

Self-Awareness and Self-Management Toolkit

Self-awareness is defined by CASEL (2020) as “the ability to understand one’s own emotions, thoughts, and values and how they influence behavior across contexts.” This includes integrating personal and social identities, identifying personal, cultural, and linguistic assets, identifying one’s emotions, demonstrating honesty and integrity, linking feelings values, and thoughts, examining prejudices and biases, experiencing self-efficacy, having a growth mindset, and developing interests and a sense of purpose (CASEL, 2020).

Self-Management is defined by CASEL (2020) as “the ability to manage one’s emotions, thoughts, and behaviors effectively in different situations and to achieve goals and aspirations.” This includes managing one’s emotions, identifying and using stress management strategies, exhibiting self-discipline and self-motivation, setting personal and collective goals, using planning and organizational skills, showing the courage to take initiative, and demonstrating personal and collective agency (CASEL, 2020). Our toolkit provides elementary and secondary SEL resources that fit within one or both of these competencies. We have also added short descriptions of the resources for your convenience.

Elementary

Resource Name	Description	Link/ Location	Competency
Pure Edge Pure Power Curriculum and Brain Breaks	Pure Power Curriculum is available to any non-profit entity that strives to improve the lives of educators and learners by teaching strategies to achieve success through focus. Pure Brain Breaks are simple and effective strategies to alleviate stress and to calm overstimulated minds.	https://pureedgeinc.org/curriculum/	Self-Awareness Self-Management
GoNoodle Mindfulness Exercises	Mindfulness exercises that are 3-5 minutes of stretching and breathing exercises. They can be done sitting at a desk, standing, or on the floor.	https://www.gonoodle.com/	Self-Management
Drawing with Mr. J	Drawing with Mr. J is a video series from WOSU Classroom that helps kids in	https://wosu.org/classroom/drawing-with-mr-j/	Self-Awareness Self-Management

	grades K–5 learn social and emotional skills through brief and engaging drawing challenges.		
Self-Awareness Exercises and Activities	A list of self-awareness activities for adults and students for self discovery.	https://positivepsychology.com/self-awareness-exercises-activities-test/	Self-Awareness
Mindfulness Mya YouTube Channel	On this YouTube Channel you will find videos on growth mindset, breathing exercises, self-talk and more led by characters Mya and Carlton.	https://www.youtube.com/channel/UCNpFzEQp1DILbHxNaFlorJA/videos	Self-Awareness Self-Management
Calm Your Thoughts SEL Toolbox	This page has strategies, linked videos, and posters to use to clear the mind.	https://sites.google.com/scred.k12.mn.us/scredsel/calming-strategies-toolbox/calm-your-thoughts	Self-Management
Close Gap	Daily emotional check-in application.	https://www.closegap.org/	Self-Awareness

Secondary

Resource Name	Description	Link/ Location	Competency
Pure Edge Pure Power Curriculum and Brain Breaks	<p>Pure Power Curriculum is available to any non-profit entity that strives to improve the lives of educators and learners by teaching strategies to achieve success through focus.</p> <p>Pure Brain Breaks are simple and effective strategies to alleviate stress and to calm overstimulated minds.</p>	https://pureedgeinc.org/curriculum/	Self-Awareness Self-Management

Positive Action: Teaching Self- Management Skills	This resource offers 5 strategies to help students create an effective self management plan.	https://www.positiveaction.net/blog/teaching-self-management-skills	Self-Management
Lessons for SEL Video Library	Weekly social emotional learning videos tailored towards older students.	https://www.lessonsforSEL.com/video-resources	Self-Awareness Self-Management
Well-Cheq	WellCheq enables students to express how they are feeling in a private manner.	https://wellcheq.com/	Self-Awareness