



SEL Goal: Self-Management – Use Anger Control Strategies

Student will check-in with his/her mentor in the morning to review his/her goals. In the afternoon, he/she will check-out with his/her teacher to review his progress on meeting his/her goal and using his/her tools to overcome obstacles.

Steps to use anger management control strategies (Task Analysis)

Behavior Skills Training – Use discrete trial training to teach to mastery, 1) teach, 2) model, 3) rehearse, and 4) reinforce

- 1. If a person is talking to you, continue listening and looking at them so they know you are listening;
- 2. Calmly ask the other person for a few minutes to be by yourself;
- 3. Monitor your body's feelings and how quickly you are breathing;
- 4. Breath slowly and deeply 5 times;
- 5. Give yourself instructions to continue breathing deeply and relax your tense body areas;
- 6. While you are alone, continue to monitor your feelings and instruct yourself to relax.

<u>Student's Anger</u> <u>Management Goal:</u>	<u>Student's Toolbox</u>	<u>Possible obstacles</u>		
To control my anger	• Breath slowly	If someone talks about my mom it will make it hard to use my strategies. I CAN USE MY TOOLS.		
Student's Prediction				
I predict that I can do this 100% of the time when I am angry because the strategy is easy to do.				



SEL Goal: Self Management – Refraining from Impulsive Aggressive Behavior

PERSONAL ATTENTION. UNIVERSAL SUCCESS.

Student will check-in with his/her mentor in the morning to review his/her goal. In the afternoon, she/he will check-out with teacher to review his progress on meeting his goal and using his tools to overcome obstacles.

2) By 4/11/17, when in school where Student previously displayed negative reactions to peers (e.g., inappropriate comments or physical aggression) Student will use a STOP Strategy (e.g., Stop, Take a breath, Observe, Pull back) to gain self-control within 1 minute of becoming agitated, communicate his/her thoughts respectfully (e.g., "I feel ... ") and refrain from using negative communication (e.g. inappropriate comments, physical aggression) for (3 of 3) social interactions.

Steps to control Impulsivity (Task Analysis)

Behavior Skills Training – Use discrete trial training to teach to mastery: 1) teach, 2) model, 3) rehearse, and 4) reinforce

- **1.** Stop and pause. Count to 20 by 2's.
- 2. Take a breath. Breathe in and out 5 times.
- 3. Observe your chest moving up and down, observe the sound of your breath.
- 4. Pull back and ask myself: What would a trusted friend say to me right now?

<u>Student's Self</u> Management Goal :	<u>Student's Toolbox</u>	<u>Possible obstacles</u>		
Management Goal.	•			
		I CAN USE MY TOOLS.		
Student's Prediction				



HSD Student Support Services Personal Attention. Universal success.

Please check-in/out with student. Initial column. You may make any notes you would like.

Date	<u>Check-in</u>	Check-out
	Preparation – How will I do today? What are the tools I can use? What might stop me?	Reflection – How did I do today? Did I need to use my tools? Did I use them? Did I forget to use them?