Mrs. J's Mindful Matters

February

Self Management

Managing emotions and behaviors is critical to academic success. Your student's ability to make academic gains and learn new information is dependent on their ability to regulate their emotions. This month's Mindful Matter is focused on the CASEL Competency of Self-Management.

Self-Management is the ability to regulate our emotion. Self-Management also encompasses our ability to use stress management strategies, set personal goals, and exhibit self-discipline.

In this month's classroom lessons, students will be exploring strategies they can use to regulate emotion while learning about the relationship between emotion regulation and academic performance.

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

Resources

Did you know that empathy in children develops similar to the way cognitive or physical development takes place? Read the article below for more information about the developmental process of empathy in children.

"How Empathy Develops from Birth to the Tween Years"

Resources

Compudopt is teaming up with the NFL to provide free computers to families! Click this link for more information https://www.compudopt.org/phoenix

©2017 EB Academic Camps, LLC