

Dear Kanoelani Families,

Self-Management is the ability to successfully regulate one's emotions, thoughts, and behaviors in different situations — effectively managing stress, controlling impulses, and motivating oneself. Below are some examples to ways to manage one's different emotions. Work with your child to brainstorm other ways to manage their different emotions.

<ul style="list-style-type: none">• Talk to a friend• Talk to an adult• Close your eyes and relax• Say, " I can do this"• Visualize your favorite place• Think of something happy• Think of someone you love• Eat a healthy snack• Set a goal• Exercise• Write in a journal• Hum your favorite song• Doodle on paper• Draw a picture• Color a coloring page• Clean something• Write a letter• Look at pictures you've taken• Make a gratitude list• Give someone a hug• Put a puzzle together• Do something you love• Build something• Play with clay• Hug a stuffed animal• Take brave breaths• Rip paper into pieces	<ul style="list-style-type: none">• Keep a positive attitude• Blow bubbles• Write a poem• Read a joke book• Write a poem• Draw cartoon• Drink cold water• Read a book• Count to 100• Do positive self-talk• Count to 100• Make a list for the future• Smile in the mirror• Smile at others• Laugh• Cook or bake• Use I statement• Identify your feelings• Write down your thoughts• List 10 positive things about you• Ask yourself "What do I need right now?"• Write a thank you note• Make a list of choices• Ask an adult for help• Share your feelings with someone• Take a picture• Identify a loving thought
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Others ways to cope with my different feelings:

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