

Breathing Triangle

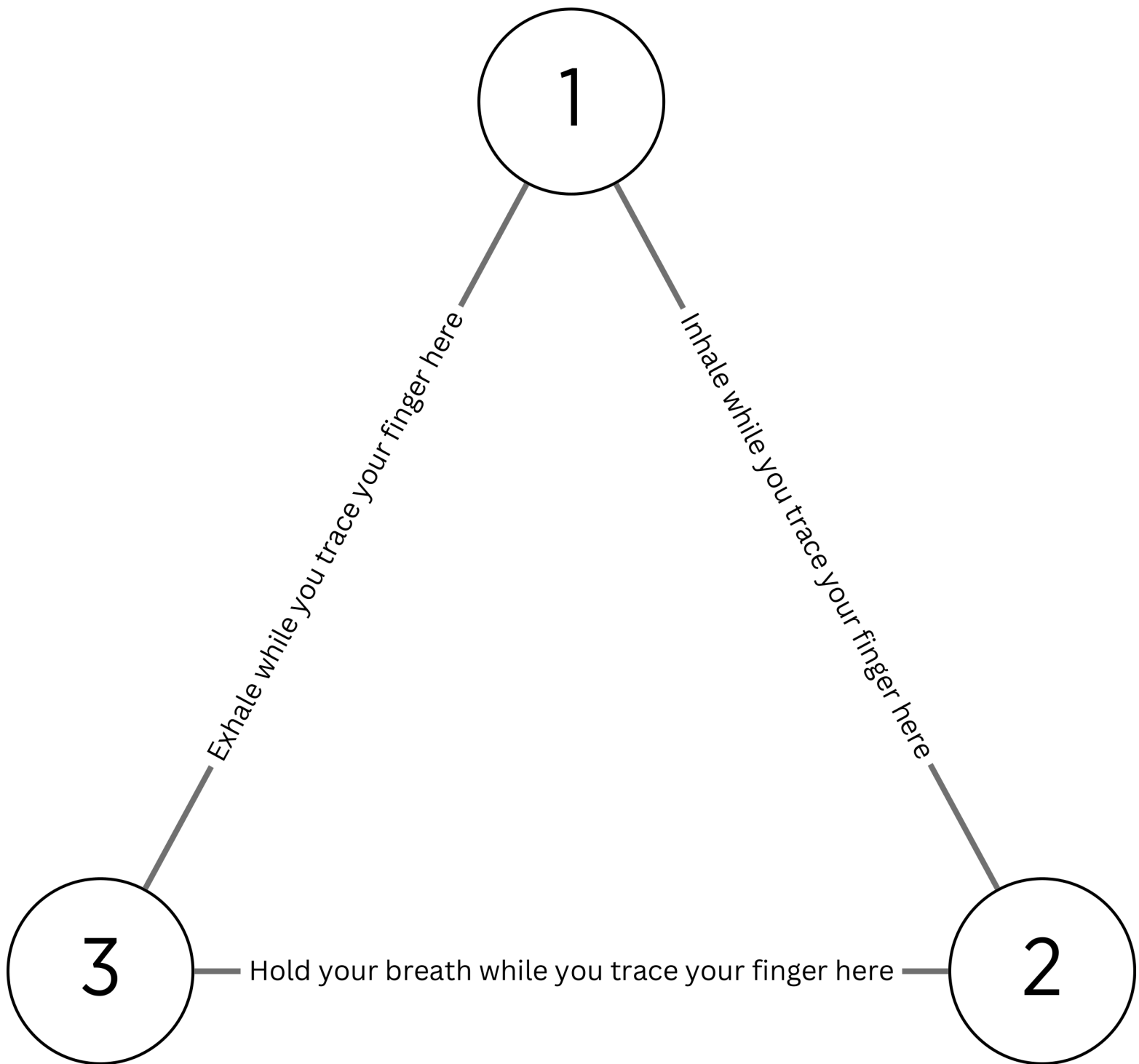
Self-Management | Impulse Control

Name: _____

Teacher: _____

Date: _____

Some people use breathing exercises to start a successful day in school, to relax during a stressful moment, or to help manage an impulse. Give it a try by taking deep breaths while slowly tracing your finger around the triangle below. Some people don't like breathing exercises, and that's okay! Feel free to stop if you feel uncomfortable.



Impulse Awareness Journal

Self-Management | Impulse Control

Name: _____

Teacher: _____

Date: _____

Spend a week documenting some of your impulses using the form below. Reflect on the impulse, what may have caused it to happen, how you responded, and whether or not you wish you'd done something differently.

My Impulse	What Caused It	How I Responded	Alternate Options for Next Time

Stress Management Chart

Self-Management | Stress Management

Name: _____

Teacher: _____

Date: _____

Learning how you react to stress can help you manage a stressful moment. In the chart below, jot down a few things that stress you out, how they make you feel physically and mentally, and your favorite ways to try to relieve those particular stressors.

Stressor	Physical Symptoms	Mental Symptoms	Favorite Stress Relief Technique(s)

Gratitude Journal

Self-Management | Stress Management

Name: _____

Teacher: _____

Date: _____

Taking a moment to reflect on gratitude can be an effective way to combat stressors in your life. Try writing down two things you are grateful for every day this week, no matter how big or small.

Monday

1.

2.

Tuesday

1.

2.

Wednesday

1.

2.

Thursday

1.

2.

Friday

1.

2.

Motivation Brainstorming

Self-Management | Self-Discipline

Name: _____

Teacher: _____

Date: _____

What are the conditions that help you feel the most motivated? Is there a certain time of day when you work best, or any tools or activities that help you stay focused? Write or draw them below.

What are some common distractions that you and your classmates face during class time, study time, group work, or homework? What are some ideas you have about counteracting these distractions?

Distractions

Ideas

Progress Chart

Self-Management | Self-Discipline

Name: _____

Teacher: _____

Date: _____

Think of a small, realistic goal you want to achieve this month. Write it below.

Design a chart for tracking your progress as you achieve your goal. Remember to include a reward or celebration as your final step!

Short Story Planner

Self-Management | Goal Setting and Self-Motivation

Name: _____

Teacher: _____

Date: _____

Plan your own short story by filling out the tracking form below.

Task	Due Date	Complete
Outline my story		<input type="checkbox"/>
Write a first draft		<input type="checkbox"/>
Ask a friend for feedback		<input type="checkbox"/>
Write a final draft		<input type="checkbox"/>
Share my story		<input type="checkbox"/>
Celebrate		<input type="checkbox"/>

SMART Goal Practice

Self-Management | Goal Setting and Self-Motivation

Name: _____

Teacher: _____

Date: _____

A SMART goal is specific, measurable, achievable, relevant, and time-bound. The goal written below does **not** meet any of these criteria. Fill out the form to help turn it into a SMART goal.

This is NOT a SMART goal...

I should read more.

What would make the goal SPECIFIC?

What would make the goal MEASURABLE?

What would make the goal ACHIEVABLE?

What would make the goal RELEVANT?

What would make the goal TIME-BOUND?

Now, use your outline to rewrite "I should read more" as a SMART goal below.

Planner Practice

Self-Management | Organizational Skills

Name: _____

Teacher: _____

Date: _____

What are some events, due dates, responsibilities, tasks, assignments, and other commitments you have tomorrow? Try to list them all in the box below.

When you're finished brainstorming, design your own schedule plan for tomorrow in the box below or on a separate sheet of paper. Remember to include time for meals, fun, and rest!

Free Time Log

Self-Management | Organizational Skills

Name: _____

Teacher: _____

Date: _____

This week, keep track of how you spend your free time, such as how much time you spend studying, practicing music or sports, watching TV, scrolling social media, or playing video games.

Monday

Tuesday

Wednesday

Thursday

Friday

Reflection: Once you've filled out your log for the week, take out a separate sheet of paper and answer the following questions.

1. What surprised you about your Free Time Log?
2. What did you learn about yourself and your habits?
3. What are some small changes you might like to make next week?