

# Ideas to support self management

When students have strong social skills, they feel more confident negotiating and problem-solving in difficult situations.

Provide specific teaching to:

- teach assertiveness – practise saying “no” to things they know are wrong
- instill resiliency – practise strategies for facing difficult situations
- model empathy – discuss how they feel in different situations and help them to identify how others may feel
- practise problem-solving – students need to know how to identify their feelings and manage their impulses.

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