



KEYS TO ACTION

SELF-MANAGEMENT

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

THE KID WITH THEMSELVES

- Ask the kid to create their own emotion continuum.
- Suggest the kid carry out an activity reflecting on their choices. e.g. What were the positive and negative consequences of my choice (for me and for others)? Could I have made a different choice?

THE KID WITH OTHERS

- Ask the kid to write a list of strategies they can use to manage their emotions and stress.
- To motivate the kid to accomplish a task, suggest that they write a list of goals.



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