

Self-Control (S of CARES)

	<i>Family and Student Resource</i>	<i>Supplemental Activities and Resources</i>
Students will identify their emotions . (Resilience)	<u>Family Resource: Identifying Emotions</u> <u>Student Resource: Identifying Emotions</u>	<u>Family Challenge Chart</u> <u>On Monday when it Rained by Cheryl K My Diary: from Here to There</u> <u>PreK Video: Daniel Tiger So Many Feelings</u>
Students will use regulation strategies to manage their emotional state. (Self regulation)	<u>Family Resource: Using Regulation Strategies</u> <u>Student Resource: Using Regulation Strategies</u>	<u>Family Challenge Chart</u> <u>B is for Breathe by Dr. Melissa Boyd</u> <u>I am Peace by Susan Verde</u> <u>PreK Video: Daniel Tiger How to deal with your Emotions</u>
Students will stop and think before acting. (Impulse control)	<u>Family Resource: Stop and Think</u> <u>Student Resource: Stop and Think</u>	<u>Family Challenge Chart</u> <u>Even Superheroes have Bad Days by Shelly Becker</u> <u>The Happiest Tree</u> <u>PreK Video: Sesame Street Stop and Think</u>
Students will set and follow through on a goal . (Goal setting)	<u>Family Resource: Goal Setting</u> <u>Student Resource: Goal Setting</u>	<u>Family Challenge Chart</u> <u>She Persisted by Chelsea Clinton</u> <u>Salt in his Shoes by Deloras Jordan</u> <u>PreK Video: Sesame Street Don't Give up</u>