



KNOW  
YOURSELF

INTRO TO SEL

# SELF MANAGEMENT



WE DO IT  
FOR THE  
CULTURE  
an SEL Curriculum  
by Go to Ms. Sams Inc.™



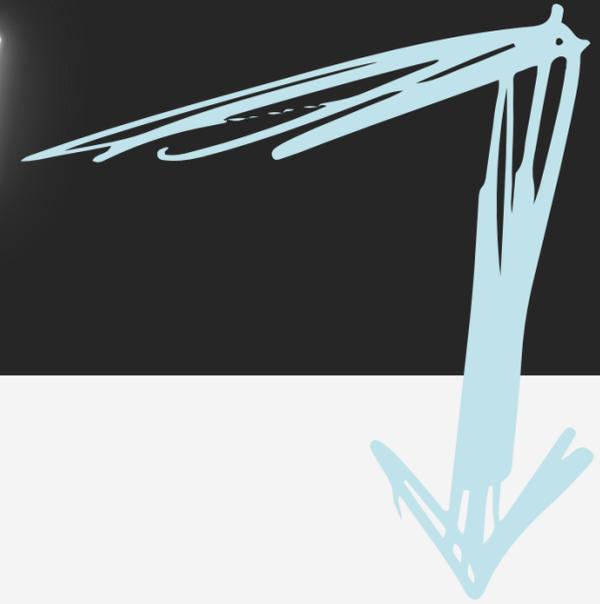
# INTRODUCTION

Today, we will:

- \* Develop an understanding of self-management
- \* Understand how to manage your emotions appropriately



# SEL CONNECTION



Today, we will practice **Self Management** by considering how to maximize our time and avoid distractions when working towards goals.





# ICEBREAKER

# WHAT'S THE FORMULA?



## WHAT'S THE FORMULA?

- 1) Identify someone you look up to who is really good at something (think about someone famous).
- 2) Write two things you think they do on a consistent basis to be great.
- 3) Whole class share out.





# LESSON

## PART ONE

# SAME 24





### SAME 24

Define

**SELF MANAGEMENT**

in your own words.



# LESSON: PART ONE



## DEFINITION

### SAME 24

### SELF MANAGEMENT

Taking control of your actions, thoughts, and feelings so you can make good choices, stay organized, and get things done. It's about setting goals, making plans, and staying focused even when there are distractions.

Self-management helps you become more responsible and better at handling your time and emotions.



# LESSON: PART ONE



WATCH A VIDEO

## SAME 24

Watch the video about Flau'jae Johnson and Angel Reese discussing how Flau'jae maximizes the 24 hours in a day.



# LESSON: PART ONE



TALK ABOUT IT

## SAME 24

- Why do you think Angel Reese is so impressed with how Flau'jae maximizes her 24 hours?
- How does Flau'jae demonstrate self-management?
- How have you demonstrated self-management in a particular area of your life?





# LESSON PART TWO

# A DAY OF DISCIPLINE



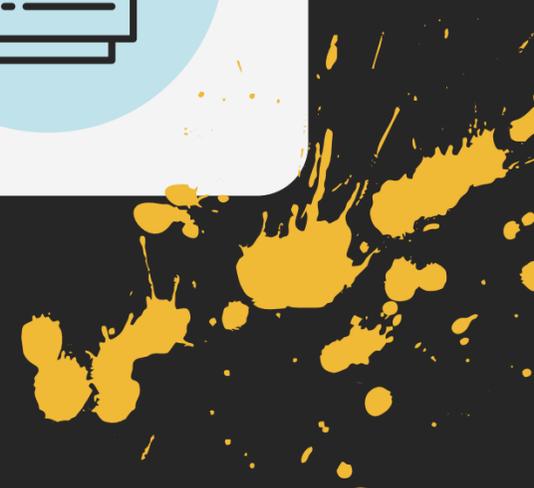
# LESSON: PART TWO



## A DAY OF DISCIPLINE

Using your graphic organizer, identify a big goal and think about you will avoid potential distractions when working to achieve it.

Once done, we will share out our responses in groups and as a class.





# DEBRIEF / EXTENSION





# SELF MANAGEMENT

Think about how you will use the next 24 hours to work towards your big goal.

