



One day, I saw a shiny ball on the shelf. Without thinking, I grabbed it, even though it wasn't mine



My friend looked upset because I didn't ask first. I felt bad and didn't understand why I acted so quickly



Sometimes, I do things without thinking, like grabbing, shouting, or running too fast. This is called being impulsive



Being impulsive means acting quickly without stopping to think about what might happen



When I act impulsively, I might hurt myself, upset others, or make mistakes



It's okay to feel excited or want something quickly, but I can learn to stop and think first



When I feel like doing something right away, I can pause and ask myself, 'Is this safe? Is this kind?'



If I feel like shouting, I can take a deep breath and wait for my turn to talk



If I want to grab something, I can stop and ask, 'May I have that?' instead



If I feel like running, I can think about where it's safe to run, like outside or during playtime



When I stop and think, I make better choices that keep everyone safe and happy



If I accidentally act impulsively, I can say, 'I'm sorry,' and try to fix what happened



Learning to stop and think takes practice, but I can get better every day



When I pause and make thoughtful choices, I feel proud of myself for staying calm and kind



Now, when I feel like acting quickly, I remember to pause, take a breath, and think about what to do



Stopping to think helps me make better choices, keeps everyone safe, and makes playtime more fun for everyone



Vocabulary

- Impulsive

A: Acting quickly without thinking

B: Waiting and thinking carefully

- Safe

A: Doing something that doesn't hurt me or others

B: Doing something that might cause harm

- Kind

A: Treating others nicely and fairly

B: Only thinking about yourself

- Pause

A: Doing something right away

B: Stopping for a moment before doing something

- Apologize

A: Ignoring what happened

B: Saying "I'm sorry" when I make a mistake



Spellings

A: Shiny

B: Sainy

A: Shelf

B: Shalf

A: Friend

B: Friand

A: Impulsive

B: Impulsive

A: Farst

B: First

A: Pause

B: Pouse

A: Kind

B: Kaind

A: Praktice

B: Practice



Comprehension

- What does it mean to act impulsively?
A: Acting quickly without thinking
B: Waiting for your turn

- Why is it important to stop and think before acting?
A: It makes you go faster
B: It keeps everyone safe and happy

- What can you do instead of grabbing something you want?
A: Take it quickly before anyone else does
B: Stop and ask politely, "May I have that?"

- What can you say if you act impulsively and hurt someone's feelings?
A: "I'm sorry, I didn't mean to do that"
B: "I don't care, it's mine now"

- What happens when you stop and think before acting?
A: You feel upset and frustrated
B: You make better choices and feel proud



Open-Ended Questions

- What makes you feel like acting impulsively sometimes?

- How do you feel when someone grabs something from you?

- What can you do to remember to stop and think before acting?

- Who can help you practice making better choices?



Creative Activity

- **Make a "Stop and Think" Sign**

Help the child create a colorful sign with reminders like "Pause," "Take a Breath," and "Think First"

- **Draw a Thought Bubble**

Ask the child to draw a picture of something they should think about before acting, like asking for a toy instead of grabbing it



Role-Play Activity

- **Scenario 1**

Pretend the child wants to grab a friend's toy. Practice stopping, taking a deep breath, and asking politely

- **Scenario 2**

Act out a situation where the child feels like running indoors. Practice stopping and thinking about where it's safe to run

- **Scenario 3**

Pretend the child accidentally interrupts someone. Practice saying, "I'm sorry, I'll wait for my turn"