



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.

FREE EDUCATOR ACCESS

SEL EDUCATOR LESSON RESOURCES

HARMONY FREE Educator Account Required	Pre-K-2	3-4 Grades	5-6 Grades
Unit 1: Diversity and Inclusion Unit 4: Problem Solving Unit 5: Peer Relationships	1.1 Getting to Know One Another 3.1 Listening to Others Kindergarten 3.2 Responding to Others 1-2 nd Grades 3.2 Engaging in Conversation 5.3 Making Amends and Forgiving	1.1 Who We Are 1.4 Classroom Identity 3.1 Communication Blooper 3 rd Grade 3.2 Communication Boosters: Listening and Supporting 4 th Grade 3.2 The Communicator	1.1 Who We Are 1.4 Classroom Identity 2.5 Critical Thinking in Practice 3.1 Name That Communication Blooper 3.2 The Communicator
NEARPOD DSD Educator Log-in Required	Pre-K-2 Grades	3-6 Grades	
SEL in Action	<ul style="list-style-type: none"> Let's Talk Let's Work Together 	<ul style="list-style-type: none"> I'm Listening Better Together 	
SEL Moments	Pre-K-6 Grades <ul style="list-style-type: none"> Teamwork Praising Your Peers Asking for Help My Support Circles Cooperating with Others 		

<p>PURE EDGE, INC. Success Through Focus FREE Educator Account Required</p>	<p>Pre-K-6 Grades</p>
<p>Mindful Movement, Breathing, and Rest Strategies</p>	<ul style="list-style-type: none"> • Arrival: Engaging in a Mindful Minute offers learners a chance to check in with themselves at the start of the day. The start of the day is also a great time to incorporate Breathe exercises such as Anchor Breathing or Rest exercises like Mindful Listening. • Refocus Between Lessons: Bring a little movement and breathing as a break to re- energize learners. Good options are Chair Cat/Cow, Chair Twist, and Stork. • Before Testing: Breathing exercises help relieve testing related stress and put learners in a state of focus. Breathing Ball, Take Five and Ocean Breath, are simple and effective choices. • Lining Up: Use Mountain and Tree postures to help learners stay calm during transition to and from the classroom. • Recess: Chair Sunrise Twist is a good way to help learners calm down if they have a lot of energy after they have played outside. Once they have settled down, try Even In-Even Out to build focus. • Create a Calming Space: Sit in Seated Mountain and have a Mind Jar and Breathing Ball available for learners to access in a quiet area. Have posture cards printed (available on ww.pureedgeinc.org) for learners to practice postures on their own. • Departure: Attitude of Gratitude, are great ways to end the school day. • Additional videos: Breathe Belly-Heart, Breathe Easy In Extend Out, Move Brain Balance, Move Mirror Movement, Rest Taking in the Good, Guided Rest (9 minute activity).