

Hearts and Hands Professional Development & Educational Consulting



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Parent Chat Series #1 Chat 5: Your Child's Self-Management

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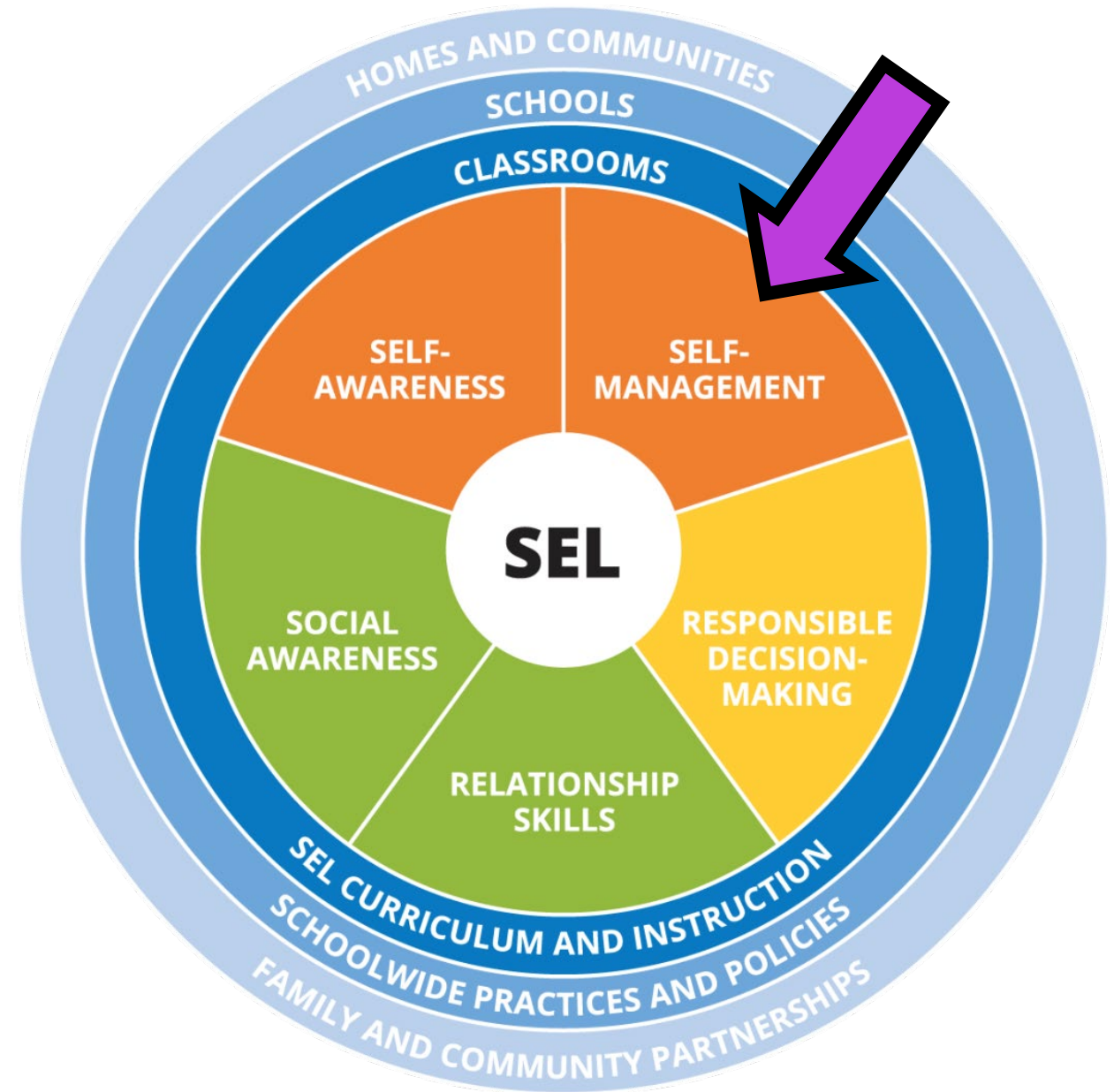


As you watch, consider whether you relate to Riley's parents' experience? If so, how did you feel in a similar situation and why?



- Frustration is a part of your child's daily life and can cause anger and difficult behaviors
- Children can also experience anxiety and self-doubt when they can't meet their goals
- These emotions can impede a child's ability to take turns, share, and cooperate with others
- It can also negatively impact their confidence levels as well as their ability to develop positive relationships with others

The 5 SEL Competencies



Today we will be talking about ...

Self-Management

The Collaborative for Academic, Social, and Emotional Learning (CASEL) defines self-management as: “the ability to manage one’s emotions, thoughts, and behaviors effectively in different situations and to achieve goals and aspirations.”



What are the benefits of strong self-management skills?

- Improved ability to focus
- Ability to set and follow through on goals
- Decreased behavioral issues
- Emotional stability
- Increased productivity
- Increased feelings of confidence and independence



Self-management skills include...



Identifying and using appropriate stress management strategies

Demonstrating personal and collective agency

Regulating and expressing one's emotions in a thoughtful way`

Setting personal and collective goals and working towards them

Maintaining attention

Demonstrating perseverance and resilience to overcome obstacles

Using planning and organizational skills

Using feedback constructively

Maintaining healthy boundaries

Showing the courage to take initiative

Practicing self-compassion

Discussion

On a scale from 1-5 (1 - struggles a lot to 5 - is proficient), how would you describe your child's self-management skills?

Which self-management skills prove to be the most difficult for your child? How does struggling with self-management affect them?



Awful



Not very
good



Okay



Really
good



Fantastic

Let's Learn about Self-Regulation from Cookie Monster



What are some strategies to support strong self-management skills?

- Developing Organizational Systems
- Setting SMART goals
- Anticipate with “if-then” statements
- Engaging in self-awareness work to assess strengths
 - Behavior report cards
 - Checklists/rating scales

- Emotional regulation skills like:
 - Belly Breathing
 - Cupcake Breath
 - 5-2-5 Calm Down
 - 5-4-3-2-1 Sensory Activity

Breakout Groups: Scenarios

Discuss:

- How would you describe the child's self-management skills?
 - What self-management strategies did they use and/or could they use to help them effectively handle the situation?



Discuss each scenario in your table groups. Be prepared to share out with the group when we reconvene.

- What can you do at home to equip your child with strong self-management skills?



TAKE HOME TIPS

- Establish clear boundaries and consistent rules and routines so children are aware of behavioral expectations at home and in school.
- Support children in managing their own activities by modeling and releasing guidance over time.
- Allow children opportunities to experience frustration and to problem solve.
- Provide children with reassurance and support when their self-management strategies don't work.
- During times of strong emotions, support your child in slowing down and getting in touch with how they are feeling and the choices they have in terms of how they can respond.

Thank you for joining us today!

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References

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