



Impulse Control



- **Handling Criticism**
- **Grade 4**
- **Lesson 14**



Essential Question

What assertive strategies could you use to deal with criticism?



What is Criticism?

- When people **criticize**, it can be helpful, because new ideas and viewpoints may be generated in trying to solve a problem. People can also be hurt by **criticisms**, when they experience the **criticism** as a personal attack.



Today's lesson focus...

- Because criticism can be hurtful, we tend to want to push it away.
- Today we will practice how to accept criticism.



Controlling Impulses

- **If we are going to respond differently to criticism, we must be able to control our impulses to respond back negatively.**



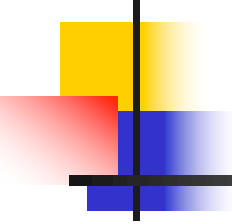
Examples of how to accept criticism.

- Seek Help – Asking for help to solve the problem
- Agree with the facts – agree with some part of the criticism
- Negative Inquiry – asking questions to gain more information about the criticism
- Reframing – putting a positive frame around the criticism.



Accepting Criticism Role-play

- Bobby turned in his essay to his teacher, Mrs. Hicks, hoping to get a great report.
- His teacher read over the essay and said, “Bobby, this is not your best work.”
- How can he show he accepts the criticism?



Below are ways to accept criticism in a productive way.

Seek help – *Mrs. Hicks, can you show me how to make it better?*

Agree with the facts – *You are right, Mrs. Hicks, I didn't spend enough time on the essay.*

Negative Inquiry- *Is the essay too short? Should I have used more resources?*

Reframing – *Thank you for telling me, I should spend more time on it.*



Essential Question

Think of criticism that you have received in the past from a parent or coach. Can you use an assertive strategy to benefit from the criticism?