



What Were You Thinking?: Learning to Control Your Impulses

Bryan Smith

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Third grader Braden loves to be the center of attention. His comic genius, as he sees it, causes his friends to look at him in awe. But some poor decision-making, such as a few ill-timed jokes in class and an impulsive reaction during gym class that leads to a classmate on the floor in tears, results in Braden's teachers and mother teaching him all about impulse control. Will the tips provided by the adults in Braden's life help him see a better way to manage his impulses? Find out in this hilarious story by Bryan Smith.

What Were You Thinking?: Learning to Control Your Impulses Details

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Gayle Swift says

What Were You Thinking? by Bryan Smith and illustrated by Lisa M. Griffin addresses common moments from a child's life. As many parents and teachers can vouch, the answer to the title question is frequently that the child wasn't thinking at all; they operated on impulse. Or, they were thinking but their behavior was highly unlikely to produce their expected result.

This book helps kids see that doing the first thing that comes to mind may not be their best choice. It might even accomplish the opposite of their intended goal. It also shows how kids sometimes expect something to be funny when it can actually cause others—classmates, teachers, coaches and parents—to be annoyed instead of entertained. Sometimes the “cost” of the laughter they seek, far exceeds the momentary rush of any attention.

The illustrations invite exploration of the book's theme and make obvious that Braden's idea of funny does not necessarily match his classmates' feelings. This can lead to conversations about the range of responses one can see within an entire classroom of kids.

What Were You Thinking? outlines a simple four step strategy which kids can practice to help them smooth out their responses and ensure that the result they get is the one which they want. A brief Tips for Parents and Educators is included which offers further information on how to guide children to develop better impulse control. Can also open conversation about intentions & how humor doesn't lessen the pain of hurtful remarks/behavior.

Adoption-attuned Lens: Kids who have experienced trauma, grief and or loss may have weak impulse control, high distractibility. Or they may have been taught negative and/or inadequate behavior strategies. In addition to learning better strategies, these kids may also have to unlearn negative strategies.

This book offers another tool for helping kids fine-tune their emotional literacy and expand their menu of choices. By exploring the gap between intended goal and actual results, families can teach kids to recognize and choose strategies that serve them better. --Gayle H. Swift, "ABC, Adoption & Me: A Multicultural Picture Book"

Kate Puleo Unger says

This book was perfect! It was exactly what I was hoping based on the title. It tells the story of Braden, a third grader, who has trouble controlling his impulses. The examples in the book were things my own son has done or would do, so it was very relatable for him and for me. The book lays out 4 simple steps to practicing impulse control. And while it's not simple to control yourself at a young age, the steps are easy to remember for both the child and the parent. I know we'll be using this method in our household and returning to this book again and again,

My son got very animated while we were reading this book. I know he struggles a lot with keeping his hands to himself and making good choices, and he was pretty upset about how teachers make it seem so easy, when it's not. I appreciate that the character in this book is older than my son. It gives us both the understanding

that it's OK that he is still working on these skills. I felt like the book was age appropriate for him (just finishing kindergarten) vs. it seeming like a baby book. It's certainly not. I would recommend this book very highly to parents and teachers of early elementary age children.

<http://www.momsradius.com/2016/06/kid...>

Angie says

Great book to teach the idea of how children can learn to control their impulses.
