? _____ Will it work? _____ Is it right for me? _____

Which option should you do? _____