



Self-Management

I express my feelings and handle my actions in skillful ways. I set goals and I achieve them.

- What goals have I set for myself? How will I achieve my goals?
- What do I do when things get in the way of achieving my goals?
- How can I share my feelings in ways that are helpful to myself and respectful to others?

***Social and emotional learning (SEL)** is a process through which children and adults develop the fundamental skills for life effectiveness. We need SEL skills for ourselves, our relationships, and our work. In OUSD, we believe that strengthening these skills enhances our ability to effectively and ethically connect across race, class, culture, language, gender identity, sexual orientation, learning needs, and age.*



**OAKLAND UNIFIED
SCHOOL DISTRICT**
Community Schools, Thriving Students