

# IMPULSE CONTROL: MELT OR FREEZE?



**Impulse Control**, or self-control, is the ability to control your behaviors and feelings. Think about the games Freeze Dance or Freeze tag — you freeze when you are using self-control. On this worksheet, you will think about how you could “freeze,” or stop to make a good choice, in the real-life situations below. You’ll also think about what the impulsive choice would be in that situation — when you “melt,” or give in to your impulses.

**Write your “MELT” or impulsive choice on the left, and your “FREEZE or responsible choice on the right.**

1. Your teacher is reading a story to the class and it reminds you of a story that you read with your mom at home.

**MELT**

**FREEZE**

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2. Your friend is talking to some kids about a video game you like. You beat the final level last night.

**MELT**

**FREEZE**

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3. In music class, you are all singing a song when you get thirsty all of a sudden.

**MELT**

**FREEZE**

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4. You are last in line for lunch, but you are extremely hungry.

**MELT**

**FREEZE**

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