

Self-Management



- I can use verbal and nonverbal language to demonstrate a variety of emotions*
- I can show self-control*
- I can display curiosity, risk-taking, and willingness to engage in new experiences.
- I can engage in meaningful learning through attempting, repeating, and experimenting with a variety of experiences and activities.

*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.