Play music that you love today.

Savor your food today.

Do one thing that will help you feel more organized today.

Think of a person who makes you laugh the most in your life. Send them a text expressing your gratitude.

Write down three qualities that you admire about yourself.

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SEL Competency: **Self-Management**

**Self-Management:** The abilities to manage one’s emotions, thoughts, and behaviors effectively in different situations and to achieve goals and aspirations. This includes the capacities to delay gratification, manage stress, and feel motivation and agency to accomplish personal and collective goals. *Finding balance is important for self-management.*

*Balance is the correct weighting of one thing against others—like the amount of time we work against the amount of time we play and rest. It’s also the ability to keep steady.*

- Know what your priorities are. Writing down your top 3 each morning can be a helpful practice.
- Take care of your body, however that looks for you.
- Schedule activities that nourish your well-being so your calendar always has intentional space for you.

**Grab and Go SEL - Self-Management**

- Describe and demonstrate how basic emotions feel.
- Increase understanding of emotional consequences of situations.
- Practice mindfulness moments in the classroom.

**Check-in:**

**Signature Scene:** Close your eyes if you like or soften your gaze and visualize a highlight from your day, this is your signature moment. Maybe it was something that happened before school started, with a friend, with a member of your family. What about this event made you feel good about yourself or others? Slowly open your eyes. Share if it is appropriate.

**Mindfulness Practice:**

**The 10 Breath Escape:** Close your eyes and imagine you are in a place that relaxes you. This can be your bedroom, the beach, somewhere in the mountains—anywhere you feel safe and calm. Engage your senses and really imagine what it would be like to be there now; what would it sound like, what would it smell like, what would you see, what would you feel? Once you are completely enveloped in that place, take 10 slow, deep, cleansing breaths. Slowly open your eyes.

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**Live Life Positively...**

*With every breath, I feel stronger.*

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**Suicide Prevention Lifeline**

1-800-273-8255

**SafeUT**

Crisis Chat & Tip Line