

Self-Management Skills Continuum

| Organization | | | States of Mind | | | | | |
|--------------|--|---|--|--|---|--|--|---|
| | Managing Self | Time Management | Goal Setting | Mindfulness | Perserverance | Emotional Management | Self-Motivation | Resilience |
| Pre-K | I can follow a balanced schedule for myself. | I am learning to track my time. | I can listen and respond to short term goals. | I try my best to focus on one task at a time. | I am learning to practice persistence when met with a barrier or challenge. | I am beginning to take responsibility for my actions. | I sometimes try to come up with my own ideas to solve a problem. | I am learning how to respond to setbacks |
| | I can gather equipment and tools needed for my learning. | I can take on and complete tasks in a given time frame. | I can use different strategies to help me make progress towards my goal. | I can practice mindfulness with support. | I am learning strategies I can use to overcome challenges or barriers in my learning. | I am becoming more aware of my emotions and how they affect me. I try to use words to describe how I am feeling. | I respond to different types of motivation to help me succeed. | I can talk about things that did not go well with an adult and think about what I could do differently next time. |
| KG1 | I can follow a balanced schedule for myself. | I am learning to track my time. | I can listen and respond to short term goals. | I try my best to focus on one task at a time. | I am learning to practice persistence when met with a barrier or challenge. | I am beginning to take responsibility for my actions. | I sometimes try to come up with my own ideas to solve a problem. | I am learning how to respond to setbacks |
| | I can gather equipment and tools needed for my learning. | I can make estimates about how much time something will take. | I can use different strategies to help me make progress towards my goal. | I can practice mindfulness with support. | I am learning strategies I can use to overcome challenges or barriers in my learning. | I am becoming more aware of my emotions and how they affect me. I try to use words to describe how I am feeling. | I respond to different types of motivation to help me succeed. | I can talk about things that did not go well with an adult and think about what I could do differently next time. |
| | I can help document my learning. | I can take on and complete tasks in a given time frame. | I can reflect on my progress towards my goal with support. | | | | | |
| KG2 | I can follow a balanced schedule for myself. | I am learning to track my time. | I can work with an adult to set goals for myself. | I try my best to focus on one task at a time without getting distracted. | I am learning to practice persistence when met with a barrier or challenge. | I am beginning to take responsibility for my actions. | I sometimes try to come up with my own ideas to solve a problem. | I am learning how to respond to setbacks |
| | I can gather equipment and tools needed for my learning. | I can make estimates about how much time something will take. | I can use different strategies to help me make progress towards my goal. | I can practice mindfulness with support. | I am learning strategies I can use to overcome challenges or barriers in my learning. | I am becoming more aware of my emotions and how they affect me. I try to use words to describe how I am feeling. | I respond to different types of motivation to help me succeed. | I can talk about things that did not go well with an adult and think about what I could do differently next time. |
| | I can help document my learning. | I can take on and complete tasks in a given time frame. | I can reflect on my progress towards my goal with some support. | | | | | |

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| | Managing Self | Time Management | Goal Setting | Mindfulness | Perserverance | Emotional Management | Self-Motivation | Resilience |
| 1 | I can follow a balanced schedule for myself. | I am learning to use tools to help me keep track of my time. | I can work with an adult to set goals for myself. | I try my best to focus on one task at a time without getting distracted. | I am practicing my persistence when met with a barrier or challenge. | I take responsibility for my actions. | I sometimes try to come up with my own ideas to solve a problem. | I am learning how to respond to setbacks |
| | I can gather equipment and tools needed for my learning. | I can make estimates about how much time something will take. | I can use different strategies to help me make progress towards my goal. | I can practice mindfulness with some guidance and support. | I have strategies I use to overcome challenges or barriers in my learning. | I am aware of my emotions and how these impact me. I am practicing strategies to help me when I feel overwhelmed and to manage stress. | I respond to different types of motivation to help me succeed. | I can talk about things that did not go well with an adult and think about what I could do differently next time. |
| | I can document my learning. | I can take on and complete tasks in a given time frame. | I can reflect on my progress towards my goal. | | | | | |
| 2 | I can help to plan a balanced schedule for myself. | I am learning to use tools to help me keep track of my time. | I can set goals that are both challenging and realistic. | I try my best to focus on one task at a time without getting distracted. | I am practicing my persistence when met with a barrier or challenge. | I take responsibility for my actions. | I use my initiative to solve problems and to work through different situations. | I can manage set backs productively. |
| | I can gather equipment and tools needed for my learning. | I can make estimates about how much time something will take. | I can choose a strategy to help me meet my goal and ask for support when needed. | I can practice mindfulness with some guidance and support. | I have strategies I use to overcome challenges or barriers in my learning. | I am aware of my emotions and how these impact me. I am practicing strategies to help me when I feel overwhelmed and to manage stress. | I can find different ways to motivate myself to succeed. | I use challenges, adversity and disappoint as a prompt to reflect, to reevaluate and to grow. |
| | I can document my learning. | I can take on and complete tasks in a given time frame. | I can reflect on my progress towards my goal and adjust if needed. | | | | | |
| 3 | I can help to plan a balanced schedule for myself. | I am learning to use tools to help me keep track of my time. | I can set goals that are both challenging and realistic. | I can focus on the task and hand and manage distractions relatively well. | I am practicing my persistence when met with a barrier or challenge. | I take responsibility for my actions. | I use my initiative to solve problems and to work through different situations. | I can manage set backs productively. |
| | I can gather and organize equipment and tools needed for my learning. | I can make realistic estimates about how much time something will take and adjust if necessary. | I can choose a strategy to help me meet my goal and ask for support when needed. | I can practice mindfulness with some guidance and support. | I have strategies I use to overcome challenges or barriers in my learning. | I am aware of my emotions and how these impact me. I am practicing strategies to help me when I feel overwhelmed and to manage stress. | I can find different ways to motivate myself to succeed. | I use challenges, adversity and disappoint as a prompt to reflect, to reevaluate and to grow. |
| | I can use systems for documenting my learning. | I can take on and complete tasks in a given time frame. | I can reflect on my progress towards my goal and adjust if needed. | | | | | |

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| | Managing Self | Time Management | Goal Setting | Mindfulness | Perserverance | Emotional Management | Self-Motivation | Resilience |
| 4 | I can plan a balanced schedule for myself. | I use tools to help me keep track of my time. | I can set short and long term goals that are both challenging and realistic. | I can focus on the present and manage internal and external distractions. | I am practicing my persistence when met with a barrier or challenge. | I take responsibility for my actions. | I use my initiative to solve problems and to work through different situations. | I can manage set backs productively. |
| | I can prepare and organize equipment and tools needed for my learning. | I can make realistic estimates about how much time something will take and adjust if necessary. | I can choose a strategy to help me meet my goal and ask for support when needed. | I can identify a mindfulness practice that works for me based on my needs (e.g. yoga, walking, meditation). | I have strategies I use to overcome challenges or barriers in my learning. | I am aware of my emotions and how these impact me. I use mindfulness strategies to help me when I feel overwhelmed and to manage stress. | I can identify and balance intrinsic and extrinsic motivation to succeed. | I use challenges, adversity and disappoint as a prompt to reflect, to reevaluate and to grow. |
| | I can use and adapt systems for documenting my learning. | I can take on and complete tasks in a given time frame. | I can reflect on my progress towards my goal and adjust if needed. | | | | | |
| 5 | I can plan a balanced schedule for myself. | I use tools to help me keep track of my time. | I can set short and long term goals that are both challenging and realistic. | I can focus on the present and manage internal and external distractions. | I demonstrate persistence when met with a barrier or challenge. | I take responsibility for my actions. | I use my initiative to solve problems and to work through different situations. | I can manage set backs productively. |
| | I can prepare and organize equipment and tools needed for my learning. | I can make realistic estimates about how much time something will take and adjust if necessary. | I can choose a straegy to help me meet my goal and ask for support when needed. | I can identify a mindfulness practice that works for me based on my needs (e.g. yoga, walking, meditation). | I have strategies I use to overcome challenges or barriers in my learning. | I am aware of my emotions and how these impact me. I use mindfulness strategies to help me when I feel overwhelmed and to manage stress. | I can identify and balance intrinsic and extrinsic motivation to succeed. | I use challenges, adversity and disappoint as a prompt to reflect, to reevaluate and to grow. |
| | I can create and use systems for documenting my learning. | I can take on and complete tasks in a given time frame. | I can reflect on my progress towards my goal and adjust if needed. | | | | | |