Calm Captain

What is Self-Management?

It means calming yourself down, making good choices, and staying focused—even when it's hard.

Self-Management
4th-5th grade

Rate how intensely you typically experience these emotions from 1 to 10:

1 = Barely Notice

10= Extremely Strong

Area	Rating
Anger	
Excitement	
Frustration	
Worry/Anxiety	
Joy	
Disappointment	

Complete the chart for two emotions that are sometimes challenging for you:

Emotion	**Triggers** What causes this feeling?	**Physical Signals** How does my body respond?	**Thought Patterns** What goes through my mind?

The Emotion-Thought Connection

For each situation, identify the potential thoughts, feelings, and actions:

Situation:
You've been working on a project for weeks, and someone accidentally damages part of it.

Unhelpful thought:

Resulting feeling:

Likely action:

More helpful thought:

Resulting feeling:

Better action:

Navigating the Storms: Self-Regulation Strategies

List strategies that help you manage different emotional states:

Emotions	Strategies
Angry/Frustrated	
Anxious/Worried	
Disappointed	
Overexcited	
Sad	

Try this 1-minute mindfulness exercise:

1. Sit comfortably and focus on your breathing
2. Notice 5 things you can see, 4 things you can feel, 3 things you can hear, 2 things you can smell, and 1 thing you can taste
3. Return your focus to your breathing

How do you feel after this exercise?

When could this be helpful during your day?

Crew Communication: Social Awareness & Relationships

Read each statement and circle which communication style it represents:

"You NEVER let anyone else have a turn! Give me the ball RIGHT NOW!"	Passive	Aggressive	Assertive
"Whatever you want to do is fine with me, even though I'm not happy about it."	Passive	Aggressive	Assertive
"I understand you're using the basketball hoop, but we've been waiting for 20 minutes. Could we take turns?"	Passive	Aggressive	Assertive

Charting your Course: Goal Setting & Focus

Create a S.M.A.R.T. goal (Specific, Measurable, Achievable, Relevant, Time-bound) that will help you stay more focused:

Goal:

What makes it Specific?

How will you Measure progress?

Why is it Achievable?

Why is it Relevant to you?

What is your Time frame?

What distracts you when you're trying to focus? List your top 3 distractions:

1. _____

2. _____

3. _____

For each distraction, write one strategy to manage it:

_____

_____

_____

Describe a recent situation where you successfully managed a strong emotion:

What happened?

_____

_____

_____

What emotion did you feel?

_____

_____

What strategy did you use?

_____

_____

_____

How did it help?

_____

_____

_____