



### Managing Impulsivity

*Take your time!*

Thinking before acting; remaining calm, thoughtful and deliberative

#### Related Vocabulary Words:

- fight, fists, remember, alright, think, instead

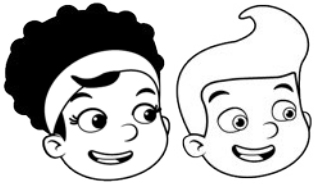
#### Materials Needed:

- Large copy of fluency for “Managing Impulsivity” (This could also be hand-written on a whiteboard or typed on a projector), copies of the fluency passage for each student

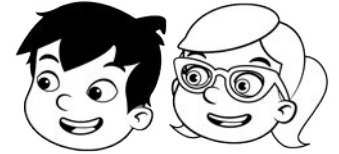
#### Activity:

1. After watching the video and completing the extension activities, gather the students so they can see the fluency passage for the day.
2. Ask your students to find the first word of the passage. Have them follow along and point to each word as you read.
3. Read the passage out loud, pausing at the last word of every sentence so that all of the students can finish the sentence together.
4. Have your students read together. Call one student up to point to the words while the rest of the class reads together (chorally) at your lead.
5. Point to words in random order. Have your students read these words together.
6. Post the fluency passage in the classroom. Have your students read it throughout the day.





## Fluency Passage:



Sometimes I think I need something NOW!

Sometimes I think I am RIGHT!

Sometimes I really want to YELL!

Sometimes I just want to FIGHT!

But when I start to feel this way,

and my fists ball up so tight,

I remember the red and green chair

and I know I'll be alright.

I take a deep breath and count to three

and close my eyes real tight.

"STOP, THINK, ACT," I say.

And we TALK instead of fight.

