

Unit 2: Self-Management

Grade 6 | About This Unit

Self-Management is the processes we use to regulate and cope with our emotions as well as motivate ourselves and perform throughout our day.

After completing these lessons, students should be able to:

- ✓ Establish and work toward the achievement of positive and realistic goals (both short and long-term)
- ✓ Analyze how current decisions may impact goal achievement
- ✓ Identify sources of stress and anxiety
- ✓ Begin to analyze how making use of school and community supports and opportunities can contribute to school and life success
- ✓ Identify behaviors that are within their control

Tips for Parents and/or Guardians

1. Reinforce the use of self-management strategies including, deep breathing exercises, positive self-talk, and physical movement breaks.
2. Encourage your child to brainstorm different ways to motivate themselves.



Source: CASEL Teaching Activities to Support the Core Competencies of SEL—August 2017