

Self-Management



- I can use words and a safe body to express emotions.
- I can use strategies to manage my emotions.*
- I can set goals for success and show perseverance to reach them.
- I can focus my attention and use strategies to stay on task.

*with adult guidance

The ability to regulate your emotions, thoughts, and behaviors effectively in different situations. This includes managing stress, controlling impulses, motivating yourself, and setting and working toward personal and academic goals.