
Lessons with Momi
Did You Know?
Why Is Waiting So Hard?
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VANGUARD ACADEMY
Did you know your brain has something like a brake pedal?
Yep! Just like a car!
BRAIN BRAKE PEDAL
WHAT'S HAPPENING IN YOUR BRAIN?
I WANT IT NOW!
Wait! Not yet!
When you really, really want something, your brain gets excited. But another skill your brain is developing helps you pause and choose wnatto do next.
It's called inhibitory control.
INHIBITORY CONTROL HELPS YOU...
Stop before you act.
Think about your choices.
Choose what to do next.
Handle tricky "I want it now!" feelings.
STOP
And guess what?
You're still learning how to use it!
LET'S TRY IT!
Next time you're waiting for something exciting, try this:
1 Take three slow breaths.
2 Then count backward with me!
5, 4, 3, 2, 1!
You're practicing your brain's brake pedal!
LET'S THINK!
What's something that's REALLY hard for you to wait for?
What could you do to make waiting a little easier?
Tell your grown-up what you think!
Strong Humans Aren't Built By Accident!



Lessons with Momi

Did You Know? Why Is Waiting So Hard?







Practice, Plan, and Grow Your Brain's Brake Pedal!

REMEMBER:
- ✓ Pause.
- ✓ Breathe.
- ✓ Think.
- ✓ Choose.

4. TRUE OR FALSE?

Read each statement. Check ✓ True or False.

1	My brain is still learning inhibitory control.	☐ True	☐ False
2	Inhibitory control helps me stop, think, and choose.	☐ True	☐ False
3	It's easy for everyone to wait, all the time.	☐ True	☐ False
4	I can practice my "brain brake pedal" to get better.	☐ True	☐ False

5. MATCH IT!

Match the strategy to what it helps you do.

1	Take a deep breath.	A	Keep my body calm and still.
2	Count backward (5, 4, 3, 2, 1).	B	Give myself time to think.
3	Raise your hand and wait.	C	Help me pause and slow down.
4	Prese your feet to the floor.	D	Show respect and give others a chance.



6. MY WAITING PLAN!

Choose one thing that's hard for you to wait for and write your plan to use your brain's brake pedal.

It's hard for me to wait for: _____

I will try: _____

_____



7. CHOOSE A SMART RESPONSE!

Read each situation. Check the best choice that shows inhibitory control.



You're waiting for your turn in a game.

- ☐ Get upset and grab the controller.
- ☐ Take a deep breath and wait your turn.
- ☐ Quit and leave the game.



You know the answer in class!

- ☐ Shout it out right away!
- ☐ Raise your hand and wait to be called on.
- ☐ Keep saying, "I know it!" while someone else is talking.

8. REFLECT & GROW!

Answer the questions below.

1. What is inhibitory control in your own words? _____
2. How can it help you at school, at home, or with friends? _____
3. What is one goal you have to get better at using your brain's brake pedal? _____

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Signature: _____ Date: _____