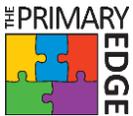




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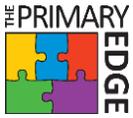
In today's lesson we will learn...



- ✓ What self-management is
- ✓ Why self-management is important to keep our minds healthy
- ✓ How we can help to manage ourselves & have self-control



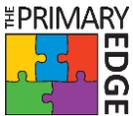
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Words & phrases I will hear and use

- Self-management
- Awareness
- Responsibility
- Plans
- Goals
- Initiative
- Self-control
- Healthy mind
- Behaviour

3



## What is self-management?



Self-management is the ability to monitor and adjust one's own behaviour

Pay attention to their own behaviour

Use appropriate play and social interaction skills



4



## Which of the following activities show self-management



Brushing your teeth	Being moody towards people	Doing 10 press-ups every morning
Making fun of someone	Eating 3 chocolate bars	Keeping your bedroom tidy
Walking away if you are angry	Not shouting	Not saying sorry
Playing computer games for hours	Not revising for a test	Clearing up toys

5



## Discuss each of the statements



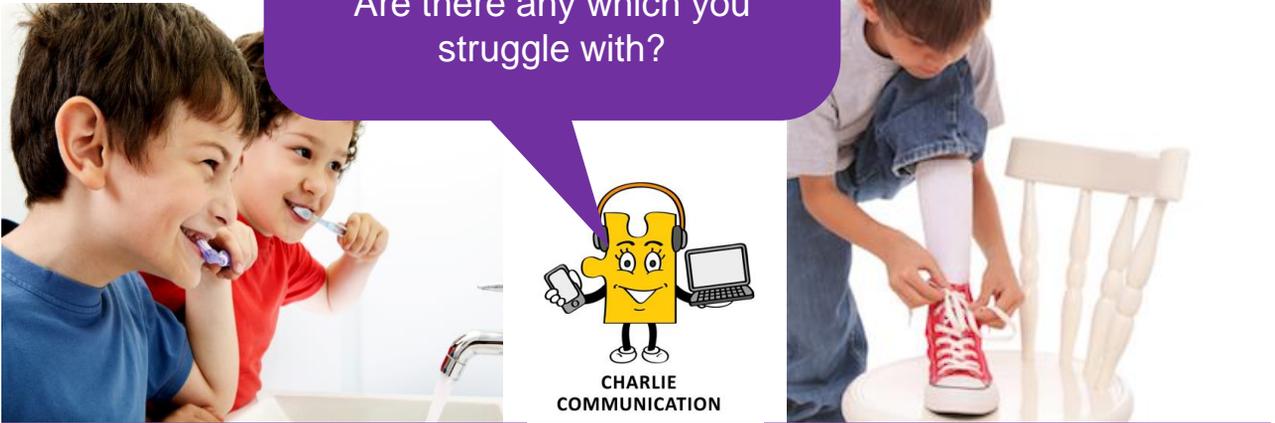
Can you think of some other examples of self-management?

Brushing your teeth	Being moody towards people	Doing 10 press-ups every morning
Making fun of someone	Eating 3 chocolate bars	Keeping your bedroom tidy
Walking away if you are angry	Not shouting	Not saying sorry
Playing computer games for hours	Not revising for a test	Clearing up toys

6

Share some of your self-management examples with your family or write them down.

Are there any which you struggle with?



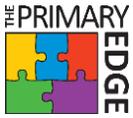
7

To be a good self-manager you need the following skills



- ✓ Motivation
- ✓ Positive attitude
- ✓ Responsible
- ✓ Flexible
- ✓ Imaginative
- ✓ Mood
- ✓ Energetic
- ✓ Sense of humour
- ✓ Persistence
- ✓ Initiative
- ✓ Communication
- ✓ Make decisions
- ✓ Organised

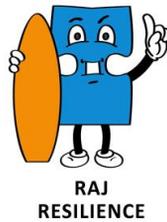
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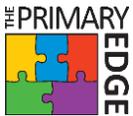
# Being a self-manager



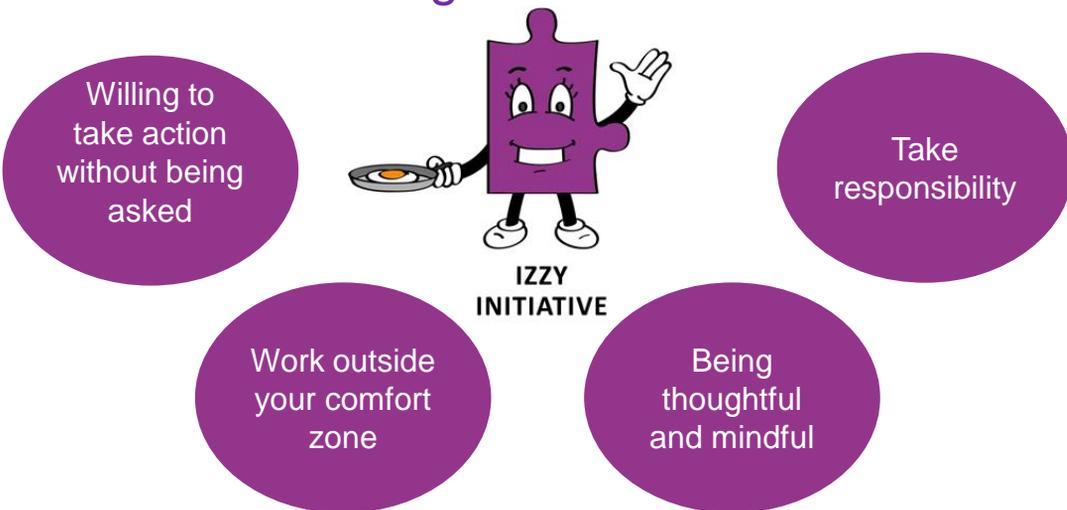
Can you think how we can use the LORIC family and their attributes to help us be excellent self-managers?



9



# Example: Using initiative to be a self-manager



10



CHARLIE  
COMMUNICATION

## TASK

Read through each of the scenarios and answer the questions after each one. Share your answers with the class

11

## Scenarios

1. It is the night before a spelling test and you haven't done any practice. You are feeling quite worried about the test.

- What could you do to feel better?
- How can self-management help you?

2. You are in town and see one of your best friends across the road. You wave at them and they don't wave back.

- How would you feel?
- How can self-management help you?

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## Scenarios



3. You get home from school and your younger sister is in your room playing with your favourite games and your room is a mess.

- How would you feel?
- What would you do?
- How could self-management help you?

4. You are at a party and there are loads of fizzy drinks, sweets and junk food on offer as well some fruit, water and healthy snacks.

- What would you chose to eat and drink?
- How could self-management help you?

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## What can self-management help you with?



- ✓ Completing your homework
- ✓ Having self-discipline
- ✓ Be helpful at home
- ✓ Be fit & healthy
- ✓ Choosing healthy foods
- ✓ Managing your emotions
- ✓ Reacting to situations
- ✓ Communicating with people
- ✓ Having a positive outlook



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## Managing your own behaviour



When do you find it difficult to manage your behaviour?



15



## Self-management and a healthy mind



- Self-management can help us to feel good and function well
- We need self-management to help control our emotions & keep a healthy mind
- If we don't manage ourselves it can cause us stress & worry



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## Emotional reactions

Lately Sarah finds herself being short tempered with her friends and family. She is also feeling very unorganised. She isn't sleeping well and she is having difficulty concentrating on her school work. She is feeling out of control of her emotions.

**She needs to change her behaviour...  
What could she do?**

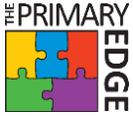
17

## Self-management & stress

- S** Stand back: Remove yourself from the stressful situation.
- T** Take a deep breath: Count to 5, and think about the choice that's best for you.
- R** Relax: Do something that relaxes you- take a bath, read a book, listen to music, etc.
- E** Exercise: Get that stressful energy out in a way that works for you.
- S** Sleep, take a nap or just rest up for awhile
- S** Speak: Talk to someone about it and share your emotions.
- [www.wingsforkids.org](http://www.wingsforkids.org)



18



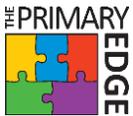
## How can you practice self-management?



- Practice of day-to-day tasks
- Practice of behaviours
- Thinking before you act
- Thinking before you say things
- Use positive self-talk
- Keep your mind & body healthy



19



## Self-management Plan



- To be an effective self-manager you must be organised
- Create your own **self-management plan**
- Choose what you want to include on your weekly self-management plan
- Set yourself some goals
- Monitor how you get on every week

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# SUMMARY – steps to self-management

