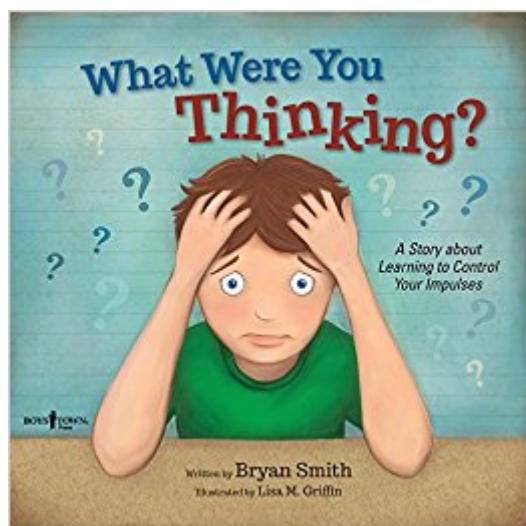


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# What Were You Thinking?: Learning To Control Your Impulses (Executive Function)



## **Synopsis**

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, like ill-timed jokes in class and an impulsive reaction during gym that left a classmate teary-eyed and crumpled on the floor, forces the adults in Braden's life to teach him about impulse control. But will the lessons shared by his teachers and his mom really help Braden manage his impulses? Find out in this hilarious story by Bryan Smith.

## **Book Information**

Series: Executive Function (Book 1)

Paperback: 32 pages

Publisher: Boys Town Press; 1 edition (February 1, 2016)

Language: English

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Product Dimensions: 8.8 x 0.1 x 8.8 inches

Shipping Weight: 3.5 ounces (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars 63 customer reviews

Best Sellers Rank: #1,274 in Books (See Top 100 in Books) #12 in Books > Children's Books > Growing Up & Facts of Life > Friendship, Social Skills & School Life > Manners #30 in Books > Children's Books > Growing Up & Facts of Life > Friendship, Social Skills & School Life > Emotions & Feelings #57 in Books > Children's Books > Growing Up & Facts of Life > Friendship, Social Skills & School Life > Friendship

Age Range: 8 - 12 years

Grade Level: 3 - 7

## **Customer Reviews**

Controlling your impulses is a hard topic to teach to children. Finally a book that gets the point across in a humorous manner. I can't wait to use this with the children at my school. --Marjorie Edge, Elementary School Counselor

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.

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. My Rating: 5 stars --Mom's Radius, Life. Love. Books. Blog

Bryan Smith comes from a family of educators. He has worked in the education field for more than 15 years. He began his career as an elementary school teacher before realizing he had a talent for helping children deal with difficult issues. He has since become a school counselor, where he flourishes teaching students life skills that will help them succeed.

I read this to my 6 year old to help reinforce his own personal awareness with topics that he struggles with or to help prevent a struggle due to his ADHD. Being aware of what we need to work on is the first step to making changes and hopefully by doing this we can prevent our children from future frustrations and disappointments within themselves. It is easier to mold them into respectful, responsible children at a younger age than it will be to break bad habits later on in life. With that said this book is one of many that we read as our "self help" kinda books. Every night I choose 1 book to add to the mix of his own book choices, depending on what I am trying to make him aware of and teach him coping skills in regards to things he struggled with that day or week. I hope this list is helpful. I know I always LOVE finding someone's review that lists more great books on these kind of topics as I am always looking for more resources! This is a list of a few of my personal favorites age range about 4-8Helping kids about making good choices: That Rule Doesn't Apply to Me! (Responsible Me!) But It's Not My Fault! (Responsible Me!) What Were You Thinking? Learning to Control Your Impulses (Executive Function) My Mouth Is a Volcano! (talking over/interrupting people) What If Everybody Did That? (environmental awareness) LarryBoy and the Foolish Fig from Faraway (making good choices when friends aren't) The Berenstain Bears Show Some Respect (talking nice to others) The Berenstain Bears and the Trouble with Chores Squirmly Wormy: How I Learned to Help Myself (more autism focused) God, I Need to Talk to You about It! Series (very short and to the point! from child's point of view)Lying, Bad Manners, Whining, Laziness, Sharing,

Stealing, My Bad Temper, Paying Attention, Hurting Others, Disrespect, Greed, vandalism, bad words, being a bad sport, video games, bullying, cheating, homework, healthy eating. Helping kids handle their anger: *Mad Isn't Bad: A Child's Book about Anger* (Elf-Help Books for Kids) *I Just Don't Like the Sound of No! My Story About Accepting No for an Answer and Disagreeing the Right Way! (Best Me I Can Be)* (WE LOVE THIS BOOK!!!!) *Angry Octopus: An Anger Management Story* Helping Kids keep themselves safe: In all reality we aren't always around to keep our kids safe, but we can give them the tools they need to handle themselves if a situation arises. *A Little Book About Safety* (teaches kids exactly what to do in case they get lost) (WE LOVE THIS BOOK!! Perfect for 3-5yr olds, special needs children, ALL CHILDREN) Please read these books before reading them to your child ensure they are age/maturity level appropriate. I chose just a few pages here or there when my son was 4 as a preventative measure. *An Exceptional Children's Guide to Touch: Teaching Social and Physical Boundaries to Kids* (Good book to help discuss a difficult topic! I have passed this book around to many friends! Awareness is key to Prevention) *I Said No! A kid-to-kid guide to keeping your private parts private* *My Body Belongs to Me* Helping kids Learn about God and teaching good Morals to live by (VeggieTales) *Every Day with God: 365 Daily Devos for Boys* *Growing Day by Day: 365 Daily Devos for Boys* Helping Kids learn responsibility with money: *Junior's Adventures: the Boxed Set* *The Berenstain Bears' Dollars and Sense* *Financial Peace Junior* Parent books: I have read over 30 books and these are the ones I liked *Raising Boys With ADHD: Secrets for Parenting Healthy, Happy Sons* (LOVE this book, great resources. I have been using it for 3 years now. It is categorized by age and the challenges that come with that age) *Parenting Children with ADHD: 10 Lessons That Medicine Cannot Teach* (APA Lifetools) *Smart Money Smart Kids: Raising the Next Generation to Win with Money* *Driven to distraction* *The strong willed child* Parenting isn't for cowards (I just started reading but seem good so far)

Beautifully illustrated, engaging, and informative book. Highly recommended for grades K-3. Other great books for kids and teens with attention difficulties and attention deficit/hyperactive disorder. Grades K-3 *My Mouth Is a Volcano!* (interrupting), *Julia Cook What Were You Thinking?* (impulsivity), *Bryan Smith* 1-3 *Mrs. Gorski, I Think I Have Wiggle Fidgets*, *Barbara Esham My Warp Speed Mind*, *Donalisa Helsley Otto Learns About His Medicine*, *Matthew Galvin Shelley, The Hyperactive Turtle*, *Deborah Moss My Friend Has ADHD*, *Amanda Tourville 80HD: A Child's Perspective On ADHD*, *Trish Wood Terrific Teddy* *Excessive Energy*, *Jim*

ForganAnnie's Plan: Taking Charge of Schoolwork and Homework (attention, time management, organization, homework), Jeanne KrausK-6All Dogs Have ADHD, Kathy Hoopmann2-6Jeanne Kraus- Get Ready for Jetty! My Journal About ADHD and Me, Cory Stories: A Kid's Book about Living with ADHD3-6Slam Dunk: A Young Boy's Struggle with Attention Deficit Disorder, Roberta Parker3-7Sparky's Excellent Misadventures: My ADD Journal, Phyllis CarpenterThe Survival Guide For Kids With ADD or ADHD, John Taylor3-8Journal of an ADHD Kid: The Good, the Bad, and The Useful, Tobias Stumpf5-12ADHD and Me: What I Learned from Lighting Fires at the Dinner Table, Blake Taylor6-12Positively ADD: Real Success Stories to Inspire Your Dreams, Catherine CormanAttention Girls! A Guide to Learn All About Your AD/HD, Patricia Quinn4-8Joey Pigza series, Jack Gantos6-12ADHD in HD: Brains Gone Wild, Jonathan ChesnerA Bird's-Eye View of Life with ADD and ADHD, Chris Zeigler DendyThe Sensory Team Handbook (for sensory processing/integration symptoms of AD/HD), Nancy Mucklow8-12Understand Your Brain, Get More Done: The ADHD Executive Functions Workbook, Ari TuckmanLearning Disabilities and Life Stories (some essays about AD/HD), Pano Rodis

Just got this book a few days ago. Perfect not only for my impulsive 6 yr old stepson, but for me as well. This book not only explains what impulsive behavior at school is, but also includes Strategies that a younger child can implement in the classroom. We will definitely be reading this once a week for a while.

Kids like to identify with a smart slightly out of control student. Recommend it.

I love this book! It's great for teaching children how to control their impulses. The child in the book does relatable impulsive things and reacts how a child would normally react in a situation when they do something impulsive. Kids can actually relate to this book and learn from it!

cute book and arrived on time

Good to share with clients

Works with impulsive kids.

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What Were You Thinking?: Learning to Control Your Impulses (Executive Function) Learning to

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