

“Stop and Think”

Name:

The ability of controlling impulses is a basic element for Emotional Intelligence. Reflexivity, the ability to identify the right moment and knowing how to wait, are the key factors for a good social adaptation and solving problems efficiently. Learning to control our impulsivity allows us to bring out the best in ourselves developing the skill to always evaluate the situation before carrying out a response. Through their training, they will get to be in control of themselves by getting the freedom of responding willingly, and not automatically or foreseeably. The development of the next mission will help especially those impulsive children who find it difficult to know how to wait and identify the right moment to act.

Sign:

★ THE LIST ★

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