

FEBRUARY 2017

POWERFUL PROJECT

IMPULSE CONTROL

AGES 4-7



FIRST & LAST NAME: _____

Impulse control means: "I stop and think before I act!" We show impulse control when we don't do the first thing that pops into our head! We show impulse control when we refrain from lying, stealing or cheating during a game. We show impulse control when we wait our turn calmly. We also show impulse control when we do our work before we play!

Below, if our friends are making safe, fair and good choices, circle those words. If not, make an X over them. Then help Gabriel apologize using the Powerful ABC system!



Ziggy ate Micheal's meal when Micheal got up to get a napkin. Ziggy liked Micheal's dinner better than his own dinner.

SAFE? GOOD CHOICE?
FAIR? GOOD CHOICE?



Poppi snuck up on Pasqual and pushed him off the tree stump. Pasqual had done it to Poppi two days ago and it hurt.

SAFE? GOOD CHOICE?
FAIR? GOOD CHOICE?



Andy, Beatrix and Curby go for a walk in the park together. Their pet owners are watching them from a nearby bench.

SAFE? GOOD CHOICE?
FAIR? GOOD CHOICE?

When we make a mistake, remember ABC!

A- Apologize (I am sorry for...)

B- Because?...

C- Can I fix it by...?

Help Gabriel Grizzly apologize for pushing his sister, Gigi:

A- Apologize: (write it)

"I am sorry for _____"

B- Because: (circle one)

- * You were in my way
- * It's not kind to push
- * I don't like you



C- Can I fix it by: (circle)

- * Hugging you
- * Getting you an ice pack
- * Kicking you
- * Other: _____