

THIS WEEK'S TOPIC IS

IMPULSE CONTROL



What are impulses?

Impulses are instinctive urges that arise quickly and often unconsciously, driven by our emotions and immediate desires. They can range from simple choices like reaching for comfort food to more significant decisions that impact our relationships, work, and well-being. Impulse control is an important part of managing your own behaviour and keeping safe.

Early Years and KS1

This week in school, your child in EYFS or Key Stage 1 has been talking about using 'Stop and Think'. Short commands can be useful if you feel your child is doing something that could be dangerous. 'Think' reminds children to take a step back from their behaviour and check themselves whether it could be dangerous. The aim is to support children to become independent in stopping their impulsive behaviours by frequently stopping and thinking.



KS2

Children in KS2 have been discussing their own methods of practising impulse control. Just being aware of the fact that we do things impulsively can help children to understand their own behaviours. The aim is for children to understand that triggers can happen that mean they act impulsively, knowing these triggers helps children to control these impulses.

The Responsible Behaviour Curriculum

