

PURPOSE

If you think about, we check in and manage ourselves quite frequently. We take note of what we are feeling and experiencing. We assess our choices. We act. Sometimes, we are thoughtful about how we manage ourselves and sometimes, not as much. Self-management skills aid students in maneuvering through their emotions and experiences towards achieving their goals.

Self-Management includes:

- Understanding one's emotions
- Engaging in healthy practices to manage feelings
- Prioritizing tasks and responsibilities
- Setting and planning goals
- Using healthy stress management practices

Identifying and Using Stress Management skills:

- Recognizing what might cause anxiety or overwhelm
- Identifying how one reacts to stress
- Using techniques that calms oneself
- Developing a range of healthy practices (physical, social, and emotional wellness)
- Organizing and structuring achievable tasks

How does Self-Management show up?

- How might students respond if they practiced skills that helped diffuse difficult moments?
- What does it look like when students react to situations in unhealthy ways?
- What can be put in place to coach, guide, and empower students to practice de-stressing techniques?
- What can students do to support each other to use stress management skills?

EVERY MONDAY MATTERS (EMM) SUPPORTING LESSONS

EMM MODULE: Monday Gets Understanding

STRATEGY: "Listen Up"

Listening is a powerful act. When we LISTEN to ourselves, we take the time to pause and connect to what we are feeling and experiencing. When we LISTEN to others, we show them that we care and want to help. LISTENING helps us to engage our stress management tools, slow down, and give ourselves a chance to reset. What routines can you put in place for your students to LISTEN? How might you model LISTENING and demonstrate making positive choices? What LISTENING practices would you like to see your students doing?

I Matter: “Strength in Stillness”

[ACCESS LESSON](#)

Students will learn that listening to themselves connects them to their feelings, emotions, and words they say to themselves. Students will have the opportunity to practice noticing and listening to their own thoughts and body.

EMM MODULE: Monday Gets Appreciative

STRATEGY: “Savor the Moment”

SAVORING THE MOMENT is a way for us to be present and focus on the moment. Maybe a student who was frustrated at recess, walks back into the classroom and sees their friends and begins to smile, too. Maybe a student who was sad, steps outside and notices the vibrant colors in the sky. Maybe after a long day at school, a student is warmly welcomed by a family with a big hug. It can be easy to get lost in the things that didn't go well or worry about what will happen tomorrow. It can create unnecessary stress and anxiety but when we take the time to SAVOR THE MOMENT, we pause to create calmness and connect to the good things that lift us up.

I Matter: “Mindful Moments”

[ACCESS LESSON](#)

Students will use their awareness and management skills to connect to and stay in the present moment. Students will participate in a guided visualization to help them experience what it means to SAVOR THE MOMENT.

You Matter: “A Mindful Stroll”

[ACCESS LESSON](#)

Students will take a walk with a partner and appreciate the simple things they notice. Students will understand how sharing experiences helps to increase their appreciation of another person's perspective and bring peace and calm to the moment.

EMM MODULE: Monday Gets Hopeful

STRATEGY: “Practice Positivity”

Sometimes, it is easy to notice and focus on only negative things – the mistakes or the things we think are wrong. A student might not be happy about the way an art project turned out. A student might be upset because it is too hot or too cold outside. A student might be frustrated because their favorite T-shirt is in the laundry. However, if we always focus on mistakes, the downside of things, or what might make us upset, it can prevent us from noticing and experiencing the amazing things and people around us. Let's invite students to practice positivity and create a routine that allows them to reset and reframe their day.

I Matter: “Flip It”

[ACCESS LESSON](#)

Students will use their awareness to help them manage their automatic thoughts that can heighten their stress and anxiety. Students will recognize their negative thoughts and self-defeating thoughts and flip those beliefs towards POSITIVITY.

You Matter: “A Frame of Mind”

ACCESS LESSON

Students will use their awareness and understanding to recognize different views and perceptions. Students will make connections to the benefits of a POSITIVE mindset and how we can encourage one another create and sustain it.