My teacher began class by saying,

“Good morning, boys and girls. Today we are going to…”

That’s when it just happened.... I shouted out,

“Talk about how AWESOME I am!”
The class giggled. My teacher, Mrs. Vickerman, said, “Whoa. Braden, we have rules to follow in class. Is interrupting me when I’m talking to the class following the rules?”

“No, I guess it isn’t being respectful,” I answered.
“Right! Remember, the first day of school we talked about what those rules look like in class, and we said one way to show respect is to raise your hand if you have something to say, and calmly wait for the teacher to call on you. That is one way that we control our impulses.”
Mrs. Vickerman smiled and said, “They are big words, but what they mean is that sometimes our bodies are telling us to do things, and we have to decide whether or not to do them.”
Later on, Mrs. Vickerman pulled me aside. She asked, “When you shouted out, saying we were going to ‘talk about how awesome you are,’ what were you thinking?”

“Well, I thought it would be really funny.”

“Right, but did that make the situation better or worse?”

I sat there for a second, then sighed and said, “Worse.”