



Take a Beat

Imagine you're waiting for something you really want. Notice your breath. How can you be calm while you wait?

Self-Control

Controls Impulses & Delays Gratification



Mindfulness Principle: Take It Slow

Skill Focus: Build stamina for controlling impulses or waiting through a variety of strategies.

- 1
 - What does it mean to be impulsive? What are examples of someone acting impulsively?
 - Being impulsive means a person does or says something without thinking about the possible results of their action. An impulsive action often happens as a result of a strong emotion like anger, fear, sadness, surprise, or joy.
 - We're going to learn how to do a calming activity today, which will help you slow your responses, relax your body, and let you make wiser choices. An example of when to use a calming activity is seeing something on social media and wanting to respond immediately.
- 2
 - Sit tall and close your eyes, if desired. Take a couple of deep breaths.
 - Slowly inhale through your nose and quietly say "one" as you slowly exhale.
 - Slowly inhale again and then quietly say "two" as you slowly exhale. Repeat the process until you reach the number five. Once students reach five, repeat the activity. Take a final cleansing breath and open your eyes, if closed.
- 3
 - What did you notice about your body while you were doing the exercise?
 - How did you feel? Did you find yourself thinking about anything in particular while doing it?
 - Doing this sort of breathing exercise slows you down and helps you avoid impulsive behavior and making choices too quickly. Counting breaths is also good for calming the body's response to various situations and stress.