

## Core Skills Analysis

### Self-Management

- The 4-year-old student displayed self-control by taking turns during the activity, showing an understanding of patience and waiting.
- The student demonstrated decision-making skills by choosing which part of the activity to engage in first, displaying a sense of autonomy.
- Through the activity, the young learner showcased emotional regulation by expressing frustration verbally instead of resorting to physical actions.
- The child exhibited self-discipline by following the instructions carefully, indicating an early ability to manage their behavior.

### Tips

For continued development in self-management, encourage the child to practice decision-making skills in various everyday situations. Offer choices for activities or snacks to foster independence. Create a reward chart system to reinforce positive behaviors and self-discipline. Additionally, engage in role-playing scenarios where the child can practice problem-solving and emotional regulation.

### Book Recommendations

- [The Feelings Book](#) by Todd Parr: This colorful book helps children understand and manage their emotions, promoting self-awareness and emotional regulation.
- [A Little Spot of Anger](#) by Diane Alber: Through a relatable story, children learn how to manage feelings of anger and develop strategies for self-regulation.
- [Hands Are Not for Hitting](#) by Martine Agassi: Teaching the importance of peaceful conflict resolution, this book empowers children to use their hands for positive actions.