



Behavior Bits



Volume 20: Self-Management Strategies

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What is self management?

Self-management is a way for children to monitor their own behavior. Teaching children self-management strategies is one way that we can help promote independence and encourage appropriate behavior. Self-management can be helpful both at school and at home, particularly when it comes to virtual learning.

Children are most likely used to working with teachers supporting them throughout the day when they are at school. For many students, it is more difficult to complete their work at home when they do not have a teacher there to support them. This upcoming transition to hybrid learning will be challenging, but teaching children self-management skills can help them stay on task and continue learning outside of the classroom. Self-management can also be a helpful way to work on challenging behaviors.



Self-Management Strategies for Virtual Learning

Consider some of the following strategies to help students manage virtual learning:

- Create a schedule for virtual learning days.
- Make a list of things that need to get done.
- Build in rewards or breaks for completing work.
 - Ex. If there are six things to do on your child's list for the day, they can earn a break after completing two tasks.
 - Ex. Children can earn a small prize for completing all of their tasks.
- Have students to record their progress.
 - Ex. Color in a smiley face, use a sticker, or make a checkmark next to each task they get done.
- Students can complete work to earn time to FaceTime, Zoom, or call friends at lunch.
- When your child monitors their behavior accurately, tell them that they are doing a great job!

Self-Management Strategies for Challenging Behavior

Consider some of the following strategies to help students work on reducing challenging behavior:

- Set a realistic and measurable goal together. It can be a daily goal or weekly goal.
 - Ex. I will clean my room within five minutes of Mom asking me everyday this week.
- If your child reaches their goal, then they can earn a reward. Let your child help choose the reward so they are determined to work for it.
 - Ex. Rewards can be time to play outside, video game time, stickers, no chores for the rest of the day, sitting in the front seat of the car, etc.
- Have students track their progress.
 - Ex. Use a calendar and put a sticker or star on each day where they met the goal.

How to Use the Templates (see additional pages)

To Do List

- Help your child decide on a goal (number of tasks to complete)
 - Make sure the goal is not too high. You can always increase the number of things to do once your child gets used to using the tool.
- Let your child choose a reward.
- Make a list of all the tasks for the day.
- Have your record whether or not they met their goal each day of the week.
 - You can put a sticker, star, checkmark in the box.
 - Consider a special reward if they meet their goal everyday!

Behavior Chart

- Help your child decide on a goal.
- Let your child choose a reward.
- Have your record whether or not they met their goal each day of the week.



_____ 's To Do List

Goal: Complete _____ tasks

Reward: _____

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

Did I earn my reward?

Monday	Tuesday	Wednesday	Thursday	Friday

Behavior Chart

Goal: I will _____

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

If I meet my goal on _____ days this week, I can earn _____.

