

IMPULSE CONTROL PLAN

STOP

STOP

STOP AND PAUSE BEFORE YOU GO!

S

SUBJECT:

- Does your ideas/conversation topics relate to the subject matter at hand?
- Does your idea add to the current topic of discussion?
- Will your addition change the subject/topic of conversation?
- If you are in class, is what you are going to say relate only to the lesson happening OR the lesson happening **(last)**? Only 5 seconds of the lesson happens 5x the lesson hasn't (last)?

T

TIMING:

- Is someone else already talking? It is important to wait until that person is finished before you start adding to the conversation!
- If you are in class, did you raise your hand and did the teacher call on you?
- Will you interrupt the lesson, presentation, or conversation if you jump in now?

O

OPENING:

- Is there a pause in conversation where you can jump in without interrupting someone else?
- Is the teacher asking for volunteers or for questions?
- Did the conversation/discussion end before you bring up a new topic or idea?
- Is the person you are talking to looking at you or do they know you are going to talk to them?

P

PAUSE:

- Did you stop to ask yourself these questions?
- Are you making sure that you are on task and not distracted?
- Did you use your Power of Pause to make sure you are respecting other's boundaries or expectations?

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