My Peegu
become the star you are

Self-Management Skills

What is Self-Management?

"Self-management means being able to manage the daily tasks to live well."

"Self-management means doing something different now to in order to accomplish a goal in the future."

TIME MANAGEMENT

+

STRESS MANAGEMENT

My Peegü

become the star you are
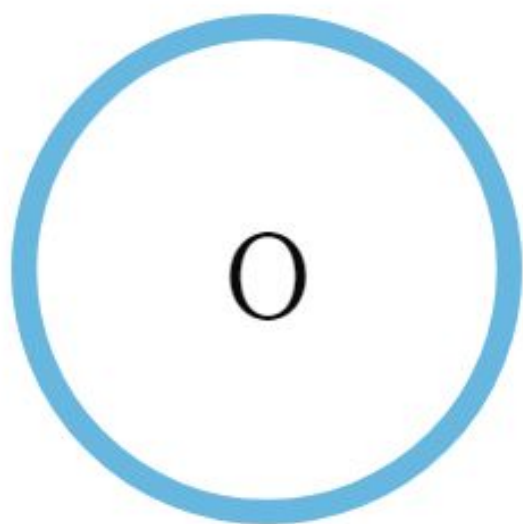
Feeling stuck? Try WOOP!

Wish
Outcome
Obstacle
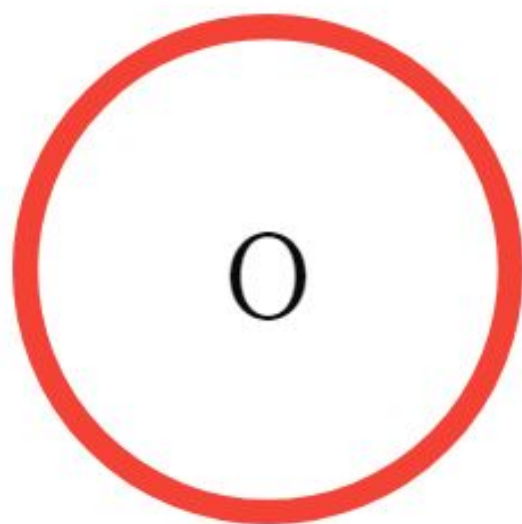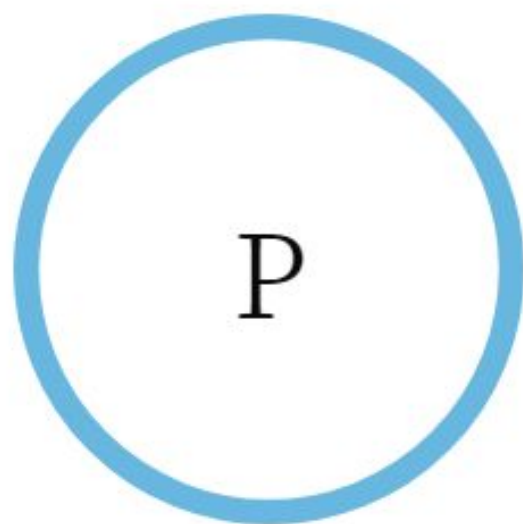Plan

Write a wish that you want to achieve (the goal).
The wish should be difficult but achievable, specific and action oriented.

How will it feel when you accomplish this and what is the concrete outcome.
Close your eyes and imagine it happened.

What is the biggest internal obstacle?
This must be something that you have control over like "going to social media, checking my messages, being in a hurry"

Write a plan: If (obstacle), then (action)

For example
"If I feel an urge to go to social media. I will take a breath and shut down my phone"

aimmonen.com

Approaches to Self-Management

REFLECTIVE SKILLS
(Re-) considering the process of learning; choosing and using ATL skills

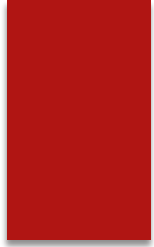**AFFECTIVE SKILLS**
Managing state of mind

ORGANIZATION SKILLS
Managing time and tasks effectively

APPROACHES TO LEARNING: SELF-MANAGEMENT

ORGANIZATION SKILLS
Managing time and tasks effectively

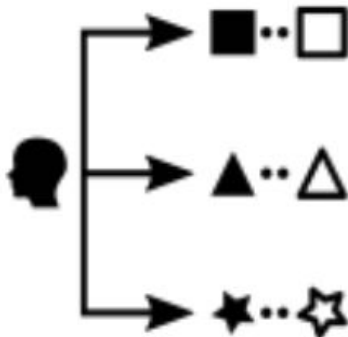| Plan	Set goals, identify strategies, & take action	Manage Materials	Organize Files & Complex information	Manage Time	Select & use technology effectively & productively

REFLECTIVE SKILLS
(Re-) considering the process of learning; choosing and using ATL skills

Develop new skills, techniques and strategies	Identify areas of growth and areas for improvement	Be a flexible learner	Try and evaluate new ATL skills	Consider implications of choices	Use Multiple Techniques for Reflection

Self-Management in the Classroom!

Regulate Emotions

Mindfulness brings awareness to emotions and helps increase impulse control, and behavioral self-management.

Manage Stress & Anxiety

For students & teachers, mindfulness provides practical tools that can be used immediately and effectively to reduce stress.

Improve Focus & Attention

Mindfulness helps strengthen focus muscles and makes attention a skill we build. Much needed in a time of digital distraction.

Increase Compassion

By offering a pathway to peace, mindfulness increases kindness and leads to more understanding, & respect for our peers.

Create Connection

Mindfulness helps us feel connected to ourself, others, and the world around us. This helps to positively shift school culture.

Improve Sleep

Good sleep is crucial for learning. Mindfulness teaches how to relax and provides practical tools to help us fall asleep at night.

My Peegü
become the star you are