Impulse Control & Emotional Awareness Scenarios

1. **The teacher is teaching in front of the class and a peer from across the room throws an eraser at you.**

What is your reaction if you engage in self-talk and can control your impulses?

What is your reaction if you do not have impulse control? What can be the consequences?

1. **After school your friends invite you to go with them to Circle-K to get some snacks. When you are inside the store one of your friends hands you 2 bags of chips and says “here put them in you backpack”.**

What is your reaction if you engage in self-talk and can control your impulses?

What is your reaction if you do not have impulse control? What can be the consequences?

1. **The teacher asks the class to work individually on an assignment but she hears noises from your table. The teacher comes to your table and starts screaming at you. You were quiet and were doing your work but you got blamed.**

What is your reaction if you engage in self-talk and can control your impulses?

What is your reaction if you do not have impulse control? What can be the consequences?