

Name \_\_\_\_\_

## Pause To Control Answer Key

1. D	5. B
2. C	6. C
3. B	7. A
4. A	8. D

### Teacher's Guide

- **Purpose:** Strengthens impulse control, emotional awareness, and decision-making skills in social and academic contexts.
- **Differentiation Tips:**
  - Read each scenario aloud and discuss possible reactions before students choose answers.
  - Allow students to justify their answers verbally to support comprehension and reasoning.
  - Provide visual reminders of "Pause-Breathe-Think-Choose" for students needing extra cues.
- **Engagement Strategies:**
  - Turn the quiz into a "Think Before You Act" game, letting students explain their reasoning in teams.
  - Encourage students to role-play each question to practice calm reactions.
- **Extension Ideas:**
  - Have students create new impulse-control scenarios to quiz their classmates.
  - Use reflection writing prompts like "A time I stayed calm even when I didn't want to."
  - Build a "Pause Plan" checklist for real-life situations where they can apply these skills.