“Anybody can become angry - that is easy, but to be angry with the right person and to the right degree and at the right time and for the right purpose, and in the right way - that is not within everybody's power and is not easy.” — Aristotle

SELF-MANAGEMENT: The ability to manage one’s emotions, thoughts, and behaviors effectively in different situations and to achieve goals and aspirations.

SELF-MANAGEMENT means having a strategy and techniques to deal with a range of strong feelings or emotions in the moment (positive or negative). When military students are self-aware, they are prepared to regulate and control their emotions, delay gratification, minimize impulses, manage stress, and motivate themselves towards personal and academic goals. Self-management requires students to be pro-active and to think about their response to strong feelings or emotions. Military children will grow in emotional intelligence as parents, teachers, and other youth serving professionals model and teach these self-management skills:

- Managing one’s emotions
- Identifying and using stress management strategies
- Exhibiting self-discipline and self-motivation
- Setting personal and collective goals
- Using planning and organizational skills
- Showing the courage to take initiative
- Demonstrating personal and collective agency
### Self-Management: Strategies and Tools

<table>
<thead>
<tr>
<th>For Parents &amp; Professionals</th>
<th>For Parents of Young Children</th>
<th>For Schools</th>
</tr>
</thead>
</table>
| **Coping Through the Levels of Anger**  
Worksheet by MCEC | **Craft + Connect Mood Monster**  
Workshop by Sesame Street | **Standards Aligned- Videos, Lessons, & Activities**  
Resources by PBS |
| **SNAP: STOP NOW AND PLAN**  
Worksheet by Child Development Institute | **Talking About Feelings**  
Workshop by Sesame Street | **Thinking Critically About Goal Setting**  
Article by Edutopia |
| **Worry Wheel and Calming Tools**  
Article by MCEC | **Don't Give Up**  
Printable by Sesame Street | **Why Do We Lose Control?**  
Video by Kids Want to Know |
| **Turning Stress into Strengths**  
Article by MCEC | **An Act-Along Story**  
Printable by Sesame Street |  |
| **SMART Goals**  
Worksheet by Elias & Tobias | **Recognizing and Expressing Big Feelings**  
Article by Sesame Street |  |
| **Trigger Situation Buster Form**  
Worksheet by Elias & Tobias | **Teaching Kids to Breathe, Think, Do**  
Printable by Sesame Street |  |
| **The Holmes-Rahe Life Stress Inventory**  
Worksheet by Holmes & Rahe | **Naming Feelings**  
Printable by Sesame Street |  |
| **Perfectionism**  
Article by MCEC | **Handling Sibling Conflicts**  
Printable by Sesame Street |  |
| **How to Help Your Student with Procrastination**  
Article by MCEC | **Handling Tantrums**  
Video by Sesame Street |  |
| **Time Management for Middle/High School Students**  
Article by MCEC | **Handling Angry Feelings**  
Video by Sesame Street |  |
<table>
<thead>
<tr>
<th>For Parents &amp; Professionals</th>
<th>For Parents of Young Children</th>
<th>For Schools</th>
</tr>
</thead>
</table>
| **Time Management for Kids**  
*Article by MCEC* | **Noticing that Feelings Change**  
*Video by Sesame Street* | |
| **Understanding and Helping Your Unorganized Child**  
*Worksheet by MCEC* | **Helping Kids Celebrate Strengths**  
*Video by Sesame Street* | |
| **Persistent and Challenging Behavior**  
*Article by MCEC* | **Teaching Persistence**  
*Video by Sesame Street* | |
| **Family Goal Setting**  
*Worksheet by MCEC* | **A Little Help From My Furry Friends**  
*Interactive Game by Sesame Street* | |
| **Self-Management**  
*Video by PBS* | **Bedtime Blues**  
*Article by Sesame Street* | |
| **Future-Self**  
*Video by PBS* | **Breathe, Think, Do!**  
*Article by Sesame Street* | |
| **Anxiety and Depression**  
*Webinar by MCEC* | **Mean Behavior**  
*Article by Sesame Street* | |
| **Anxiety in Young Children**  
*Article by MCEC* | **Overcoming Mistakes**  
*Article by Sesame Street* | |
| **Depression in Youth**  
*Article by MCEC* | **Practicing Patience**  
*Article by Sesame Street* | |
| **Two Breathing Exercises**  
*Worksheet by Elias & Tobias* | **Resilience**  
*Video by Sesame Street* | |
<table>
<thead>
<tr>
<th>For Parents &amp; Professionals</th>
<th>For Parents of Young Children</th>
<th>For Schools</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Communicating Through Feelings</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Video by Sesame Street</td>
<td></td>
</tr>
<tr>
<td></td>
<td>I Can Be Patient</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Video by Sesame Street</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Elmo Doesn't Give Up</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Video by Sesame Street</td>
<td></td>
</tr>
</tbody>
</table>
Self-Management: Strategies and Tools

References:


