



Social Emotional Virtual Learning

Impulse Control

May 2020



ECSE/Program Social Emotional Learning

Learning Target:

Students will learn about self-control/impulse control.

Watch this [video](#) Cookie Monster learning about self-control.



Self-control is about
controlling ourselves when
there's something that we
really want to do.



What did Cookie Monster do to control himself when he really wanted the cookie?

Cookie Monster tried:

1) Doing belly breaths



2) Talking about something else



3) Singing a song



Let's play the dance freeze game!

- You will need some space around you for this game.
- Play this dance freeze [video](#).
 - Follow the directions in this video, but remember to freeze and not move when he says “freeze”!



We can also play the Red Light, Green Light game!

Materials:

- Red and Green paper (*optional*).

Directions (*for adults*):

- Choose a start point and an end point
- Tell your child:
 - “You have to get to the end point (*point to end point*). But there’s a special rule - you can only move when the sign is green or I say “green light”; when the sign is red or I say “red light”, you have to stop and not move”



Self Check:

- Can you think of something that you can do to control yourself when there's something that you really want to do?
 - If you can't think of something, you can choose a strategy that Cookie Monster did!



Do belly
breaths



Talk about
something else



Sing a song