



# SELF-MANAGEMENT

The ability to successfully regulate one's emotions, thoughts, and behaviors in different situations, effectively managing stress, controlling impulses, and motivating oneself. The ability to set and work toward personal and academic goals.

## I AM IN CHARGE OF MYSELF.

Self-Management SEL Competencies	Pre-K - 2 <sup>nd</sup> Grades	3 <sup>rd</sup> - 6 <sup>th</sup> Grades
<p>1. Set, monitor, adapt, and evaluate personal and academic goals to achieve success in school and life.</p>	<ul style="list-style-type: none"> <li>• Describes something they have accomplished.</li> <li>• Identifies a short-term goal (wish, dream).</li> <li>• Sets a positive personal or academic goal with support.</li> <li>• Identifies people/resources needed to meet short-term goals.</li> <li>• Describes steps to achieving short-term goals.</li> </ul>	<ul style="list-style-type: none"> <li>• Identifies personal skills, planning, or strategies that lead to accomplishments</li> <li>• Distinguishes between short- and long-term goals.</li> <li>• Demonstrates ability to set short-term goal independently or with supports.</li> <li>• Describes why learning is important in helping them achieve personal goals.</li> </ul>
<p>2. Understand and use strategies for managing his/her emotions and behaviors constructively.</p>	<ul style="list-style-type: none"> <li>• Describes and practices using words to share their emotions about an interaction or situation.</li> <li>• Describes self-calming techniques to manage emotions.</li> <li>• Identifies and describes how emotions relate to thoughts and behaviors.</li> </ul>	<ul style="list-style-type: none"> <li>• Identifies the relationship between thoughts, emotions, and actions.</li> <li>• Describes and uses self-calming strategies (deep breathing, self-talk, or seek mediation).</li> <li>• Reflects on the effectiveness of the self-monitoring to deal with strong or uncomfortable emotions and how that affects others.</li> <li>• Expresses emotions in a respectful manner.</li> </ul>