

Impulse Control Workbook

For Kids and Teens
&

For Autism, ADHD, Neurodivergent

STOP THINK ACT

WORKSHEETS TO HELP YOU ADAPT
POSITIVE, FLEXIBLE THINKING

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Impulse Control



Have you ever done something without really thinking it through, like grabbing that last cookie even though you knew you should share, or blurting out the answer in class without raising your hand? If so, you're not alone! Everyone has impulses, but learning to control them is a superpower that can help you make better choices, be kind to others, and stay out of trouble.



Learning to control impulses doesn't mean you don't get to have fun or be creative. It just means taking a moment to make sure your actions are the best choice. Here are some steps to help you be an impulse-control superhero:

Before You React

STOP



THINK



ACT



IMPULSE CONTROL

STOP

Before doing something you're not sure about, say "STOP!" in your head. Pause for a moment and take a deep breath.

S

Stop and take a moment: When you feel like acting on an impulse, pause for a few seconds. This gives your brain a chance to catch up with your emotions.

T

Think before you act: Consider the possible consequences of your actions. What might happen if you follow through on your impulse?

O

Options: Identify your choices. Instead of acting on your first impulse, think of several ways you can respond to the situation.

P

Pick the best option: Choose the response that is the most appropriate and kind. This often means considering how your actions will affect others and yourself.

IMPULSE CONTROL

STOP

Before doing something you're not sure about, say "STOP!" in your head. Pause for a moment and take a deep breath.

Using S.T.O.P. in Real-Life Scenarios:

1. Scenario: A classmate says something mean to you.

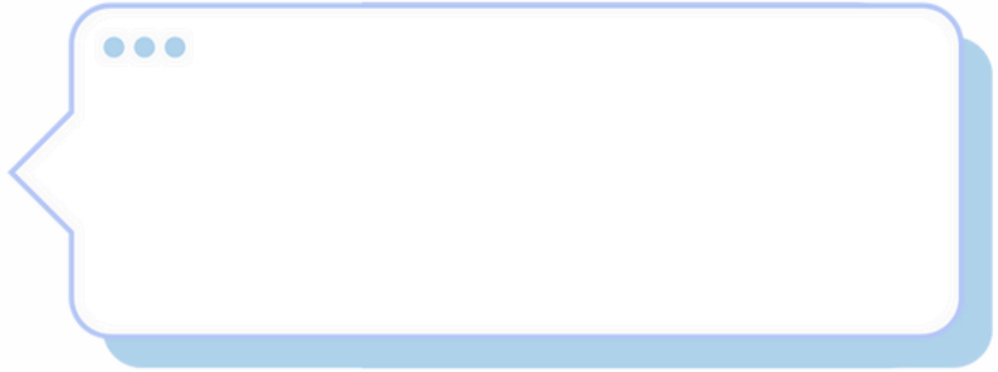
- S – Stop and don't respond immediately.**
- T – Think about why they might have said it and how you usually feel when someone says something mean.**
- O – Options: Ignore them, tell a teacher, or calmly tell them that it hurt your feelings.**
- *P – Pick the best option: Calmly tell them that it hurt your feelings.**

2. Scenario: You see a toy you really want to play with but another child is playing with it.

- S – Stop and don't grab the toy. - T – Think about how it feels when someone takes something from you. - O – Options: Ask if you can play together, wait patiently for your turn, or find another toy to play with. - P – Pick the best option: Ask if you can play together or wait patiently for your turn.**

IMPULSE CONTROL STOP

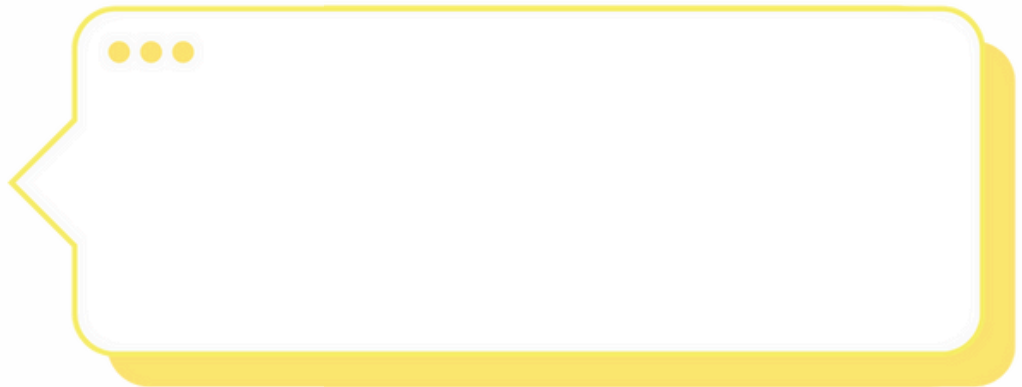
S

An empty speech bubble with a blue border and three blue dots in the top left corner.

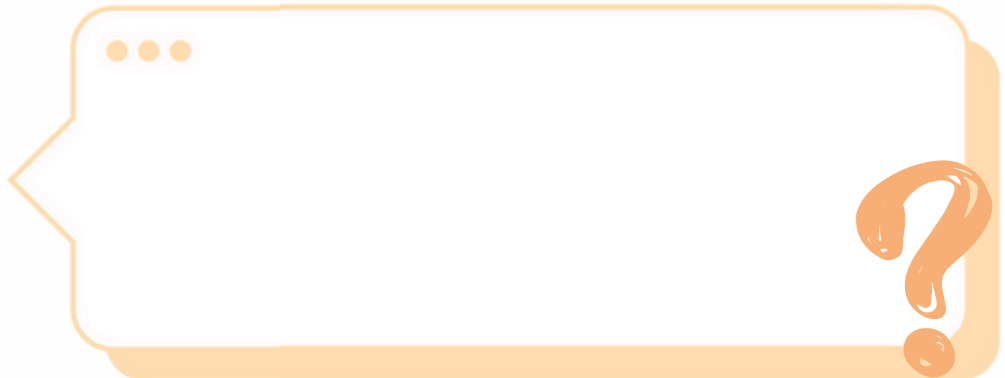
T

A yellow lightbulb icon with a black base and a small flame.An empty speech bubble with a red border and three red dots in the top left corner. A small thought bubble is attached to the top right corner.

O

An empty speech bubble with a yellow border and three yellow dots in the top left corner.

P

An empty speech bubble with an orange border and three orange dots in the top left corner. A large orange question mark is attached to the bottom right corner.



IMPULSE CONTROL

THINK

The T.H.I.N.K. method helps kids to take a thoughtful approach to impulse control, encouraging them to pause, consider, and choose the best action.

T

T – Take a deep breath: Before reacting, take a deep breath to calm your mind and body. This helps you to pause and think clearly.

H

H – Hold on and wait: Give yourself a moment to consider the situation. Waiting a few seconds can make a big difference.

I

I – Imagine the consequences: Think about what might happen if you act on your impulse. Ask yourself, “What could go right or wrong if I do this?”

N

N – Navigate your options: Consider different ways to handle the situation. What are your choices, and which one seems the best?

K

K – Kind action: Choose the kindest and most thoughtful response you can. This often involves thinking about how your actions will affect others and yourself.



IMPULSE CONTROL

THINK

Using T.H.I.N.K. in Real-Life Scenarios:

1. Scenario: You feel like yelling because you lost a game.

1. - T – Take a deep breath to calm down.
2. - H – Hold on and wait before reacting.
3. - I – Imagine the consequences of yelling. It might hurt others' feelings and make you feel worse.
4. - N – Navigate your options: You could take a break, talk about how you feel, or suggest playing another game.
5. - K – Choose the kind action: Calmly suggest playing another game or say “Good game” to show good sportsmanship.

2. Scenario: You want to interrupt your friend because you have something exciting to share.

- T – Take a deep breath and count to three.
- H – Hold on and wait for a pause in the conversation.
- I – Imagine the consequences of interrupting. It might make your friend feel like their story isn't important.
- N – Navigate your options: Wait until they finish, gently ask if you can share something, or write down your thought to share later.
- K – Choose the kind action: Wait until it's your turn to speak or ask politely if you can share.



IMPULSE CONTROL

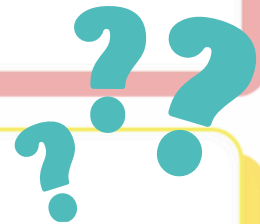
THINK

T

Empty text box for the letter T.

H

Empty text box for the letter H.



I

Empty text box for the letter I.

N

Empty text box for the letter N.

K

Empty text box for the letter K.



IMPULSE CONTROL

ACT

GO

The A.C.T. method helps kids pause and think before acting on impulses, guiding them towards making thoughtful and considerate decisions.

A

A – Assess the situation: Look around and observe what is happening. Ask yourself why you want to react and whether it's the right time and place.

C

C – Consider the choices: Think about what you can do next. List the possible actions and evaluate which one will have the best outcome.

T

T – Take the best action: After thinking through your options, choose the action that is kind, safe, and appropriate.



IMPULSE CONTROL

ACT

Using A.C.T. in Real-Life Scenarios:

1. Scenario: You feel upset because someone took your toy.

- **A – Assess the situation:** Notice why you are upset and who took your toy.
- **C – Consider the choices:** You could yell at the person, ask for your toy back, or ask an adult for help.
- **T – Take the best action:** Choose the option that helps solve the problem calmly, like kindly asking for your toy back or seeking help from an adult.

2. Scenario: You want to grab the last cookie before anyone else does.

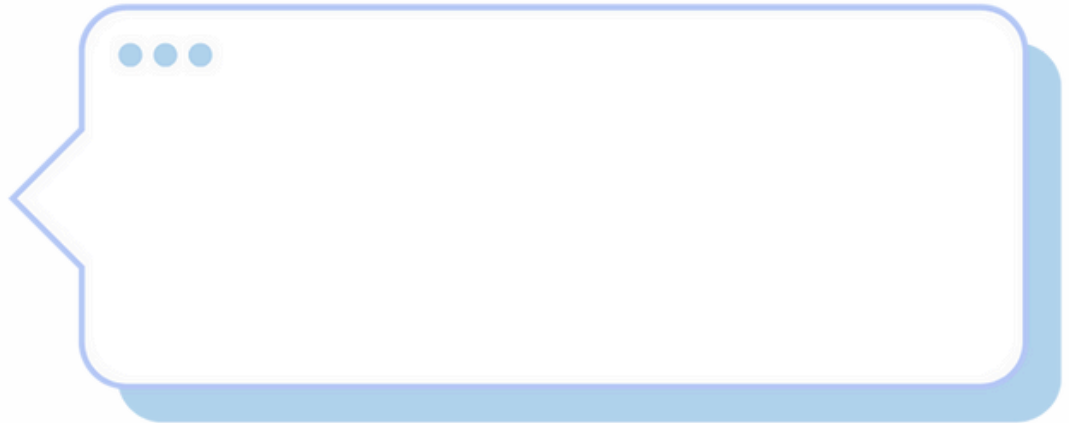
- **A – Assess the situation:** See if others are also interested in the cookie and recognize your impatience.
- **C – Consider the choices:** You could grab it quickly, ask if anyone else wants it, or decide to share it.
- **T – Take the best action:** Opt for a considerate approach, such as asking if everyone can share or if you can take turns with others.

IMPULSE CONTROL

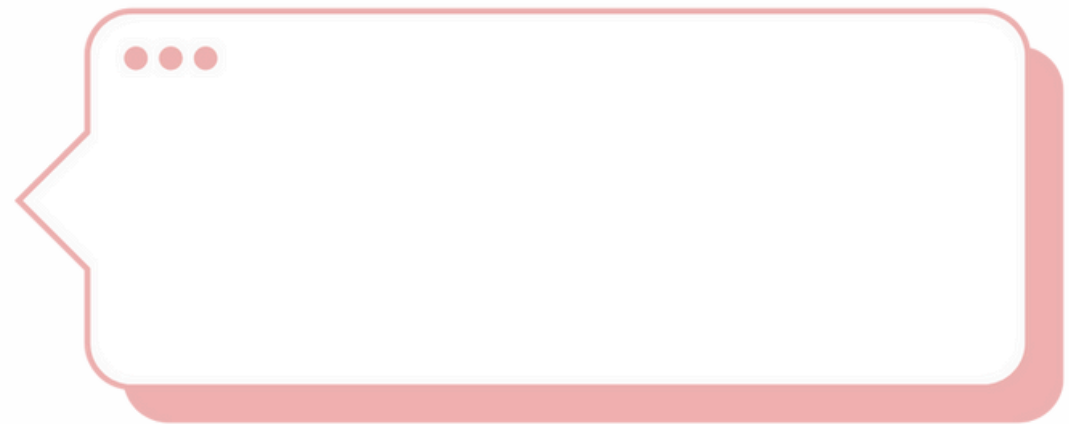
GO

ACT

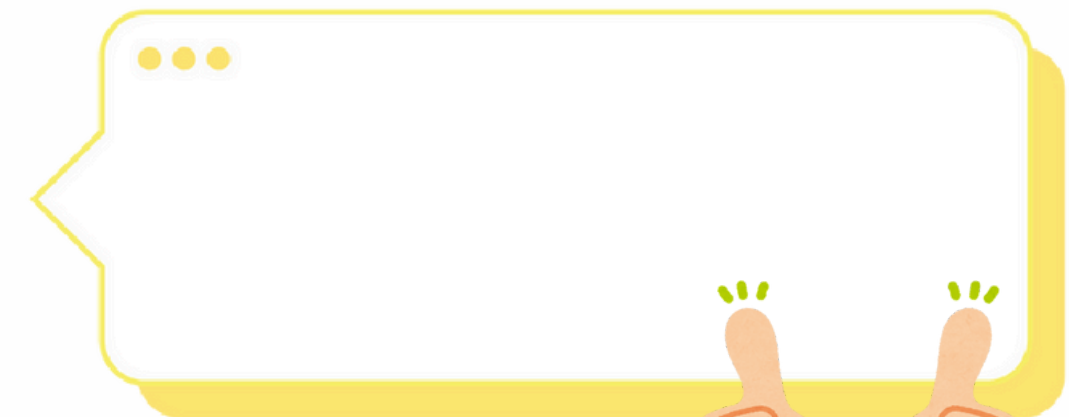
A



C



T



Reflection Questions

1

What happened?

- Describe the situation where you felt an impulse. What were you thinking and feeling at that moment?

2

What choices did you have?

- Consider the different actions you could have taken. What were the possible options, and what might have been the outcomes for each?

3

Why did you choose the action you did?

- Reflect on your decision-making process. Why did you act the way you did?
What influenced your choice?

Reflection Questions

4

What was the result of your action?

- Think about the outcome of your decision. Did it make the situation better or worse? How did it affect you and others involved?

5

What would you do differently next time?

- If you could go back, what changes would you make to your actions? How might a different choice lead to a better outcome?

6

How can you use A.C.T. next time?

- Reflect on how you can apply the A.C.T. method (Assess, Consider, Take action) in future situations. How can thinking through your choices help you control your impulses better?

Impulse Control Quiz

Read each question carefully and tick yes or no.

A. B. C

If your friend is telling a story and you want to tell yours, what should you do?

- a) Interrupt them, b) Wait for your turn; c) Start talking louder

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You see something really funny while the teacher is talking. What's the best action to take? a) Laugh out loud, b) Keep it to yourself for later, c) Show your friends immediately

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You didn't get picked for the team you wanted. How do you react?

- a) Throw a tantrum, b) Politely ask for a reason, c) Accept it and try your best

☐	☐	☐
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If you're eager to open a present but it's not time yet, what should you do? a) Sneak a peek, b) Wait patiently, c) Ask repeatedly if you can open it now

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You want a snack but you're about to have dinner. What's your best choice? a) Grab the snack anyway, b) Wait until after dinner, c) Just take a small bite

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A classmate gets the part you wanted in the school play. What's the best way to handle your feelings? a) Complain loudly, b) Congratulate them and support them, c) Refuse to participate

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You feel like shouting during a quiet time at school. What is the right thing to do? a) Shout anyway, b) Use a quiet activity to calm down, c) Text a friend about it

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Impulse Control Quiz

Read each question carefully and tick yes or no.

A. B. C

Your sibling touches your stuff without asking. What's the best approach? a) Yell at them, b) Calmly tell them to ask next time, c) Hide all your belongings

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If you feel frustrated during a game, what's the best response? a) Smash the game pieces, b) Take a deep breath, c) Blame your teammates

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You're excited about something at recess and want to run and shout. What should you do? a) Run and shout as you please, b) Use your inside voice until you're outside, c) Ignore the rules because you're excited

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You're really hungry but you're supposed to wait until lunchtime. What could you do? a) Complain to your teacher, b) Distract yourself with a book or game, c) Take food out of your backpack

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During a test, you see an answer on a classmate's paper. What's the right choice? a) Copy it, b) Ignore it, c) Tell the teacher

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Your friend got a new toy you want to play with too. What's the best way to act? a) Take it from them, b) Ask politely if you can play after them, c) Get upset and walk away

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Your parents said to turn off the video game. How should you react? a) Ignore them and continue playing, b) Turn it off as they asked, c) Argue with them for more time

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Impulse Control Quiz

Answer Key:

1. b) Wait for your turn 2. b) Keep it to yourself for later 3. c) Accept it and try your best 4. b) Wait patiently 5. b) Wait until after dinner 6. b) Congratulate them and support them 7. b) Use a quiet activity to calm down 8. b) Calmly tell them to ask next time 9. b) Take a deep breath 10. b) Use your inside voice until you're outside 11. b) Distract yourself with a book or game 12. b) Ignore it 13. b) Ask politely if you can play after them 14. b) Turn it off as they asked

These questions are scenarios meant to help kids think about situations where they need to practice controlling their impulses and making respectful, thoughtful decisions.

Scenario Question



You want to
argue about
bedtime with
your parent.
What's
better?

Scenario Question



Another child
takes your
spot at the
playground.
What's your
reaction?

Scenario Question



You're given a
surprising
homework
assignment.
How do you
handle it?

Scenario Question



Your parent
asks to turn
off the TV.
How do you
respond?

Scenario Question



You're in
class and
know the
answer. How
do you avoid
shouting out?

Scenario Question



Your turn
comes very
slowly at the
water fountain.
What do you
do?

Scenario Question



You're in the
hall and feel
like running.
What should
you do?

Scenario Question



Your
classmate is
talking; you
want to
interrupt.
Should you?

Scenario Question



You lost a
game and feel
like throwing
the pieces.

What's a
better choice?

Scenario Question



Your sibling
is using your
favorite game.
What do you
do

Scenario Question



You didn't
find your
favorite snack
in the
cupboard.
What now?

Scenario Question



A younger
sibling breaks
your toy. How
do you handle
it?

Scenario Question



You're waiting
for your turn
but feel
impatient.
What should
you do?

Scenario Question



Another child
cuts in front
of you in line.
What do you
do?

Scenario Question



A friend
makes you
mad during
lunch. How do
you react?

Scenario Question



A friend
starts teasing
you. How
should you
react?

Scenario Question



You lose a
race to a
friend. What
should you do
next?

Scenario Question



Someone
accidentally
bumps into
you. How do
you react?

Scenario Question



You see a
plate of
cookies before
dinner. Should
you take one?

Scenario Question



You're at the
store and see
a toy you
want. What do
you do?

Scenario Question



You're at the
store and see
a toy you
want. What do
you do?

THANK
YOU!

WELL
DONE