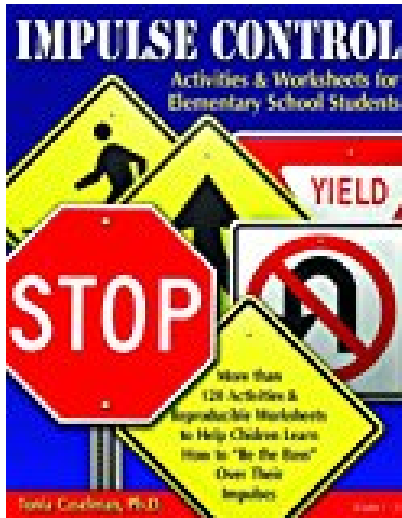


Impulse Control Activities & Worksheets for Elementary Students W CD



BOOK DETAILS

- Author : Tonia Caselman
- Pages : 140 Pages
- Publisher : YouthLight, Inc.
- Language : English
- ISBN : 1598500597

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BOOK SYNOPSIS

Impulse Control Activities & Worksheets for Middle School Students provides teachers, school counsellors, social workers and psychologists with tools to assist students in grades 6-8 with better impulse control. Lessons address the multiple areas that are affected by impulsivity such as academics, emotions, problem-solving, social skills, and romantic relationships. Expanding on existing evidenced-based practices for decreasing impulsivity, lessons provide specific, engaging activities and worksheets to use with groups or individuals. The activities are designed to teach students how to: understand the value of impulse control; use patience and tolerance; anticipate consequences; practice good problem-solving strategies; recognize and manage feelings; use impulse control with peers; practice good listening skills; "Be the Boss" of impulses; use impulse control with anger and anxiety; and more!

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