

My Self Is in Charge of Me

Purpose: To introduce the positive action of self-management.

Word of the Week—Time: When something happens (a period of seconds, minutes, hours, etc.)

Materials Needed None

Materials Provided None

Procedure

Say Have you ever really wanted to do something, like eat more cookies or go off and play, but instead you said to yourself, “I’ve already eaten two cookies; that’s enough”? Or “If I go skating this afternoon, I won’t have time to help Grandmother like I promised; I’d better not go”? (Wait for responses: Varied. Allow children to share some of their experiences with self-management.)

When you talk yourself into or out of doing something because you think that’s best for you, you are using self-management. (Write the word “self-management” on the board, and underline “self” distinctly.) Self-management is a big word that means being strong enough to do the smart action—the positive action—even when it’s not easy. With self-management, you take charge of your own life; no one has to nag you.

The first part of the word is “self,” and that means yourself. The second part, “manage,” means directing or controlling something. We need to learn to use self-management to get the most of our eight gifts by doing positive actions.

Today let’s take a quiz to see how good you are at self-management—making yourself do the best thing even if it’s not what you’d like to do most. Stand by your desk if your answer is “Yes” to these questions; sit in your chair if your answer is “No.” Think about the sentence and about yourself, then answer honestly by either standing or sitting.

- If you are just not in the mood to smile, can you make yourself smile anyway?
- If you’ve already had one piece of cake, can you say, “No more, thanks; I’ve had enough”?
- If someone says something mean to you, can you make yourself walk away without saying something mean in return?
- If someone whispers to you in class when it’s important to listen to your teacher, can you use self-management and choose not to whisper back?

Teacher *Discuss the occasions at school when it is necessary to be quiet and those occasions when it is okay to talk and play.*

Say When you are quiet because you choose that positive action for yourself, both you and I will be happier. You will feel good about yourself if you can be quiet and pay attention when it’s important without me telling you each time. The more you take the positive action of self-management, the less other people will need to tell you what to do. That makes everyone happier.

Let’s talk about an example. What is a positive thought you can have for using self-management in class? (Wait for responses, point to head: I like to use the classroom toys, so I want to take

care of them.) What is a positive action for that thought? (Wait for responses, wiggle fingers: I will put the toys back where I found them when I'm done playing.) How will you feel about yourself after using a positive action to manage your gift? (Wait for responses, hand over heart: I will feel good about myself.) Isn't it great to learn how to be your own boss? (Wait for responses: Yes.) Do you think you will want to think of more things you can do to manage yourself? (Wait for responses: Yes.)

Self-management is not always easy. You know you are trying hard when you feel something stretch. Let's all stretch and feel our muscles exercise.

Teacher *Lead the class in a few stretching exercises.*

Say Just like stretching helps your body, if you stretch to make yourself do the best thing, even when it's not easy, you grow and become a stronger person—and that helps you feel good about yourself.

Today, try hard to correct yourself so that I don't need to remind you. If I see anyone forget, I will stretch from my toes to my fingers to remind you to have a little talk with yourself about self-management.