

Impulsive Behavior

1. An example of an impulsive behavior I have done is:

2. Examples of other impulsive behaviors include the following.

3. Group think is when _____.

Healthy Ways to Manage Emotions

4. Fill in the graphic with an example or description or other interesting fact.

Breathe and pause	<ul style="list-style-type: none">• Take deep breaths and count to four each time.
Collect your thoughts	
Take time out	
Distract yourself	
Do regular physical activity	
Try to laugh about it	
Keep a journal	