Mrs. J's Mindful Matters

September

Self-Management

The CASEL Competency for the month of September is Self-Management. This describes our ability to manage our emotions, thoughts, and behaviors effectively in different situations and to achieve goals and aspirations.

Developing competency in the area of self-management is important for our students. This competency area supports the capacity to delay gratification, manage stress, and feel motivation and agency to accomplish personal and collective goals.

This month, when I go into classrooms to discuss Self-Management students will build awareness of:

1. Strategies they can use to manage their feelings
2. Structures in the brain responsible for this self-management.

For any other questions or concerns please contact me at:
talva@kyrene.org
480-541-3623
Referral

Resources

School counselors can provide support to families in a variety of ways.

If you need support in accessing mental health resources or basic needs (food, clothing, housing, transportation, etc.) please reach out to me!

Our Kyrene Family Resource Center is also a great support!

Additional Resources

- Article: Science of a Tantrum
- Internet Access: ACP-Reduced Cost Internet
- Podcast: "A Slice of SEL"

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