

# THE IMPULSIVE **SARAH**

A social story about thinking before acting



Big ideas... fast thoughts...  
and **even faster actions!**

By Speechie Moms Journal



The impulsive Sarah May never meant to cause trouble.

Ideas popped into her mind very fast.

Before she could think,  
her feet were already moving,  
and her words were already out.



At school, Sarah May answered before questions were finished.

At home, her hands touched things too quickly.

With friends, she spoke before listening.

Sometimes people sighed.

Sometimes they said,

**"Sarah May,**

**slow down."**



One day, Sarah May was building a tall tower with her cousin.

A big idea rushed in.

**“I’ll add this piece right now!”**

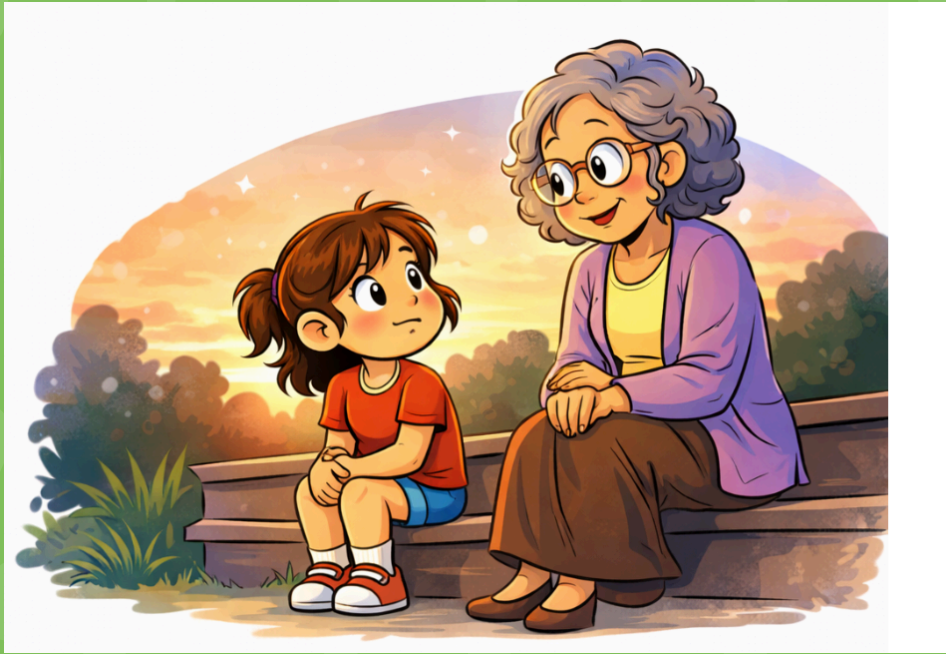
She didn’t wait.

She didn’t check.

**Crash!**

The tower fell.





That evening, Sarah sat with her grandma.

Grandma listened quietly.

“Your mind runs fast,” Grandma said kindly.

“That is a gift.

But even fast minds need a pause.”

Sarah May practiced taking a pause before jumping in.





Sarah May was still full of ideas.

But now she knew something important:

She wasn't wrong.

She just needed a pause.

And pauses can change everything.

- This story helps children who act quickly without thinking
- Encourage use of: Stop – Breathe – Think
- Practice in real-life moments gently

THIS BOOK BELONGS TO:

---

