



AT SCHOOL KEYS TO ACTION

SELF-MANAGEMENT

A FEW SUGGESTIONS FOR ACTIVITIES TO BUILD ON WHAT STUDENTS HAVE LEARNED.

THE STUDENT WITH THEMSELVES

- Suggest a circle time where you talk about hot topics (things that your students may be interested in or that may be controversial).
- Model your own strategies for stress, emotion and reaction management aloud in class.
- Support your students by suggesting ways of resolving conflict (step by step). e.g. I calm down. / I listen to what the other person has to say. / I share my point of view. / We look for a solution.
- Use your classroom reinforcement system to promote the use of self-regulation strategies.

THE STUDENT WITH OTHERS

- Integrate moments of reflection into your class routine. e.g. a breathing exercise.



WHAT IS SELF-MANAGEMENT?

- Managing one's emotions
- Identifying and using stress-management strategies
- Exhibiting self-discipline and self-motivation
- Setting personal and collective goals
- Using planning and organizational skills
- Showing the courage to take initiative
- Demonstrating personal and collective agency

