



#FontanaTogether

## MY SELF-MANAGEMENT CHART

Self-management is learning acceptable behavior, as well as figuring out how to equally balance yourself between different chores/activities

Self-management can also be a way to track feelings and stress as well. It is important to embrace your feelings, even sharing with someone how you may feel

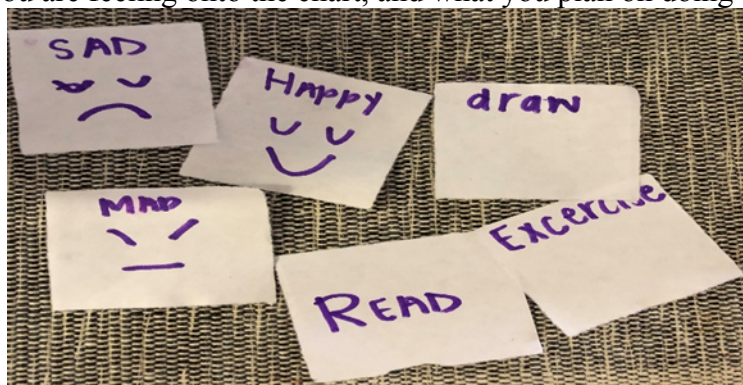


### MATERIALS:

- Paper/construction paper
- Markers/ crayons
- Scissors
- Glue/tape
- Pencil
- Stapler and staples

### INSTRUCTION:

1. Use half a sheet of paper and write out the titles
  - "my self-management chart"
  - "I feel"
  - "I can"
2. Draw and write out on smaller pieces of paper both feelings and activities
3. Daily add how you are feeling onto the chart, and what you plan on doing



### MODIFICATIONS/ VARIATIONS

Instead of glue you can use tape to easily change both feelings and to-dos, and reuse the chart  
Use different color markers/ pencils or printable to make it your own.