



In Focus: Grades K–2

Steps for Managing Impulses

Do you feel like you want to do something quickly, and without thinking? Are you feeling impulsive? Follow these steps.

1. Stop.
2. Belly breathe.
3. Notice that you want to move or do something impulsive.
4. Name what you want to do. (Get in line first, run to the bus, get called on, eat dinner, play with a toy, etc.)
5. Belly breathe.
6. Notice how you are feeling. Do you feel more calm and in control?