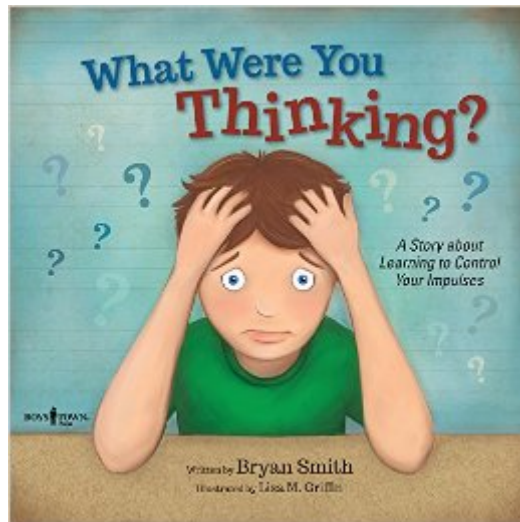


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# What Were You Thinking?: Learning To Control Your Impulses



## 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

Paperback: 32 pages

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

Language: English

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Product Dimensions: 8.8 x 0.3 x 8.7 inches

Shipping Weight: 12.6 ounces (View shipping rates and policies)

Average Customer Review: 4.9 out of 5 stars [See all reviews](#) (17 customer reviews)

Best Sellers Rank: #3,765 in Books (See Top 100 in Books) #23 in [Books > Children's Books > Growing Up & Facts of Life > Friendship, Social Skills & School Life > Manners](#) #80 in [Books > Children's Books > Growing Up & Facts of Life > Friendship, Social Skills & School Life > Emotions & Feelings](#) #162 in [Books > Children's Books > Growing Up & Facts of Life > Friendship, Social Skills & School Life > Friendship](#)

Age Range: 4 - 7 years

Grade Level: Preschool - 2

## Customer Reviews

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's Excessive Energy](#), Jim Forgan [Annie'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!

What Were You Thinking? by Bryan Smith and illustrated by Lisa M. Griffin addresses common moments from a child's life. As many parents and teachers can vouch, the answer to the title question is frequently that the child wasn't thinking at all; they operated on impulse. Or, they were thinking but their behavior was highly unlikely to produce their expected result. This book helps kids see that doing the first thing that comes to mind may not be their best choice. It might even accomplish the opposite of their intended goal. It also shows how kids sometimes expect something to be funny when it can actually cause others' "classmates, teachers, coaches and parents" to be annoyed instead of entertained. Sometimes the amount of the laughter they seek, far exceeds the momentary rush of any attention. The illustrations invite exploration of the book's theme and make obvious that Braden's idea of funny does not necessarily match his classmates' feelings. This can lead to conversations about the range of responses one can see within an entire classroom of kids. What Were You Thinking? outlines a simple four step strategy which kids can practice to help them smooth out their responses and ensure that the result they get is the one which they want. A brief Tips for Parents and Educators is included which offers further information on how to guide children to develop better impulse control. Can also open conversation about intentions & how humor doesn't lessen the pain of hurtful remarks/behavior. AQ Lens: Kids who have experienced trauma, grief and or loss may have weak impulse control, high distractibility. Or they may have been taught negative and/or inadequate behavior strategies.

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