



SELF-MANAGEMENT

Model coping strategies and organization in your classroom.

Self-Management



My goal: _____

Which coping skill will I use?



Breathing Rainbow



Smell the Flower

1 2 3
0 5 4 6
9 7 10

Count to 10



Blow out the candle

What steps do I need to take to reach my goal?

1 _____

2 _____

3 _____

4 _____

5 _____

How will I know when I have reached my goal?

