

FAMILY DISCUSSION GUIDE

# IMPULSE CONTROL

The Power to Pause, Think, and Choose

Strong brakes today lead to better choices tomorrow.

**REMEMBER**  
That tiny gap between feeling and doing is where good choices happen.



## START THE CONVERSATION



- What does "impulse" mean?
- What are some times it's hard to stop and think?
- How does your body feel when you have a big urge?
- What helps you pause?

## OUR BRAKE TOOLS



**STOP**  
Notice the urge.



**THINK**  
What's my best choice?



**PAUSE**  
Take a breath. Count slow.



**CHOOSE**  
Pick a good action.



**PRACTICE**  
The more we practice, the stronger our brakes get!

## REFLECTION QUESTIONS

- Can you think of a time you stopped and made a good choice? What helped you?
- What might happen if you acted right away without thinking?
- Who can help you when your brakes feel weak?

## SCENARIOS: WHAT WOULD YOU DO?

Your friend takes the last toy you wanted.



You really want to shout the answer in class.



You see cookies on the counter when no one is looking.



## MY PLAN

When I feel a big urge, I will...



\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## CELEBRATE PROGRESS

Every time you pause and choose wisely, you're building stronger brakes for a brighter tomorrow!



DR. MICHAEL ZAKALIK, PSY.D.  
Psychologist for Parenting | Z Psychology



Understanding minds.



Strengthening connections.