

“Stop and Think”

MISSION DESCRIPTION

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.

HOW TO USE THE MAP

When you are about to finish every Tip, you should award them with a particular amount of points. You will see how in every Tip it will be pointed out exactly how many.

Then you should go to the corresponding mission map and write down the points (or colour the star, as you prefer) in the Tip number you have already completed.



AREAS



Impulse Control



Self-Control

LEVEL OF DIFFICULTY



AGE : 4 to 12 years old

DURATION : 21 days

TIPS AMOUNT : 13

CRYSTALS : 12



REMEMBER...

The more immediate you do it, more chances there will be they repeat the right behaviour. You shall only award them with points when the mission goal you agreed in advanced is been achieved, not otherwise.

Let them write down the points or colour the star, so they'll be aware of their improvements and will be more motivated to go on until the end.

"Stop and Think"

Name:

A motto:

Price:

Sign:

END OF THE MISSION

