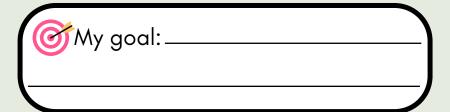


## **SELF-MANAGEMENT**

Model coping strategies and organization in your classroom.

Self-Management



Which coping use?	
	1 23 0 5 8 4 9 7 10
Breathing Rainbow	Count to 10
Smell the Flower	Blow out the candle

	nat steps do I need to ke to reach my goal?
1.	
2.	
3	
4	

How will I know when I have reached my goal?

