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**SKILLS:** Impulse control, active listening, mindfulness

**OBJECTIVE:** Define what an impulse is and provide examples.

Describe impulses we have trouble controlling. Explain how practice helps us reach our goals and improve. Describe something we've practiced for in the past and/or identify something we would like to spend our time practicing for.

This exercise involves counting to 4 in different ways, while student leader create a new patterns for the group to follow.

## Quick Tips

- Students can participate while sitting or standing at their desks.
- You will be asked to select a student leader for this exercise.

## Why do we do this?

The Beatbox helps us practice mindfulness, active listening and managing our impulses. When we listen actively we are more likely to stay engaged in whatever we are listening to. In this exercise we need to listen actively in order to follow the pattern. We will also need to manage our impulses. While someone is leading a rhythm we may want to create our own rhythm instead. In order to complete this exercise as a class we need to be mindful of impulses and use that mindfulness to participate as the group.

## Ideas for Integration

- Open group gatherings where a speaker or presenter is involved with The Beatbox to help students practice impulse control for the duration of that gathering, assembly, or any other event.

## Virtual Facilitation

**Synchronous:** In a video conference, select a student leader to start the exercise.

**Asynchronous:** We recommend students engage with others around them. If this isn't an option, encourage them to revisit a "Power of Pause" video. You can also point them to the next level student prompts for reflection.