

# 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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