

# 9 Ways To MODEL Self-Control.

1

Use a breathing technique to gain control and explain how breathing helps calm your body.

5

When you think of how you want to say something, explain what your options are and why you think one is the best choice.

2

Before making a decision, show how considering consequences helps you choose what to do.

6

When you wait to share something important, show your students how you kept the idea in your mind.

3

Explain the warning signs you feel in your body when you are going to have an emotion that might lead to a strong reaction.

7

After conversing with your students, show how you were able to tell when it was your turn to speak.

4

Show students a visual sign you use to remember to stop and think before acting.

8

When you have a problem to solve, explain two possible solutions and how you will choose the best one.

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When something triggered you, show your students what you did to maintain control of your actions.

# 9 Ways To MODEL Self-Monitor.

1

When you create something in front of your class, explain your thought process while you review your work for accuracy.

5

Talk about a feeling you are having, and explain how you consider what situations may cause others to feel that way.

2

After completing a lesson, show how you look at what you did, what worked well, and what you could change next time.

6

Show your students the steps you are taking to develop a skill you would like to improve.

3

Show your students how you use a checklist to review and revise your emails before you send them.

7

During a conversation with students, show them what you do to actively listen to what they are saying.

4

When you have a negative thought, explain to your students how you replace it with something positive to share.

8

When you do not agree, share what questions you ask to help you understand the other person's perspective.

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Show your students how you stay focused and ask good questions when a topic is being discussed.

# 9 Ways To MODEL Flexibility.

1

When your plans change abruptly, explain your thought process for accepting the change.

5

Give students two ways you can adjust to a new plan and then explain which adjustment you will choose and why.

2

Before transitioning to a new activity, show your students how you prepare mentally and physically for the transition.

6

When something is happening, share your initial thoughts and then explain how you consider what else could be happening.

3

When you are trying something new, explain your thoughts and feelings before and after the new experience.

7

When discussing a topic, show your students how to think from the perspective of others.

4

Show your students how you challenge your thoughts to find positive ideas about a change that makes you uncomfortable.

8

Share something that worries you, and then explain two possible outcomes and how you would respond to each.

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When facing a problem, share how you think others might solve it to show how you can think of multiple solutions.

# 9 Ways To MODEL Emotional Control.

1

When you are feeling a strong emotion, explain to your students what you are thinking and how your body is feeling.

5

When feeling out of control, show your students how to identify what you can and cannot control in that situation.

2

Use a breathing technique to help you manage your emotions and show students how you are calming yourself by breathing.

6

Show students how you take time to think before reacting to a stressful situation so you can decide how you want to react.

3

Share a feeling you are having and then show situations that may cause others to feel that emotion too.

7

When facing a challenge, explain how to determine the size of the problem and choose a proportional reaction.

4

Explain to students what you did to maintain control of your actions when something triggered you.

8

Show students how you are doing something physical to give your brain a break during a stressful situation.

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Explain to students whom you go to for help when you are having strong emotions.

# 9 Ways To MODEL Task Initiation.

1

Show students how to use a checklist to help identify and initiate tasks during a large assignment or project.

5

When feeling overwhelmed, show students your process for breaking down the large project into more manageable pieces.

2

When having a hard time starting a task, explain why it is difficult and how you can find a motivator to get started.

6

Share a problem that is making you feel stuck and explain how you brainstorm multiple solutions to work through it.

3

Show students how to brainstorm by writing everything you can think of without worrying about writing the correct ideas.

7

Show students a routine you have created to help you complete tasks during a time of day when you tend to lose focus.

4

Share a task you tend to forget and explain which reminder you chose to help you remember to get started.

8

Share your greatest distraction to starting your work and explain what solutions you have put in place.

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When preparing for tests, show students how to create a study plan to get started and keep focused.



# 9 Ways To MODEL Working Memory.

1

Show students various mnemonic devices you use to remember information.

5

Share one of your distractions, and then show how you brainstorm three solutions and decide which one to try first.

2

During a discussion with students, explain how your behaviors show you are paying attention to their ideas.

6

Show students how you use strategies like setting reminders, using timers or taking small breaks to stay on task.

3

Share a time when you struggle to pay attention and explain what you change in your mind and body to regain focus.

7

Share something you did that made you get off track and explain how the consequences affected you.

4

For a task with multiple steps, explain your process to help you remember to complete each step.

8

Show students how you use a checklist to maintain focus on a large assignment or project.

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When you begin to lose focus, explain your process to check in with yourself to see if your focus is where it should be right now.

# 9 Ways To MODEL Planning.

1

Explain to your students how you estimate the time you need to finish various tasks.

5

For an upcoming project, explain to students how you write short-term goals for the tasks to complete.

2

Show your process for keeping track of tasks and due dates by writing them down for students to see.

6

Share a time you didn't complete a task before it was due and explain how you developed a solution for next time.

3

Before leaving for the day, show your students the steps you use to make sure you have everything you need.

7

Show your students a long-term goal you have written that is specific, measurable, attainable, realistic, and timely.

4

Show students how you use a planning system to keep track of your tasks, appointments, and important events.

8

Share a habit you would like to change and explain the steps you will take to create a new habit and reach your goal.

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For a large project, show students how to estimate the time you need for each step and why that is important to know.

# 9 Ways To MODEL Organization.

1

Show your students how the steps you take to organize your workspace helps you work more efficiently.

5

Show how you prioritize your tasks for the day and explain why you gave each task its priority level.

2

Explain how giving each of your items a specific place to live helps you stay organized and find what you need.

6

Brainstorm thoughts on a topic and show your students how you organize them using a graphic organizer.

3

Share something you are reading and show how annotating is helping you keep the ideas organized.

7

With an upcoming project, explain to students how to you would organize the different parts of the project.

4

When watching a video with students, explain the steps you are taking to organize the concepts with notes.

8

Show how you use a checklist to make sure you have everything you need before starting your day.

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Explain to students your process for keeping track of important papers and digital files.