

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.