

Weekly SEL Skill: Self-Management (Goal Setting)

“Self-management is the ability to navigate and shift in a healthy way one’s thoughts, emotions, and behaviors.”

“This includes the capacities to delay gratification, manage stress, and feel motivation and agency to accomplish personal and collective goals.”

Self-management assists students in the following areas:

- Regulating and expressing one’s emotions thoughtfully
- Demonstrating perseverance and resilience to overcome obstacles
- Sustaining healthy boundaries
- Identifying and using stress management strategies
- Setting personal and collective goals
- Using planning and organizational skills
- Showing the courage to take initiative
- Demonstrating personal and collective agency
- Maintaining attention
- Using feedback constructively
- Practicing self-compassion

As the weeks pass, students gain more experience while also taking on additional responsibilities. Whether it be homework, school projects, or extracurricular activities, managing everything can take a toll on their developing brains. This week, we are focused on equipping them with the skills and tools they need to effectively manage their time, goals, and daily activities.

When students are met with clear expectations, an open space to create goals, and a supportive environment that fosters meaningful experiences, they are more likely to feel confident in their ability to achieve.

This week’s activities

Stony Brook

DIY Whiteboards

- Students will take a variety of craft materials to make their own mini whiteboards. Perfect for keeping track of their goals

Jump!

- Students will discuss goal setting, and then leap towards their goals in this fun movement game

LEGO Goal building

- Students will choose a goal they have for the school year, then craft their goal out of LEGOS

Eddy

Hot Glue Gun Class - Monday and Friday

- This class will not only teach students how to safely use a hot glue gun (under supervision), but will also encourage them to set personal goals for their projects—such as choosing a design, planning the steps needed, and working toward a finished product. By breaking larger tasks into smaller steps, students practice setting realistic goals, monitoring their progress, and celebrating achievement when their project is complete.

STEAM Club

- Students will be given the opportunity to work in small groups to create a story that they will then animate using a simple app. This will teach students the importance of planning ahead to get their desired results.

Junk Journalling Club

- Students will make a page that develops one goal they have for themselves this year

Lifeskills: Emotional management, identifying stressors, self-motivation, time management, self-assessment

Weeklong challenge: Identify at least one goal for school and one personal goal

How you can continue at home:

- Sometimes, it's ok to be bored; Boredom breeds creativity!
 - Let students self-soothe
- Practice getting 'out' or not meeting preset expectations (it's ok to be disappointed, but we have to learn to move on)
- Plan family outings/events with your student and let them have a say in the process
- Identify stress management techniques that work for you and your student; not everyone responds to the same techniques.

What we're doing next week:

- Theme: Community
- Activities:
 - SB
 - Blob tag
 - Cereal box towns
 - Walking water science experiment
 - Eddy
 - Community quilts
 - Community sticks
 - Cardio Club

For more information

<https://www.verywellmind.com/top-school-stress-relievers-for-students-3145179>
<https://searchinstitute.org/resources-hub/approaches-to-sharing-power>