

**Program: You Tube Activity: Triple Play:**  
**Impulse Control and Stress Management**

<b>Objective:</b> Youth will practice controlling the impulse to immediately react and instead develop healthy responses to stress.
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<b>Grades:</b> All ages
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<b>Essential Questions:</b> What is your stress level today?
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<b>Materials/Resources:</b>	Parents or siblings
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Instructional Steps:

Community builder: <i>Proper handwashing</i>	Main activity: <i>Simon Says</i>	Reflection:
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<ul style="list-style-type: none"><li>-Get both hands wet</li><li>-Lather with soap and sing your favorite song for 20 seconds.</li><li>-Rinse both hands with water</li><li>-Dry your hands with paper towels and dispose of your towel in the trash.</li></ul>	<p>-Players must only obey commands that begin with the words, "Simon Says."</p>	<ul style="list-style-type: none"><li>-Was this activity easy to do?</li><li>-How did Simon try to trick you into making a mistake?</li><li>-How did you avoid making a mistake?</li><li>-When were other times where you have to control how you react to someone or something?</li></ul>
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