

THE IMPULSE CONTROL FREEZE SONG

Access the video and the song here <https://youtu.be/QiGCYnEOdZ8>

Directions: Play the Impulse Control Freeze Song or any fast paced music. Students can do mini squats, marching in place, step side to side, step front to back, or stand on one foot. Use the visuals below for examples.



Freeze, stop, and take deep breaths as you follow along with the song. If you are playing your own music, pause the song at random times. Students should freeze in place and take slow, deep breaths.

Begin moving again when you start the song again. Repeat moving, freezing and practicing deep breaths to practice impulse control.



Mini Squats



March in Place



Step Side to Side



Step Forward & Back



Stand on One Foot



Deep Breaths

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Get your body ready to go.
We'll move then stop.
Nice and slow.



March in place. One, two, three.
Arms go up. High as can be.
March in place. 1, 2, 3.
Arms go up, High as can be.



Keep it steady. Hear the beat.
Wait for the word.
Everybody freeze.



Take a breath in slow.
Feel your feet on the floor below.
Body calm. Breathe in low.
Now get ready. Let's go.



Step side to side. Nice and wide.
Forward and back. Take your stride.
Step side to side, nice and wide.
Forward and back. Take your stride.



Stay in rhythm. Hear the beat.
Wait for the cue.
Everybody freeze.



Stop. Take a breath again.
Feel the calm. From head to hand.
Quiet body. Soft and slow.
Mindful movers. Here we go.



Stand on one foot, nice and still.
Switch your feet. Show your skill.
Stand on one foot, nice and still.
Switch your feet. Show your skill.

You can do it. Find control.
Now freeze your body, strong and whole.
Stop. Close your eyes. Be still.
You're the boss. You've got the skill.
Breathe it out, nice and slow.
That's how we practice self control.
Great job. You did it today.
You stopped. You moved.
You found your way.
Impulse control. Strong and kind.
Keep that power in your mind.

