

SCOPE-IT Strategy

Self-Management & Self-Care,
Module 2



● ● ● What is happening in this image?



AGENDA



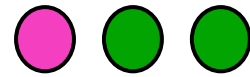
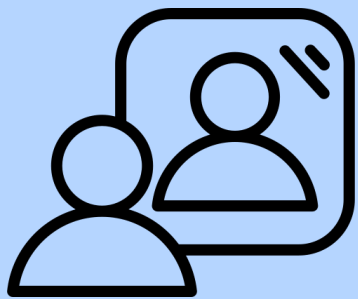
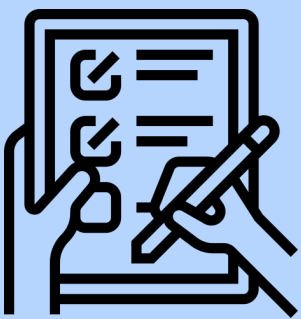
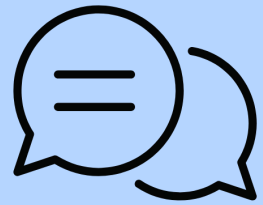
1. Brainstorm on a time when you might have said or did something that you later came to regret.



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



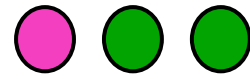
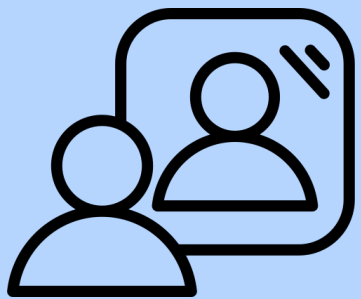
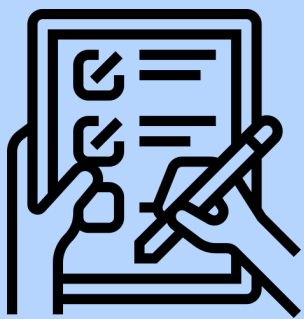
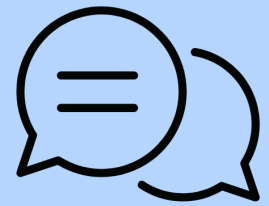
3. Reflect: How could you have used the SCOPE-IT Strategy in your scenario documented during brainstorming?



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.

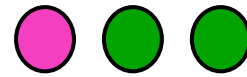
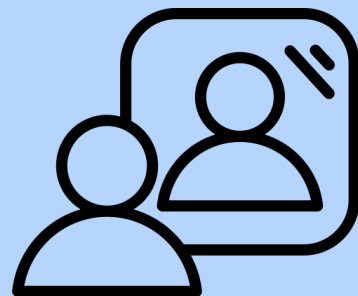
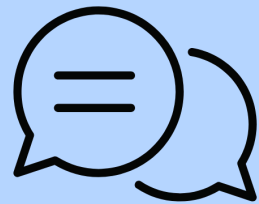


DISCUSS



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

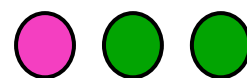
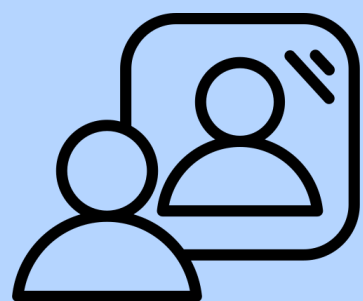
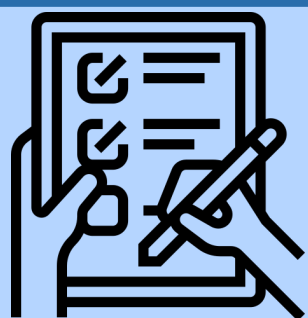
I'm going to try to use the SCOPE-IT Strategy at least once a day to avoid feeling out of control.

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.



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
Example: How does this make me feel? Why?	Example: Is this a time when I should be using the SCOPE-IT Strategy?	Example: I'm going to try to use the SCOPE-IT Strategy at least once a day to avoid feeling out of control.	Example: I met all my goals for this week, I'm going to have extra video game time!



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SCOPE IT! Strategy

Stop and take some deep breaths.

Consider how we are feeling and why.

Options – what can we do?

Plan – what are the steps?

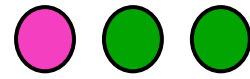
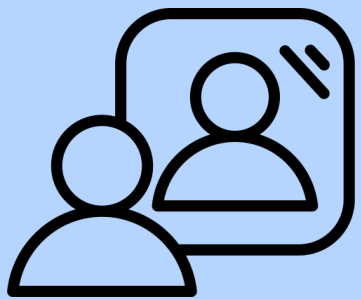
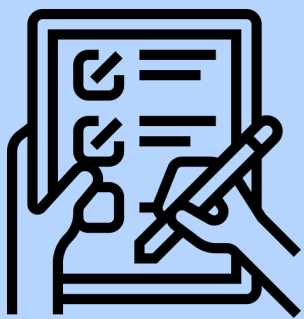
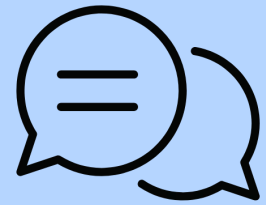
Evaluate the outcome.

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

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

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REFLECT



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

Home Connection



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

For 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!

