

# SCOPE-IT

Self-Management & Self-Care,  
Module 2






# Look at this image...

What is happening in this picture?

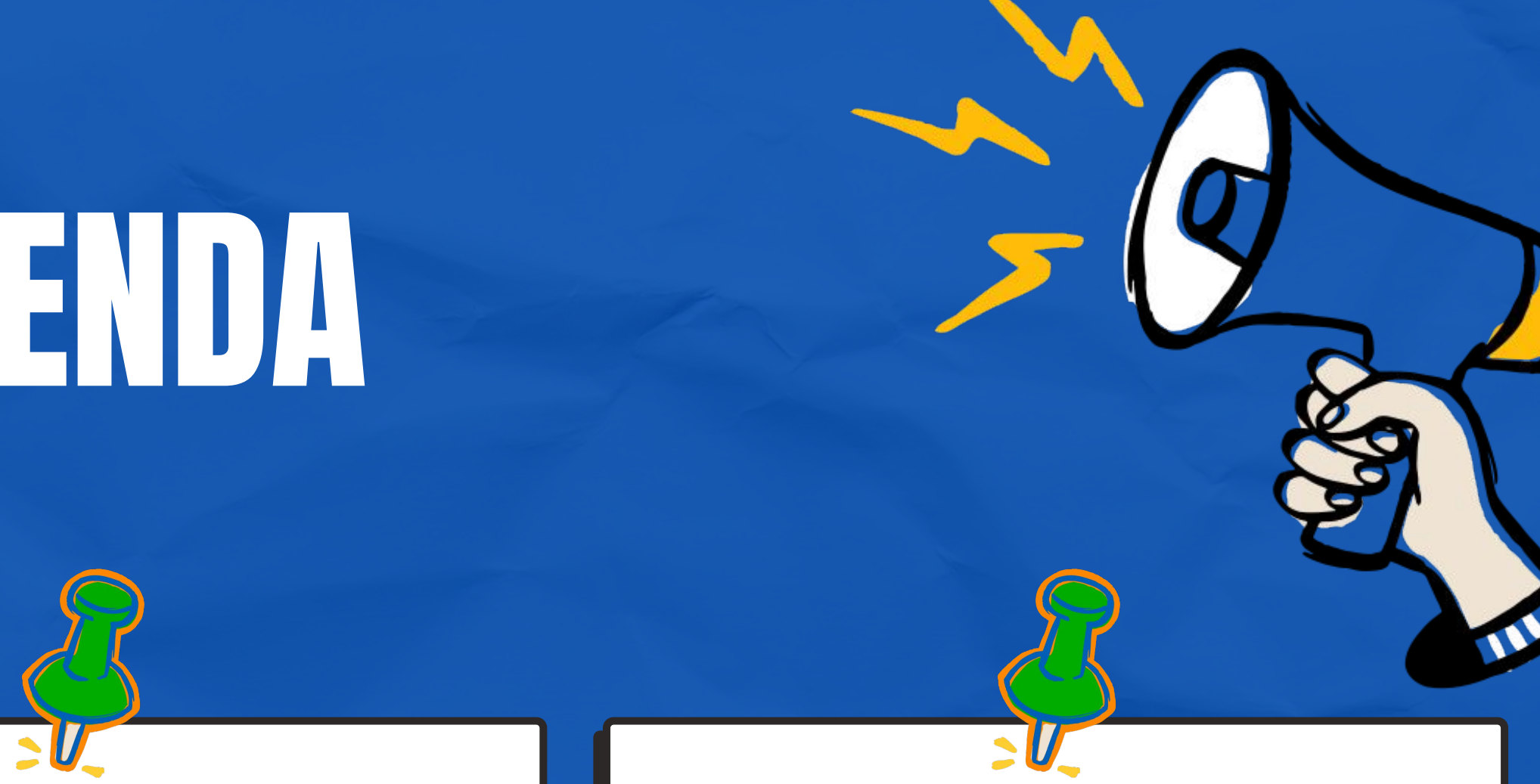




# AGENDA

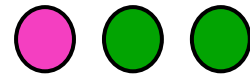
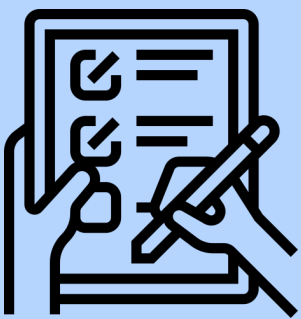
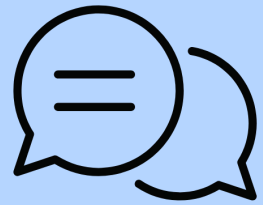


1. Brainstorm on a time when you might have said or did something that you later came to regret.



2. Discuss examples and why we might have done some of these things.

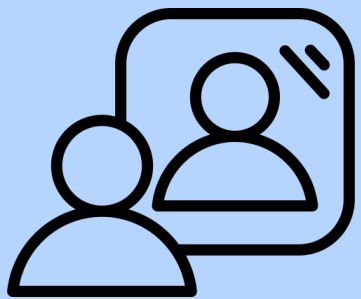
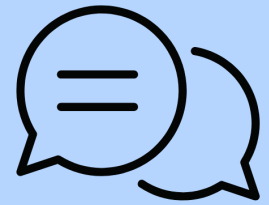
3. Reflect: How could you have used the SCOPE-IT Strategy in your scenario documented during brainstorming?



# BRAINSTORM



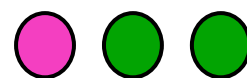
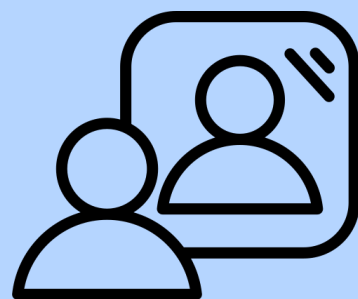
Brainstorm a time when you might have said or did something that you later came to regret. Perhaps you said something mean to a family member or friend, or acted impulsively and did something that was wrong.



# DISCUSS



We've all done something or said something that we have come to regret later. Perhaps you said something mean to a family member or friend, or acted impulsively and did something that was wrong. Why do you think we sometimes do these things?



# DIVE IN



## Self-monitoring

Checking in with yourself to see how it's going.

### Self-monitoring Example

*How does this make me feel? Why?*

## Self-instruction

Using strategies like self-talk as a reminder.

### Self-instruction Example

*Is this a time when I should be using the SCOPE-IT Strategy?*

## Goal Setting

Setting a SMART goal to modify behavior/reactions.

### Goal Setting Example

*I'm going to try to use the SCOPE-IT Strategy at least once a day to avoid feeling out of control.*

## Self-reinforcement

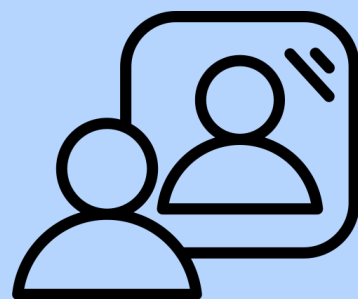
Reward for meeting your goals.

### Self-reinforcement Example

*I met all my goals for this week, I'm going to have extra video game time!*







# ACTIVITY



Discuss the 4 tiers of Self-regulation and explain the SCOPE-IT Strategy. Reflect on your brainstorming moment and apply the SCOPE-IT strategy to find a new solution.

**SCOPE IT!**  
Strategy

**S**top and take some deep breaths.  
**C**onsider how we are feeling and why.  
**O**ptions – what can we do?  
**P**lan – what are the steps?  
**E**valuate the outcome.

**Insights:** How can I use what I've learned? What do I know about myself now?

**T**ransform: Is that consistent with the person I want to be? If not, what do I need to do differently?

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emozi HIGH SCHOOL



High School

Worksheet

Name: \_\_\_\_\_

Date: \_\_\_\_\_

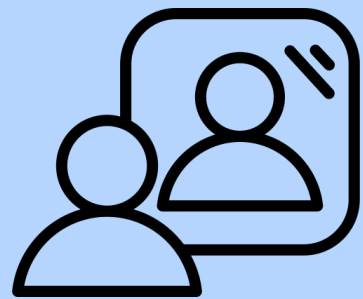
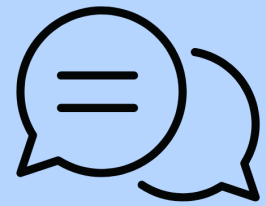
SCOPE-IT Strategy

Self-monitoring	Self-instruction	Goal Setting	Self-reinforcement
Checking in with yourself to see how it's going	Using strategies like self-talk as a reminder	Setting a SMART goal to modify behavior/reactions	Reward for meeting your goals
<b>Example:</b> How does this make me feel? Why?	<b>Example:</b> Is this a time when I should be using the SCOPE-IT Strategy?	<b>Example:</b> I'm going to try to use the SCOPE-IT Strategy at least once a day to avoid feeling out of control.	<b>Example:</b> I met all my goals for this week, I'm going to have extra video game time!



**Reflect:** Think about the situation you wrote down during the Brainstorm activity. How could you have handled it differently?

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# REFLECT



Reflect on your brainstorming moment and apply the SCOPE-IT strategy to find a new solution.





# Home Connection



High School

## Home Connection

### Self-Regulation

Dear \_\_\_\_\_,

Today in class, we learned how to use a strategy to calm down enough to think things through. This strategy is called self-regulation. There are four tiers for self-regulation: self-monitoring, self-instruction, goal setting, and self-reinforcement. We learned that the SCOPE-IT Strategy will help with all four tiers!



Please encourage your student to explain the SCOPE-IT strategy for self-management to family members.

Please do not hesitate to reach out with any questions or concerns.

Best,

\_\_\_\_\_

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## Professional Development



Take 5 minutes to consider: What are your preferred ways to self-regulate? Do you model self-regulation in your classroom?







# Further Study

- Edutopia: *Emotional Regulation Techniques for Tween and Teens*:  
<https://www.edutopia.org/article/emotional-regulation-activities-tweens-and-teens>
- IRIS Center: *4 Types of Self-Regulation Strategies*:  
<https://iris.peabody.vanderbilt.edu/module/ss2/cresource/q1/p08/>
- Positive Psychology: *What is Self-Regulation?*:  
<https://positivepsychology.com/self-regulation/>







**Lesson Complete!**



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