



Partnering for

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Student Success

From Gervais School District's Behavior Support Team

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Self Management-A Social and Emotional Competency

Build Their Organizational Muscles!

Self-Management is the ability to regulate your emotions, thoughts and behaviors in different situations. When we are managing ourselves, we show patience, persistence and emotional regulation. These skills are important because they help us contribute and find success in school, family and social groups. Specific areas we are including today: **Self Motivation; Organizational Skills; Goal Setting; Impulse Control**

Self Motivation Some kids are self-motivated. Other are less motivated and need a little (or a lot) of push here or there. If you're wondering how to motivate your child, you might automatically think of rewarding your child for every step he takes in the right direction, and applying negative consequences for steps he takes in the wrong direction. In reality, the best approach is to go easy on the rewards and punishments and help support their internal motivation. Helping them tune into the feelings of accomplishment and the pride they feel for a job well done. Set short-term goals with your child; making sure the goals are reachable. When they accomplish the goal(s), celebrate the successes together. This can build pride and drive for future goals. Stay positive. Even when your child isn't successful with something, that's okay. A negative response to not making the team, doing a project wrong or getting a 'D' on a test can make them afraid of that response in the future. Acknowledge it, and encourage them to try again. Ask what motivates them-sometimes it can be that simple. Not only will it give you the information you are wanting but it can also help you know what their 'likes' and interests are.

Organization is a critical skill that can mean the difference between order and chaos, at home, school and beyond. At school we see signs of struggles in organization such as:

- Forgetting to bring required materials to class
- Misplacing or losing class assignments
- Putting class papers in a binder randomly without a sense of order
- Having a messy desk or set of binders

Teachers often recognize student organization challenges and teach them strategies to help in the classroom. If your student struggles with organization there are home activities you can do.

- Discuss plans for the week; use a calendar for tracking
- Create chore charts with organization and cleaning tasks
- Try to have a place for everything and have your child put items back in their spot
- Create a place just for homework with office materials

Kids need frequent opportunities to discuss, practice, and apply their new skills, both at home and at school, so keep flexing those organizational muscles!



Goal setting

Having goals can help you make important decisions that can be positive and life changing. When setting goals, consider what you value the most. Find what motivates you and gives you a sense of purpose. For example, think about the things that make you the most happy at the moment and then what you might like to do to make them happen. When planning goals, take time to write down what you want. Include tasks and the time it will take, so that it can be built into your schedule. Keep your tasks no longer than an hour and if the task is difficult to start; then it might be too big. Smaller and more realistic goals are easier to accomplish. Keep in mind that your goals are not set in stone and you can have control over the time and effort you are willing to devote.

Impulse Control is a learned behavior, and it is built through practice and repetition. Good impulse control takes years to develop; therefore, it is crucial that we provide children with the opportunities to develop good impulse control. Three ways to help your child develop these essential skills are:

- Help your child identify and label their emotions. Labeling emotions helps gain awareness of how these trigger one's behaviors. A child who has the language to express emotions is more likely to verbalize it rather than showing it through impulsive behaviors.
- Have your child practice repeating directions back to you and only allow them to take actions once they have correctly repeated your directions. Sometimes kids will behave impulsively because they did not listen to direction.
- Teach your child problem-solving skills. Have them come up with more than one way to solve a problem. When children have solutions in mind, it may deflect them from behaving impulsively.