

SEL Theme 2: Self-Management

The 5 Competencies of Social Emotional Learning (SEL)

This blog series will look at each of the 5 core competencies of Social Emotional Learning as outlined on the CASEL model below and explore ideas on how to promote and teach these skills at home.



What is Self-Management?

Self-Management is the ability to regulate one's emotions, thoughts, and behaviours effectively in different situations. This includes managing stress, controlling impulses, motivating oneself, and setting and working toward achieving personal and academic goals.

- Impulse control
- Stress management
- Self-discipline
- Self-motivation
- Goal-setting
- Organisational skills

This article has been developed to support schools in their implementation of Social and Emotional Learning (SEL) through the use of *The PATHS® Programme for Schools (UK Version)*; and to extend SEL beyond the classroom - reaching out to their whole school, homes and community. In this article we want to explore how you could celebrate Self-Management through cross curricular activities using SEL.

The importance of teaching Self-Management

During this difficult time adults and children alike are experiencing new and difficult stressors and may have to change and alter goals we originally had in place. With uncomfortable feelings likely to rise if we can't get out of the house, knowing how to manage these uncomfortable feelings is a vital focus for our children (and ourselves!)

How to do the Three Steps for Calming Down (or 'Doing Turtle' if you know who Twiggle is!)



When your child has an uncomfortable or very intense feeling (eg. Sad, angry, over excited):

Step 1: Stop

A self-hug can help keep hands to yourself

Step 2: Take a long, deep breath

Check out some ideas for different ways to take a good deep breath in this blog

Step 3: Say the problem and how you feel

Keep it short and concise eg. "The problem is... and I feel..."

Identifying Triggers Activities

The importance of identifying triggers

Helping children to recognise their triggers and physical reactions to uncomfortable feelings is the first step to effective self-management. If you know how anger feels inside, how it shows outside and scenarios that might make you feel angry, then you can start to know when to use their 3 steps to calm down.

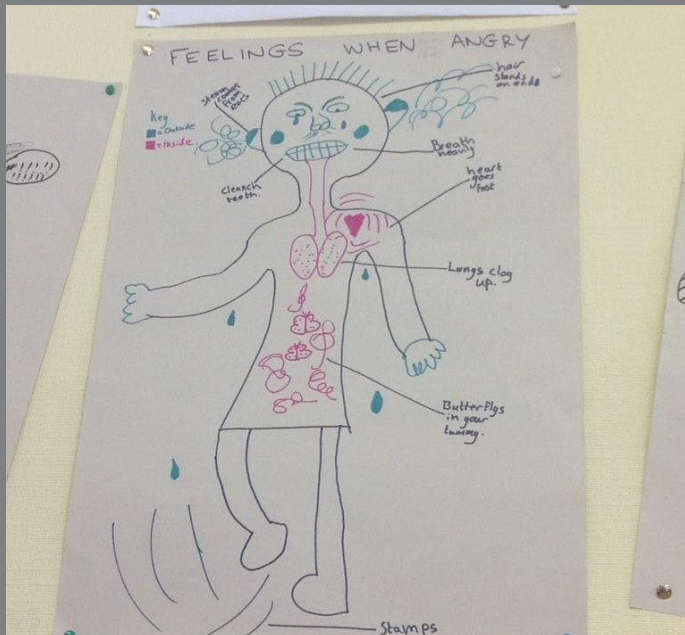
ACTIVITY IDEA: Inside/Outside of Anger

Suitable for 8-12years or 4-7 with some support/simplified

Step 1: Draw an outline of a body (or use our template)

Step 2: Write or draw inside the body how your body feels when inside when angry.

Step 3: Write/draw behaviours you might show with your body when you are angry.



ACTIVITY IDEA: Things That Bug Me

Suitable for all ages

Step 1: Discuss ideas of things that make you feel angry.

Step 2: Use our template or draw your own ladybug with big spots.

Step 3: Write your ideas in the bug's spots

Step 4: Colour in your Ladybug.



ACTIVITY IDEA: My uncomfortable balloon

Suitable for all ages – help younger children

A helpful analogy for children is that holding on to feeling angry or upset feelings can be like a balloon inside your stomach that inflates each time something makes you feel uncomfortable. If you don't let it out then it can burst!

Step 1: Discuss things that make you sad or angry.

Step 2: Blow up a balloon and write your trigger ideas on the balloon in marker.

Step 3: Untie the end of the balloon and hold it tight.

Step 4: Practice taking a breath and saying 'The problem is and I feel' for each scenario on the balloon as you let out a bit of air from the balloon.

Calm Down Activities

Activities for creating calm

Everyone calms down in different ways so it is important to discuss with your child when they feel calm and give them the opportunity to take ownership of the calming process.

ACTIVITY IDEA: Calm Down Wheels

Suitable for 8-12 years

Step 1: Discuss different ways you can calm down when you feel angry e.g. Going to a quiet space, deep breathing etc.

Step 2: Divide two paper plates into 4 or 6 equal segments and cut out one of the segments on one plate. On the other plate draw/write your calming down ideas in each segment.

Step 3: Attach the plate with the cut out segment to the top of the bottom plate using a split pin.

Step 4: Spin your wheel to choose your strategy.



ACTIVITY IDEA: Stress Balls

Suitable for all ages (with support)

Step 1: Fill a plastic bottle with flour (or you can try rice or dried beans!) using a paper funnel.

Step 2: Blow a balloon up a little and pop the balloon around the bottle top.

Step 3: Turn the bottle upside down and gently squeeze the bottle so the flour will slowly go into the balloon!

Step 4: Hold the balloon tight and GENTLY let the air out. Once it is all out, tie a knot and decorate!

Breathing Activities to Try At Home

Learning how to take a deep breath is a key to calm the physical sensations in the body when we have an uncomfortable feeling. Why not try some of these different techniques to learn how to take a proper deep breath to calm down?

Hot chocolate breathing

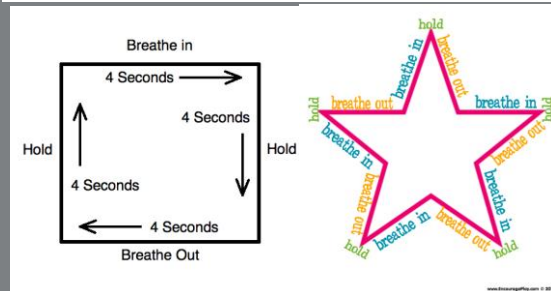


Step 1: Hold a pretend hot chocolate in your hands

Step 2: Smell your hot chocolate

Step 3: Blow on it to cool it down gently.

Square Breathing and Star Breathing



SQUARE: Start at the corner of your square. Breathe in through your nose for 4 counts. Hold for 4 counts. Out through your mouth for 4 counts and hold for 4 counts. Repeat.

STAR: Hold your hand out spread wide. Trace up your fingers and breathe in and down your fingers and breathe out until you have traced your whole hand.

Create a Calm Space

Creating a Calm Space

Having a calm, safe space within the house is key when we cannot get out very much. If possible, every member of the house should have a quiet corner they can go to for some alone time without being disturbed. Fill this space with things that make you calm e.g. Cushions, fairy lights, jigsaws, books, colouring pencils etc. A 'reading den' is a great idea to promote reading for little ones too.



Have a look out for our lesson ideas on calming down strategies too due out on 28/4/20!

ACTIVITY IDEA: Create a Calm Box

Suitable for all ages

Step 1: Think of things that make you feel calm.

Step 2: Decorate an old shoe box as creatively as you like!

Step 3: Fill your box with your calm things. You could even create an 'I need my calm box' agreement within the house when you need to take 5 minutes.

Take a look at our additional sheets for ideas of what you could include!



*We certainly hope that these ideas will be both inspiring and helpful in exploring **Self-Management***

Please do get in touch with us via our Social Media if you have used any of these and remember to follow us on our Facebook and Twitter accounts for many more ideas from participating schools.



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Special thanks to our coach Pippa and Dilara and the team, and to our schools for their contributions to this