



Self-Management

Meaningful Mantra

Pre-Teaching/ Guiding Language:

We have all heard the phrase “practice makes perfect”. Although we typically think that refers to a sport or an academic skill, what about practicing positivity? When we practice positive self-talk and focus on reinforcing our positive attributes our productivity increases and we are better able to manage our emotions, schoolwork, and relationships. When you work together with your co-workers, classmates, or family to create a mantra you can all agree on and say together, not only does this help to unify your group towards a common purpose, but it also encourages you to be self-motivated for the common good of the group.

Benefits of a classroom mantra:

1. Mantras help students take ownership of their mindset.
2. Mantras create a sense of belonging and unity in the classroom.
3. Mantras create a positive routine.
4. Mantras increase connections and self-esteem.

Key Takeaways:

- Students will create a positive routine for starting class.
- Students will take ownership of their positive mindset.
- Students will increase their connection to the classroom.
- Students will feel unified with the class and their teacher.
- Students will increase positive productivity.

Duration + Materials:

- 10 minutes
- Students’ notebooks/planners
- Writing utensils

Key Vocabulary:

- **Mantra-** A statement or slogan repeated frequently.
- **Unity-** The state of being united or joined as a whole.
- **Routine-** A sequence of actions regularly followed.



Activity:

1. Teachers will use pre-teaching materials to introduce the idea of a classroom mantra.
2. Use discussion questions to work with your students to create your mantra.
 - a. Things to remember:
 - i. Mantra should be short, sweet, and understood by all students.
 - ii. Students should be able to say and understand all the words included in the mantra.
 - iii. A mantra is not just for the struggling students, but for everyone!
3. Once a mantra is agreed upon, have students write it in the inside cover of a notebook, planner, or keep the mantra posted on the board.
4. Say your mantra with your class each day before class starts.
 - a. Remind students of the importance of being in control of your emotions and emphasize how this “mantra moment” is their daily reminder of what is expected of them in class.
5. Regroup with students every few months to see if they still feel like the current mantra is relevant and working for them.
 - a. You can update your mantra as students see fit, to keep students engaged.

Discussion Questions:

1. What are the qualities we wish to improve?
2. What character traits do we want to focus on?
3. What would we like to increase in our classroom?
4. How can this mantra help to self-motivate us?
5. Is this something I want to say every day and work towards?

Supplemental Materials:

Think about including sign language or hand motions into your mantra. This can help students who do better with physical learning to feel connected with the classroom mantra.

Reinforcement Activities:

1. Regroup with students every few months to see if they still feel like the current mantra is relevant and working for them.