

IMPULSE CONTROL RED FLAGS

COMMON IMPULSE CONTROL BEHAVIORS

- **Speaks out or blurts out answers**
- **Interrupts classmates**
- **Quits or gives up on games**
- **Shoves in lines**
- **Cuts in front of others while waiting in lines**
- **Jumps up from seat**
- **Asks questions about irrelevant topics**
- **Shows physical impulses**
- **Hyperactive behavior**
- **Hypo-active behavior**
- **Jumps to conclusions**
- **Reacts strongly to criticisms**
- **Gets sidetracked by strong emotions**
- **Personal boundary issues**
- **Jumps from one task to another**
- **Easily distracted**
- **Has difficulty maintaining attention/organization strategies**
- **Has difficulty pinpointing a starting point in big projects**

STOP AND THINK

- **What am I supposed to be doing?**
- **Count to 3 before acting.**
- **Do I need a sensory break?**
- **Stretch my arms and take a deep breath in.
Lower my arms and slowly breath out.**
- **Take three slow, deep breaths in and three
slow, deep breaths out.**
- **If I don't know what to do, raise my hand and
ask.**
- **What am I working for?**

STOP AND THINK

DAILY REWARD CHART

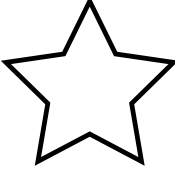
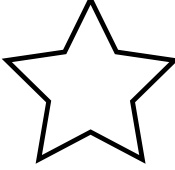
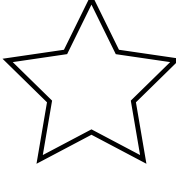
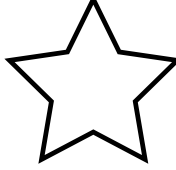
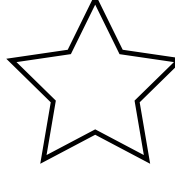
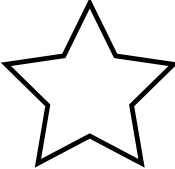
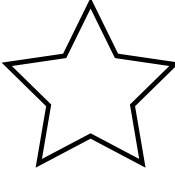
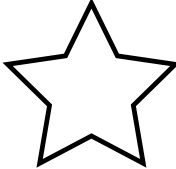
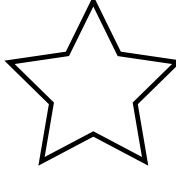
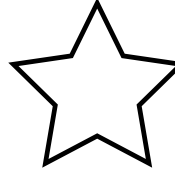
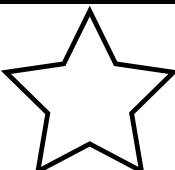
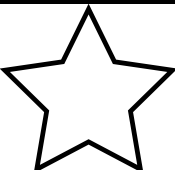
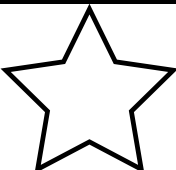
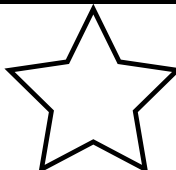
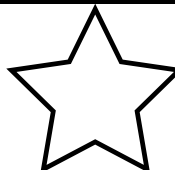
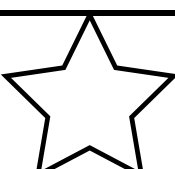
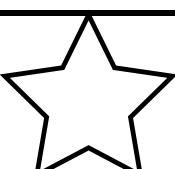
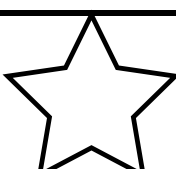
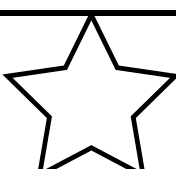
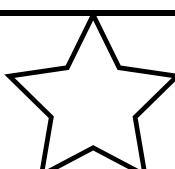
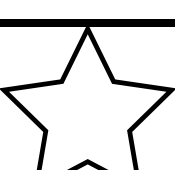
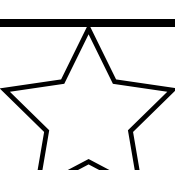



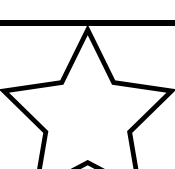
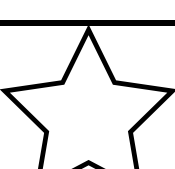


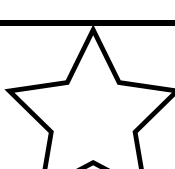
MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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