



Impulsive Eddie

Additional Tips & Extension Activities

Many children with impulse control issues do not like to write. We have provided here additional tips and activities that involve no writing.

Pro Tips

1. Notice positive changes. If the child can focus during the whole game, praise lavishly. If the child listens to a question on a card without needing it to be repeated, smile at the child.
2. Work with others to help the child whenever possible. Talk to teachers, school counselors, and parents to brainstorm strategies to support the child. Assess all factors that may impact the child's behavior. For example: length of lessons, other children, screen time, diet, hereditary factors, sleeping patterns and abilities.
3. Consult with the child's physician. Has the child been assessed for low iron, magnesium, zinc or other nutritional deficiencies? Many children with impulsive behavior are low in vital nutrients.

Extension Activities

1. Tell the child a story about Eddie with lots of enthusiasm and detail. Use a dog puppet to tell the story in first person. Ask the child to tell back what he heard.
2. Incorporate physical activity. Studies show lack of coordination, vestibular delays, and gross motor skill delays in children with impulsive behavior. Show the student proper deep breathing. End the session with a few yoga poses. Look into activities that cross the midline of the body such as touching the right hand to a raised left knee.
3. For younger children, make available dress up clothes and toy animals. You can use prompts or just make these toys readily available. Children with ADHD often have great imaginations and may enjoy "being" Eddie. Use this time as a period of positive reinforcement. Say things like "great job Eddie waiting for your food".
4. Many children with ADHD symptoms have trouble with coordination. Get a rubber or soft ball. Toss it back and forth with a theme. For example, each time someone catches it, they answer a question. You may do this five or six times each question. Such as:
 - State activities that require more impulse control
 - State common distractions at school
 - Share things you are proud of
 - State activities you have gotten better at
5. Play follow the leader! Have the child follow you while doing different activities (rubbing your tummy, singing, dancing) and then reverse roles. This release of physical energy and combination of paying attention is double the fun.



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Alternate Game Plays

- 1. If in a group, have everyone answer the question after the player wins the stack.**
- 2. Play it like “Slap Jack” for another variation. Players hold cards facedown and take turns playing a card, faceup, in a center pile. Once an Eddie is played, players slap it and take the pile. Player who wins the pile can answer the question on a card before an Eddie was played.**
- 3. If you have extra time, keep playing after the first round. Each player shuffles their winnings pile and plays with that pile. Game continues until someone runs out of cards.**
- 4. Add a physical activity after every Eddie is played. Do ten jumping jacks, one stretching exercise, alternating standing on one foot, or five push ups.**
- 5. Play Impulsive Eddie like a memory game. Shuffle the deck. Lay $\frac{1}{2}$ the deck facedown in a grid. (Set remaining cards aside). Take turns flipping over two cards at a time. Any two blue cards match and the player must answer one of the cards. For Eddie cards, players must match the number. Highest number of matches at the end of the game wins.**

Impulsive Eddie

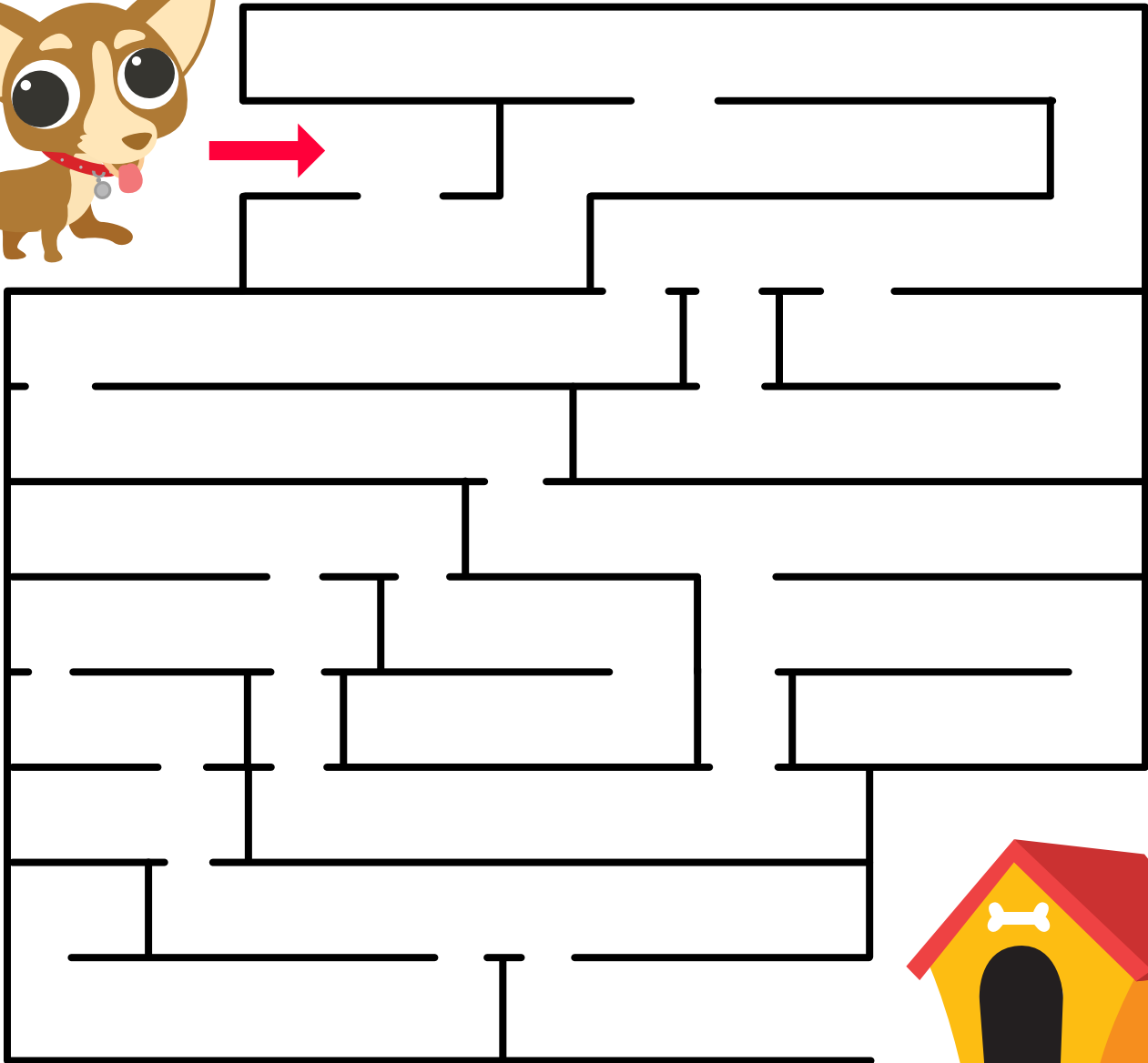
I Spy Eddie

Now where did Eddie go? See if you can find him below
For bonus points, find his dog bowl, doghouse, and leash too.



Impulsive Eddie

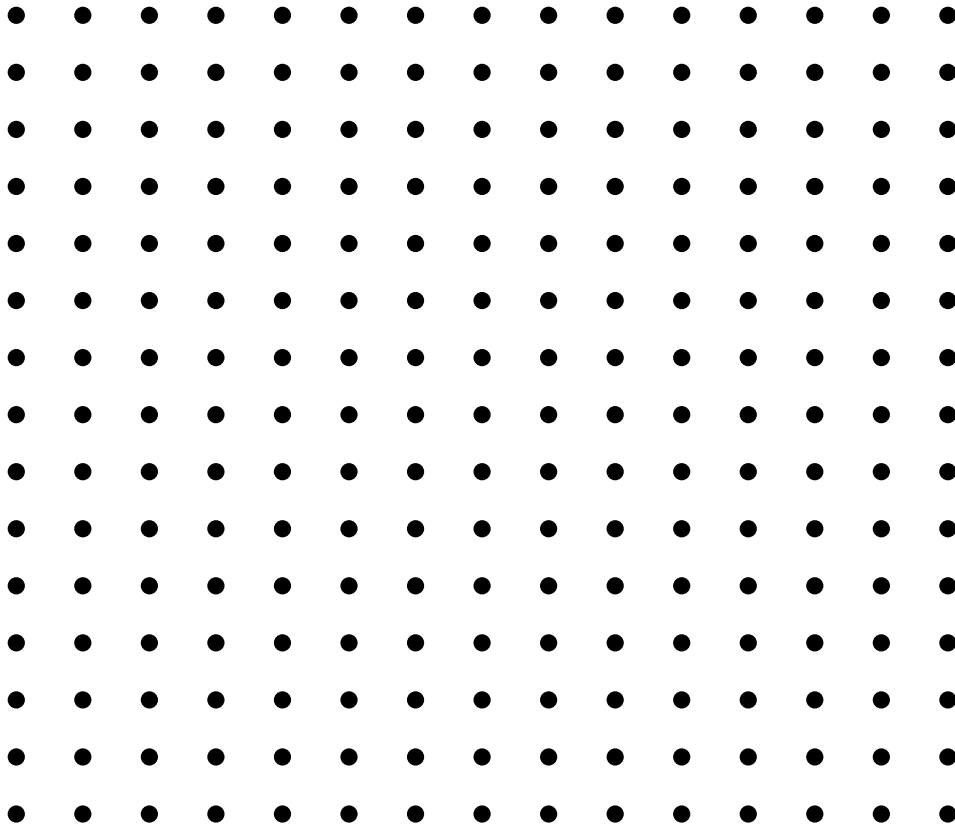
Help Eddie Get Home



Impulsive Eddie

Dot to Dot Game

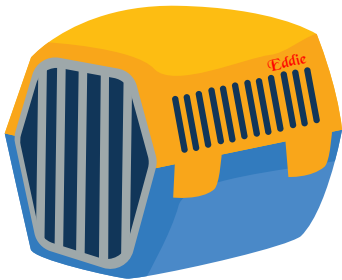
On each turn, draw one line between any two dots. The person who draws the fourth wall creating a box writes their initials in the middle of the box to claim it. When you claim a box, you get another turn. The person with the most claimed boxes wins.



Impulsive Eddie

Spot the Differences

How many can you find?



Impulsive Eddie

State the Opposite

Write out or say the opposite of each word. Younger children will need help. You may have to use each word in a sentence. To make it easier, have the child use the word in a sentence instead of stating the opposite.

Impulse

Stop

Self-Control

Focus

Hyper

Consequences

Bored

