



Unit 2: Self-Management

Kindergarten | About This Unit

Self-Management is the process 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:

- ✓ Independently use coping strategies to manage difficult emotions
- ✓ Manage, regulate, and communicate wants and needs including strategies to delay gratification
- ✓ Identify challenging situations and healthy ways to cope with them (e.g., using positive self-talk)

Tips for Parents and/or Guardians

1. Model positive self-talk, even when faced with challenging situations. For example, “I’m frustrated I got a flat tire, but everything is going to be okay.”
2. Talk about the different strategies that can be used when your child feels upset or frustrated (e.g., belly breathing, counting to 10, taking a break).



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