



# 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

NEARPOD <a href="#">DSD Educator Log-in Required</a>	7 <sup>th</sup> Grade CCA	Health I and Health II	7-12 Grades
<b>SEL in Action</b> <b>SEL Moments</b> <b>SEL in Digital Life</b>	Setting Smart Goals Let's Breathe!	SMART Goals Mindful Breathing Positive Self-Talk	Relaxation Thermometer Inspiration Boards Perseverance & Activism Self-Control & Shaming Cultivating Mindfulness Working Toward Your Goals
<b>NEARPOD Lesson Series for 7-12 Grades</b>			
<b>Growth Mindset Practices</b> In this series of Social & Emotional Learning lessons, students will explore developing a growth mindset using Habits of Mind.	Asking Questions Persistence Thinking Flexibility Metacognition Taking Responsible Risks		
<b>Lifelong Learning Strategies</b> In this series of Social & Emotional Learning lessons, students will learn skills they need to be successful in and beyond school.	Critical Thinking Skills Setting Challenging Goals Balancing Obligations Time Management Skills Organizing with Multiple Sources Communicating My Needs		

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**Success Through Focus Brain Breaks for 7-12 Grades**

**Mindful Movement, Breathing, and Rest Strategies**

- 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 Classes: Use mindful breathing exercises to help settle students as they transition. Good options to start with are [Breathing Ball](#), [Even-In, Even-Out](#) or [Belly-Heart Breath](#).
- Break During Class: Use movement and breathing as a *Brain Break* to re-energize learners during longer lessons. [Chair Cat/Cow](#), [Chair Twist](#), [Mountain Chair](#), [Tree](#) or [Stork](#) work well.
- Before Testing: [Breathing exercises](#) help relieve testing related stress. [Take Five](#) and [Ocean Breath](#), are simple and effective choices.
- Afternoon Slump: Re-energize learners with movement exercises. Try movement options of [Brain Balance](#), [Seated Mountain](#), [Mirror](#), [Sunrise Twist](#), and [Recharge](#) or breathing [Easy In, Extend Out](#).
- Departure: [Taking in the Good](#), and [Attitude of Gratitude](#), are great ways to end the school day.
- Additional videos: [Guided Rest](#) (9-minute activity).