

# Impulse Control Activities for Teens

I'll break these activities down by life-skill. Many of these skills may seem basic to you as an adult, but your teen may need a reminder to use the new tools in their toolbox. Gentle, friendly reminders are going to help them create routines and new, positive habits. But they won't be able to do it without you. New habits can take at least 28 days to build, but they can fall apart quicker than that through sporadic use.

## 1. Emotional, Mental and Social Development

- Organized sports/activities/clubs
- Keep a journal; reflect on when you were able to exhibit impulse control, and when you were not. What did you mean to happen?
- Have a few pre-planned responses to help ward off peer pressure
- For teens with trouble regulating time, use a planner with hour (or even half hour) time slots. Build in timers and routines for filling out the planner and referencing it

## 2. Stress-Reduction Techniques

- Take a shower
- Have a mantra or Bible passage memorized. "I can do all things through Him who strengthens me" (Philippians 4:13, NRSV) is a personal favorite, but a quick Google or Pinterest search will help you find many more.
- Write out the things you are, and are NOT in control of.
- Practice deep breathing.
- Dance
- Physical activity
- Blowing bubbles
- Coloring
- Journaling



# Impulse Control Activities With Adolescents

**Xiaolong Qi**



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## **Table of Contents Impulse Control Activities With Adolescents**

1. Understanding the eBook Impulse Control Activities With Adolescents
  - The Rise of Digital Reading Impulse Control Activities With Adolescents
  - Advantages of eBooks Over Traditional Books
2. Identifying Impulse Control Activities With Adolescents
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Impulse Control Activities With Adolescents
  - User-Friendly Interface
4. Exploring eBook Recommendations from Impulse Control Activities With Adolescents
  - Personalized Recommendations
  - Impulse Control Activities With Adolescents User Reviews and Ratings
  - Impulse Control Activities With Adolescents and Bestseller Lists

5. Accessing Impulse Control Activities With Adolescents Free and Paid eBooks
  - Impulse Control Activities With Adolescents Public Domain eBooks
  - Impulse Control Activities With Adolescents eBook Subscription Services
  - Impulse Control Activities With Adolescents Budget-Friendly Options
6. Navigating Impulse Control Activities With Adolescents eBook Formats
  - ePub, PDF, MOBI, and More
  - Impulse Control Activities With Adolescents Compatibility with Devices
  - Impulse Control Activities With Adolescents Enhanced eBook Features
7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Impulse Control Activities With Adolescents
  - Highlighting and Note-Taking Impulse Control Activities With Adolescents
  - Interactive Elements Impulse Control Activities With Adolescents
8. Staying Engaged with Impulse Control Activities With Adolescents
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Impulse Control Activities With Adolescents
9. Balancing eBooks and Physical Books Impulse Control Activities With Adolescents
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Impulse Control Activities With Adolescents
10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
11. Cultivating a Reading Routine Impulse Control Activities With Adolescents
  - Setting Reading Goals Impulse Control Activities With Adolescents
  - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Impulse Control Activities With Adolescents
  - Fact-Checking eBook Content of Impulse Control Activities With Adolescents
  - Distinguishing Credible Sources
13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
  - Exploring Educational eBooks
14. Embracing eBook Trends
- Integration of Multimedia Elements
  - Interactive and Gamified eBooks

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