

HEMPFIELD SCHOOL DISTRICT  
Landisville Intermediate Center

To: Parent and/or Guardian  
From: Mrs. Kate Kasabo, Elementary School Counselor  
Re: Classroom Guidance Instruction

September 25, 2017

Dear Parents and Guardians of Fourth Grade Students:

Last week, all fourth grade students were involved in an introductory lesson about executive functions. The lesson consisted of a presentation, activity, and discussion about different skills, or executive functions in our brain help us to make choices and accomplish tasks. The specific skill on which we focused was self-control.

In order to understand the need for self-control we discussed impulses; a strong desire or reaction to do something without thinking about it first. We talked about the way that acting on impulses often leads to negative consequences. We then learned several strategies for improving self-control, and how, like any skill, it is something that can be improved with lots of practice! I've compiled a list of ways to help your child practice their self-control on the second page of this letter. Please have a conversation with your child about our lesson and if you have any questions or concerns, please contact me by calling the school at 618-5642.

Thank You,

Kate Kasabo  
School Counselor  
Landisville Intermediate Center

## WAYS TO HELP YOUR CHILD IMPROVE THEIR SELF-CONTROL

- Model when you are practicing impulse control by explaining your thinking process. Example: "I really want to do this, but I won't because \_\_\_\_\_"
- Practice "STOP and THINK" methods with child. Have him or her STOP by counting to 5, taking deep breaths, or something similar. Then have the child practice asking questions like:
  - What will happen if I do this?
  - How will this affect others?
  - Will I regret this?
- Encourage games where child must wait, or where they must stop and think before acting (example: Simon Says)
- Have your child learn to delay gratification by using waiting periods for things he or she wants to do or have
- Consider having your child earn some things they really want
- Prepare your child for situations that require impulse control
- Roleplay situations where impulse control may be difficult