

The background features a light gray grid with various hand-drawn, colorful shapes. These include a yellow starburst, a blue pyramid, a yellow cube, a green cloud, a pink oval, a blue swirl, a green wavy line, a yellow flower, a blue blob, a pink cube, a pink cloud, and a pink structure. The text is written in a bold, black, hand-drawn font.

# SELF- MANAGEMENT SKILLS

PEI TONG PRIMARY SCHOOL  
P1 ORIENTATION  
FRIDAY, 15 NOVEMBER 2024

# WHAT IS SELF-MANAGEMENT?

...a set of abilities that enable individuals to regulate their emotions, behaviors, and thoughts...

(Ciarrochi et al., 2017)

# WHAT CAN SELF-MANAGEMENT DO?

Improve academic performance, emotional resilience, and positive social relationships.

(Zimmer-Gembeck & Skinner, 2020)

Reduce tantrums, restricted behaviours, and aggression

(LeBlanc et al., 2020)

# EMOTIONAL REGULATION SKILLS

## UNDERSTANDING FEELINGS

- Experiences of emotions in response to stimuli.
- Awareness allows healthier coping mechanisms and better peer relationships.



# COMFORTABLE FEELINGS: GREEN ZONE



Peaceful

Satisfied

Safe

Reassured

Happy

# UNCOMFORTABLE FEELINGS: BLUE ZONE



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Tired  
Bored  
Lonely  
Disappointed  
Withdrawn

# UNCOMFORTABLE FEELINGS: YELLOW ZONE



Frustrated

Anxious

Excited

Restless

Impatient

# UNCOMFORTABLE FEELINGS: RED ZONE



Angry

Fear

Rage

Stress

Outrage

# EMOTIONAL REGULATION SKILLS

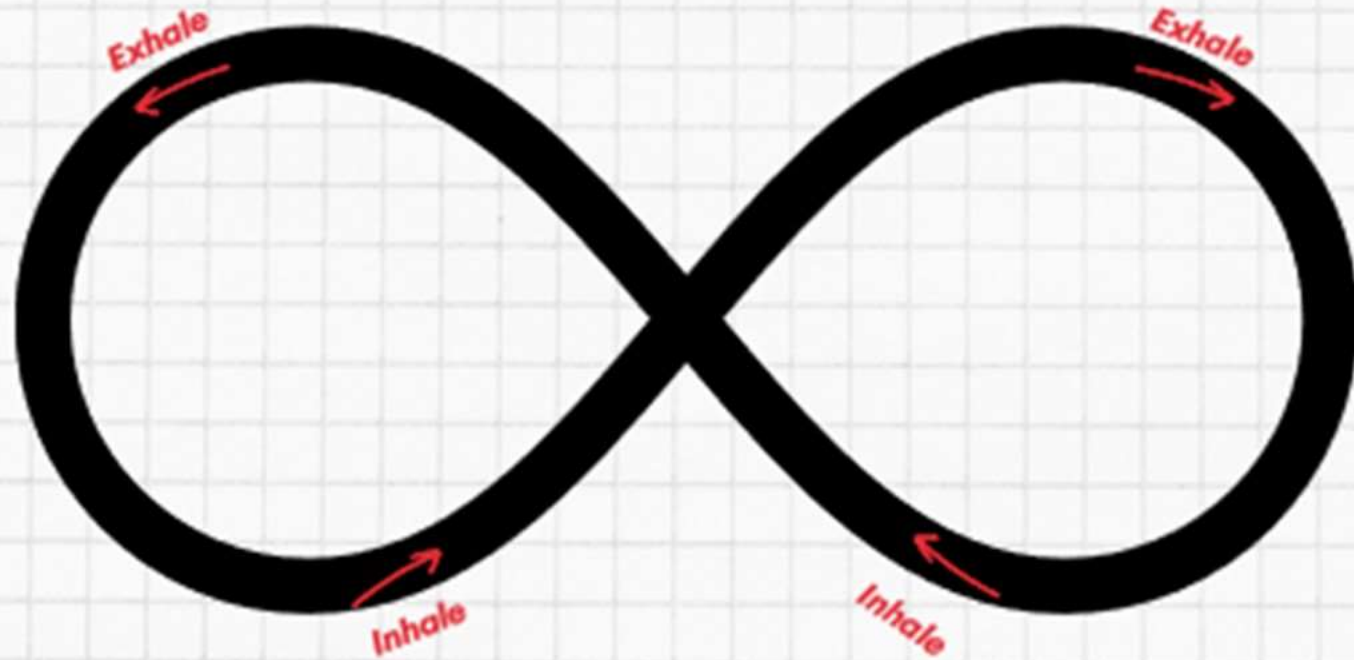
## BREATHING EXERCISES





# THE LAZY 8 BREATHING

1. Use a paper or air-write.
2. Trace the 'Lazy 8' with a pencil/finger - inhale and exhale.



# THE DEEP BREATHING

1. Close your eyes.



2. Squeeze your hands.



3. Rub your head.



4. Rub your legs/feet.

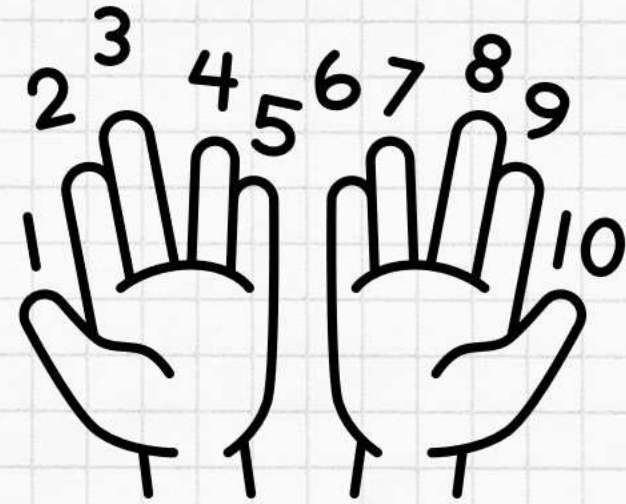


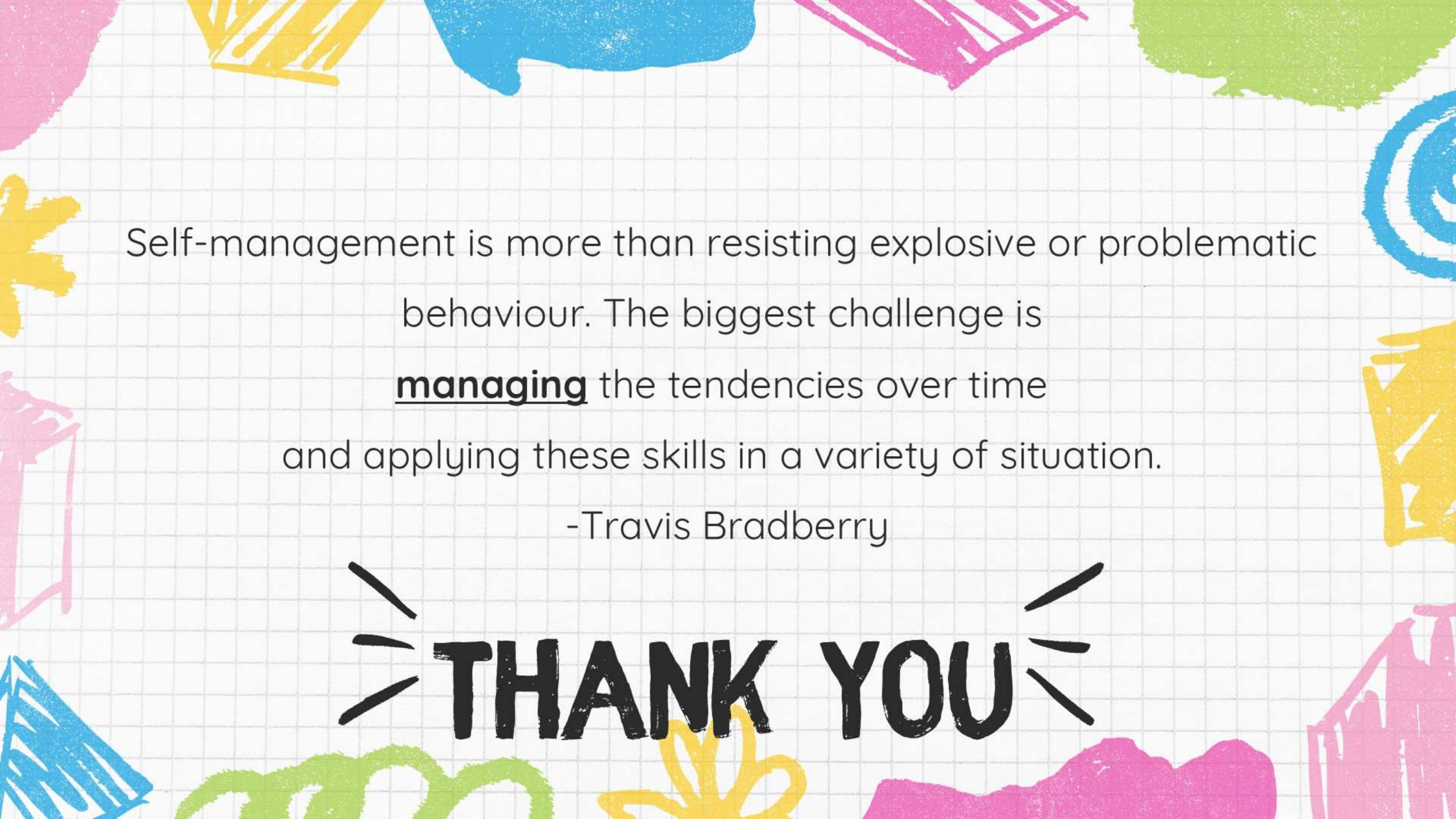
# THE COUNTING TO TEN

1. Close your eyes.



2. Slowly count to ten with a quiet voice.





Self-management is more than resisting explosive or problematic behaviour. The biggest challenge is managing the tendencies over time and applying these skills in a variety of situation.

-Travis Bradberry

THANK YOU