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What is Social Emotional Learning?

Social Emotional Learning helps our heart grow, so that we can show kindness to ourselves and to others. There are 5 parts of Social Emotional Learning that we will work on throughout the year.

Self- Awareness

What am I thinking
and feeling?

Self- Regulation

What is the best choice I
can make with what I am
thinking and feeling?

Interpersonal Skills

Using my thoughts and
actions to show kindness
to others.

Empathy

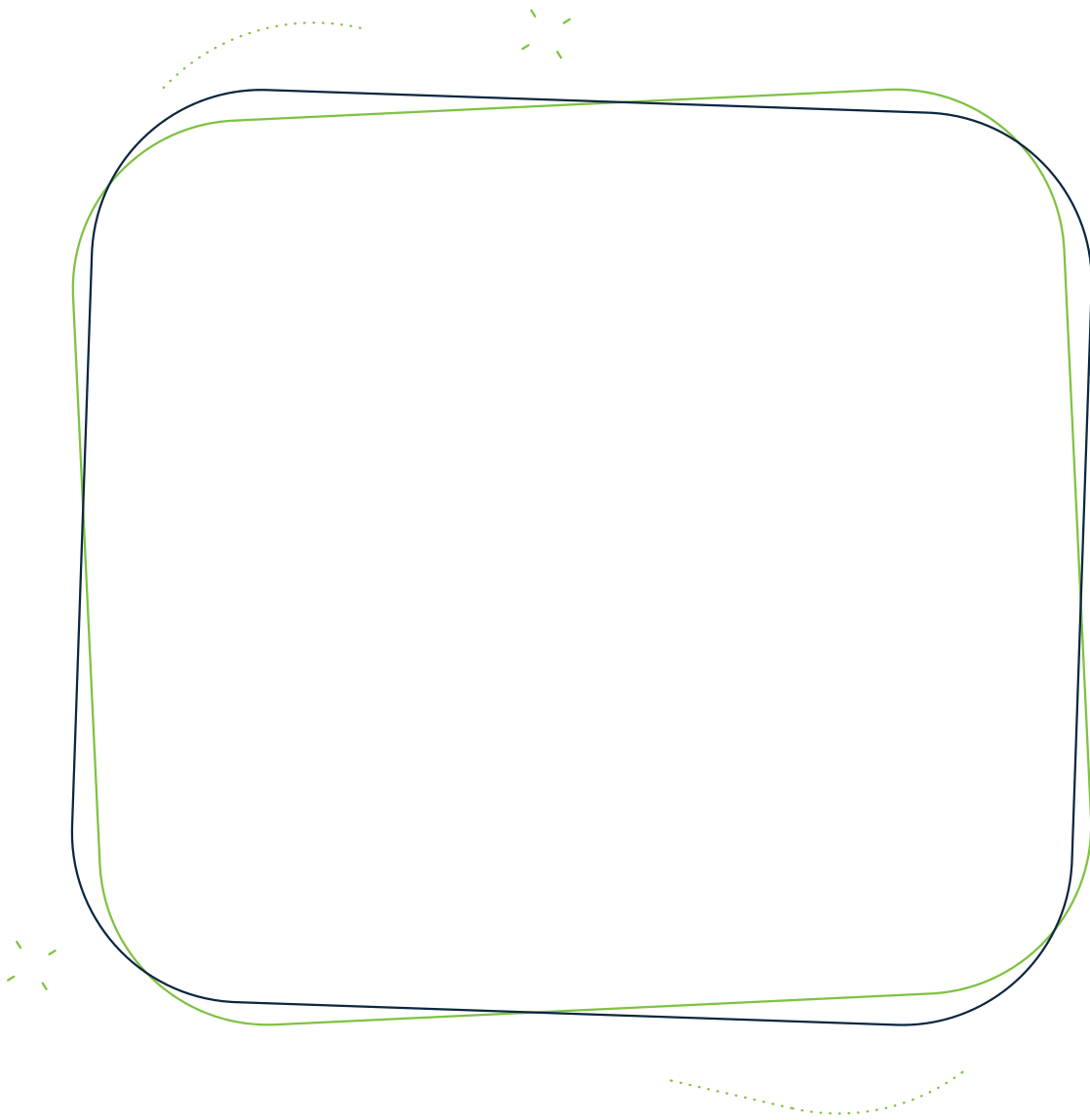
Using my ears to understand
how someone is feeling,
then using my words to
show kindness.

Effective Decision- Making

Making a decision that
shows kindness to myself
and to others.

Knowing My Emotions: Happy

Happy: when you enjoy something

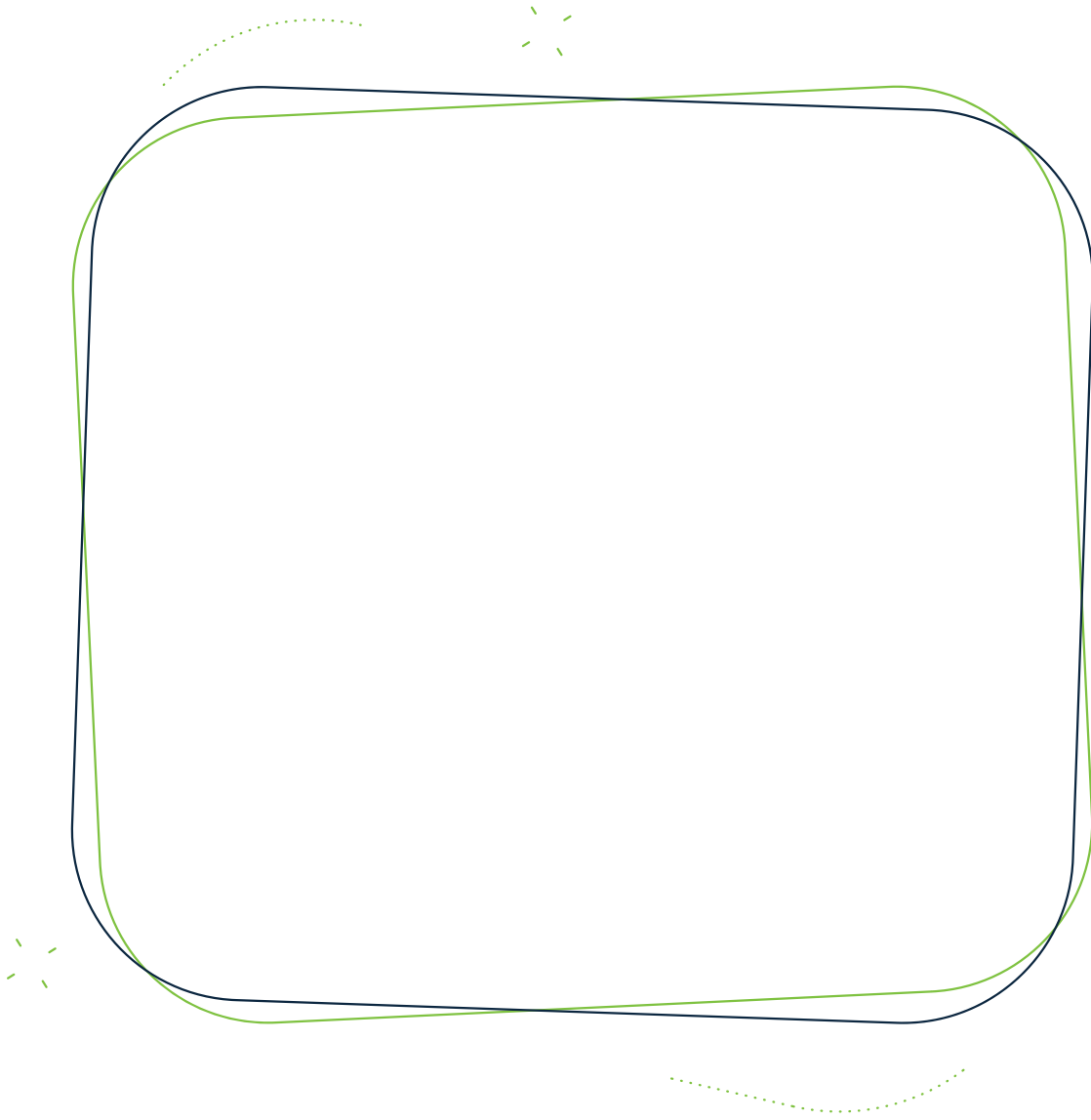


Words often used when you are feeling happy:

1. Excited
2. Cheerful
3. Glad

Knowing My Emotions: Sad

Sad: experiencing hurt

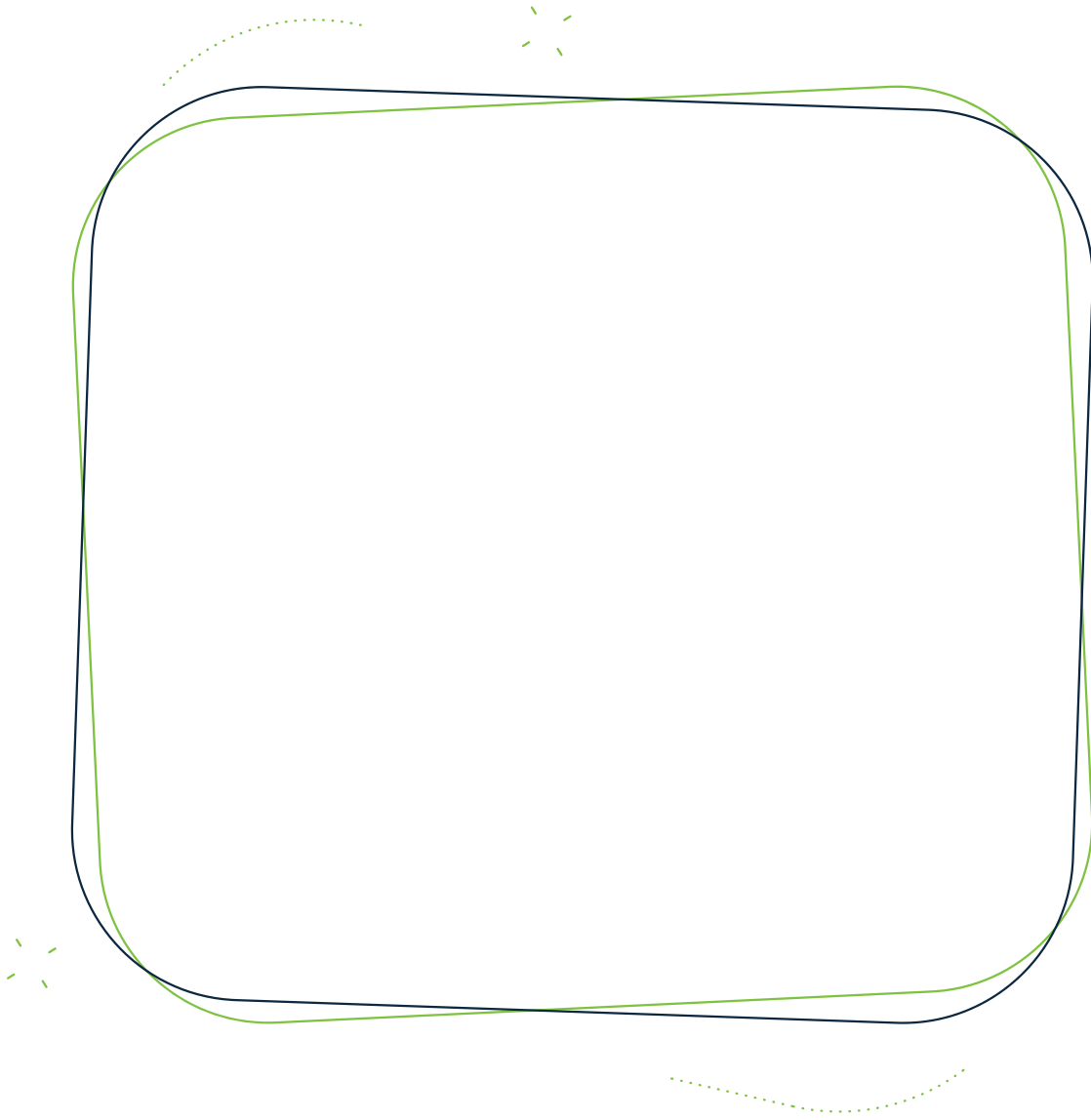


Words often used when you are feeling sad:

1. Bitter
2. Sorrowful
3. Gloomy

Knowing My Emotions: Anger

Anger: not liking something



Words often used when you are feeling angry:

1. Hatred
2. Outrage
3. Annoyance

Knowing My Emotions: Confused



Empathy

Empathy: Using my ears to understand how someone is feeling, then using my words to show kindness.



What do you think the girl is feeling?

What words could you tell her?

What do you think the boy is feeling?

What words could you tell him?

Conflict Resolution Thinking Sheet

Who are you having conflict with? _____

Draw or write what happened:

Self-Awareness:

How am I feeling today?
Why am I feeling this way?

Self-Regulation:

Did I make the best choice today?
What could have been a better choice?

Interpersonal Skills:

Did I use my thoughts and actions to show
kindness to others?
What could I have done differently?

Empathy:

Did I use my ears to understand and my
words to show kindness?
What could I have done differently?

Effective Decision- Making:

What would be the best decision to make
to show kindness to myself and to others?

When you _____,

I felt _____.

Next time, can you _____.

Self-Awareness: All About Me

Favorite food:

Favorite subject
in school:

Favorite book:

Picture of me

How I show
kindness:

What makes
me happy:

Someone
important to me:

Self- Regulation: Following Directions

Directions help us make good choices. We may feel happy or sad, but we still have to follow the directions that we are given.

What are some rules at school that you have to follow?



There are directions everywhere that adults and children have to follow!

- What directions need to be followed when you go to are buying groceries?
- What directions need to be followed when you go to the movies?
- What directions need to be followed when you are riding a bike?

Draw a picture of you following directions.

Interpersonal Skills: Getting to Know My Classmates

There are amazing people in your classroom! You are going to get the chance to interview someone in your classroom, so that you can get to know them better.

Name of the person you are interviewing: _____

Interview questions

1. What is your favorite thing about school?
2. Do you play any sports? If yes, what sports do you play?
3. What is your favorite food?
4. What is your favorite animal?
5. Do you have any brothers or sisters?
6. What is something that makes you happy?
7. (choose a question to ask them)

Empathy: Practicing Showing Empathy



How do you feel about winning or not winning?

What did your partner say about how they felt about not winning or not winning?

What words could you tell them to show kindness to them and practice empathy?

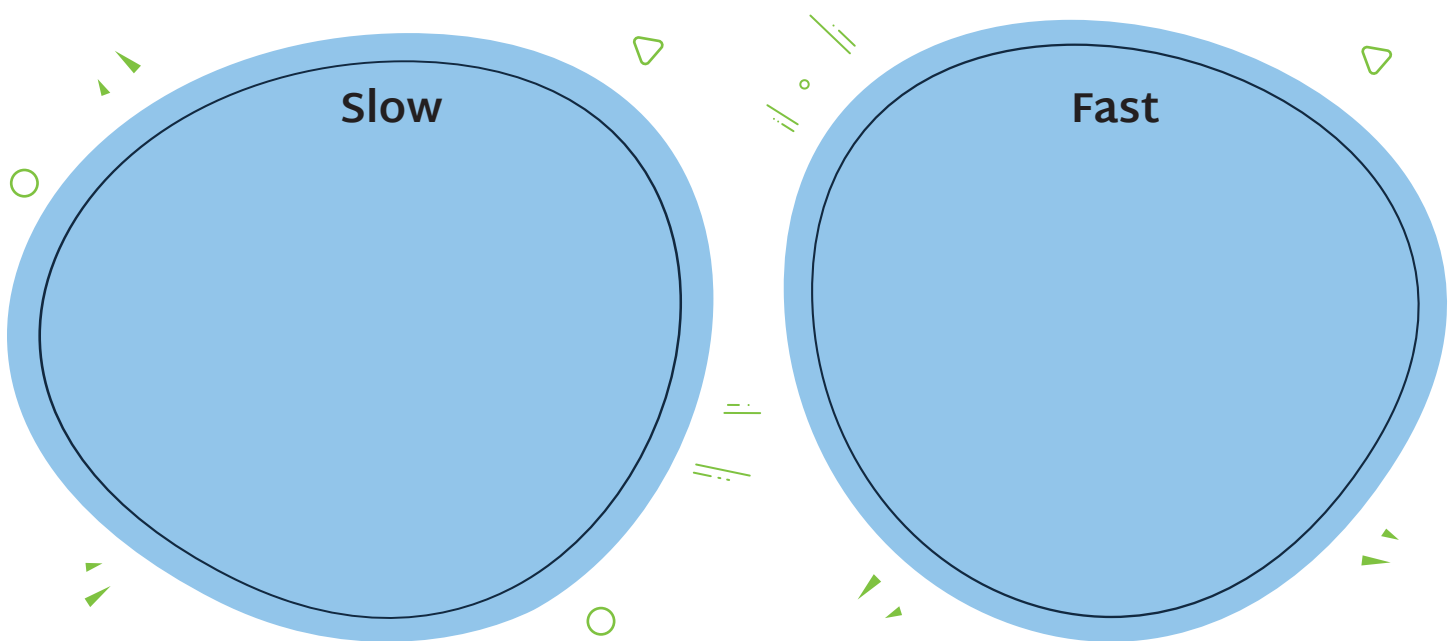
Effective Decision- Making: Using Our Effective Decision Making Tools

Directions: Roll dice. Color in the number of boxes that matches the number you rolled. The first person who rolls the number that makes all the boxes filled, is the winner!

Self-Awareness: How Do I Feel When....

What is happening?	What face do you make? What are you thinking and feeling?
You are about to play soccer	
You get to have ice cream	
You trip and fall in front of everyone	
You did your homework but forgot it at your house	

Self-Regulation: Impulse Control



What is something you can do, to help you when you are having a hard time having impulse control?

Interpersonal Skills: Remembering We All Have Emotions

We don't get to see other people's emotions all the time, we just see their actions.

Emotion:	
What we see	

Emotion:	
What we see	

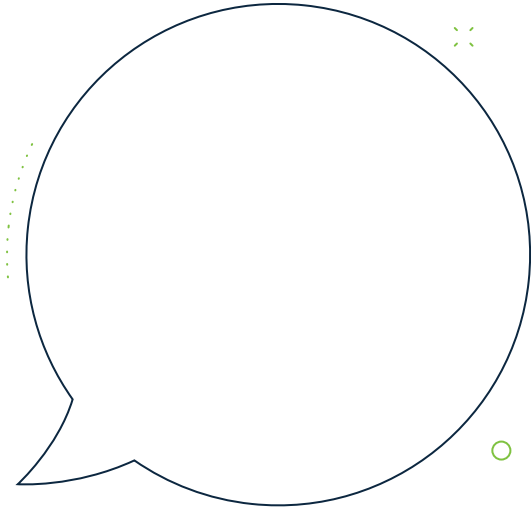
Emotion:	
What we see	

Emotion:	
What we see	

Emotion:	
What we see	

Empathy: Acknowledging Others and Growing Our Listening Skills

How can we help other people feel welcomed when we first see them?



Draw your picture here:

Listen to how your partner described how to draw their picture and draw it here:

Effective Decision-Making: All My Choices Have Consequences

Consequences can be an opportunity to think about a good choice you made, or an opportunity to think about how to make a better choice next time.

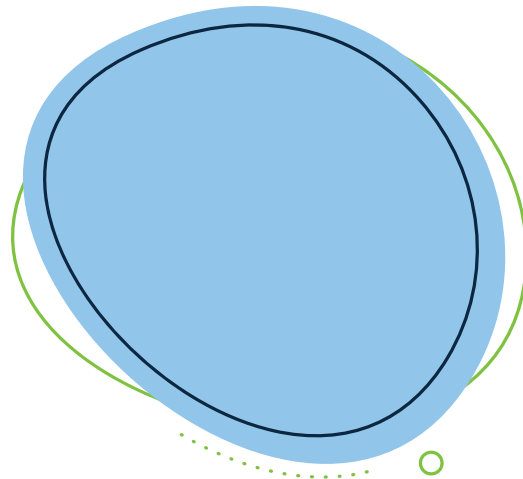
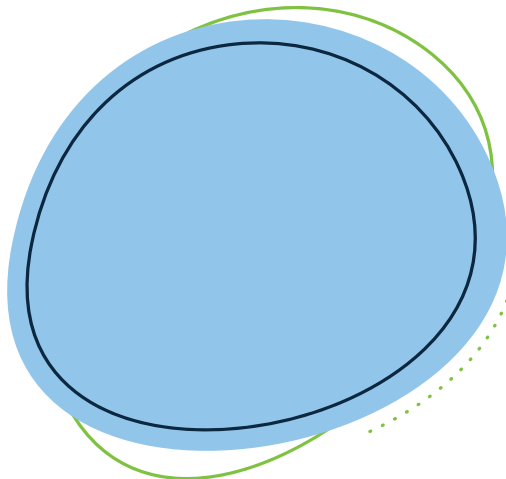
You studied for a test and improved

You tried a new food

Your teacher told you to listen and you said "NO!"

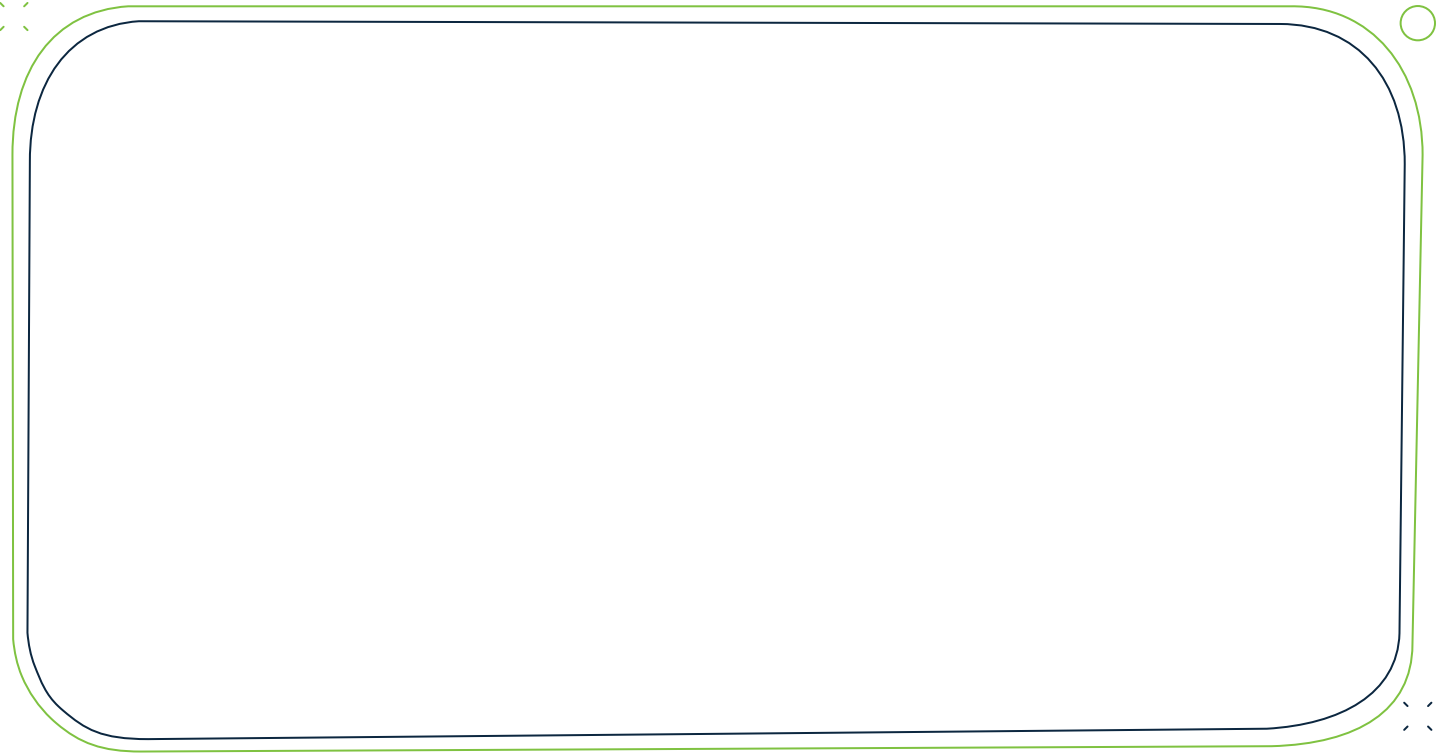
You smiled at someone and they smiled back at you

You threw a book



Self-Awareness: Reflecting on My Emotions and Thoughts

Today I am thinking about _____.



I feel _____.



Self- Regulation: Goal Setting

School Goal	When things are hard, I will...	When things are easy, I will...

Personal Goal	When things are hard, I will...	When things are easy, I will...

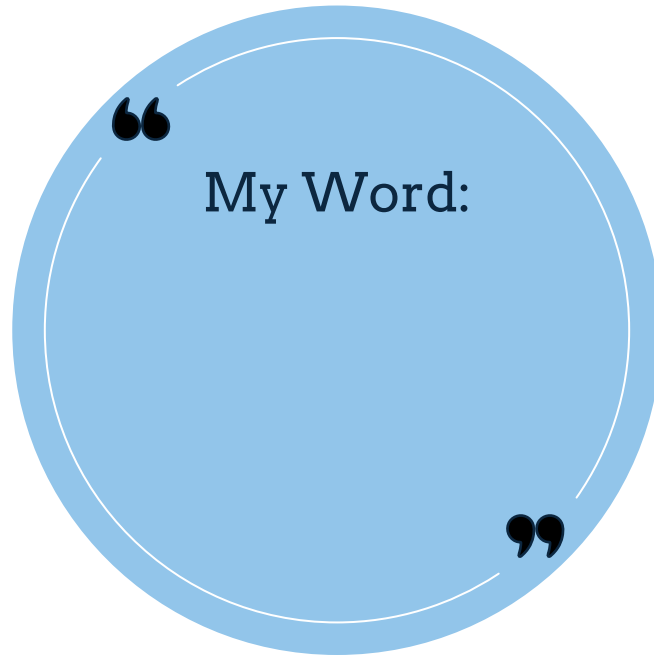
SEL Goal	When things are hard, I will...	When things are easy, I will...

Interpersonal Skills: Affirmations

Affirming myself

Affirming a classmate

Empathy: Verbal and Non-Verbal Communication



Describing my word using words:

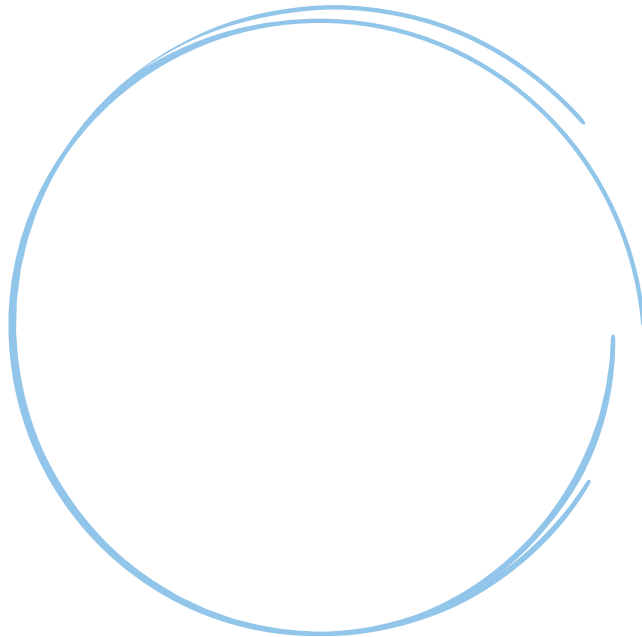
Describing my word not using words:

Effective Decision-Making: Emotion Thinking Map

Sometimes, our feelings change quickly and we are confused about how we feel. We don't always have the words to help us understand how we feel. This Thinking Map should help us!

Thinking Map for when I am feeling _____.

The face that describes how my face feels is:



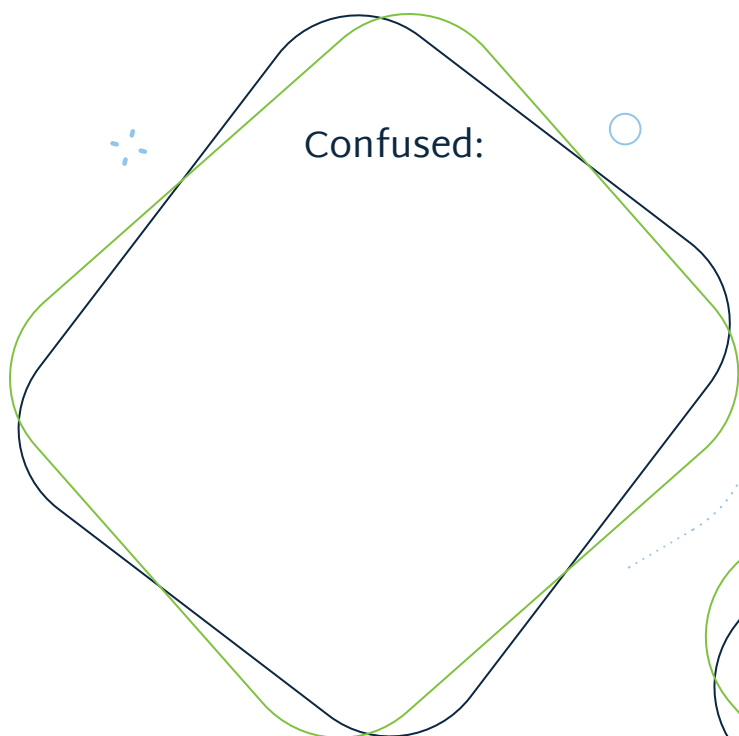
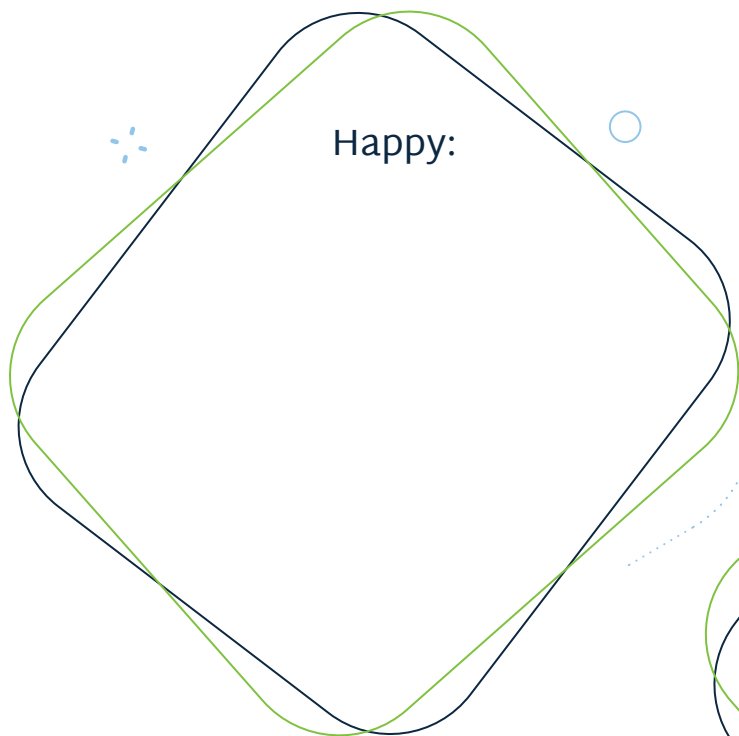
Kind things I can say to myself are:

A good choice today, would be to: _____

A bad choice today, would be to: _____

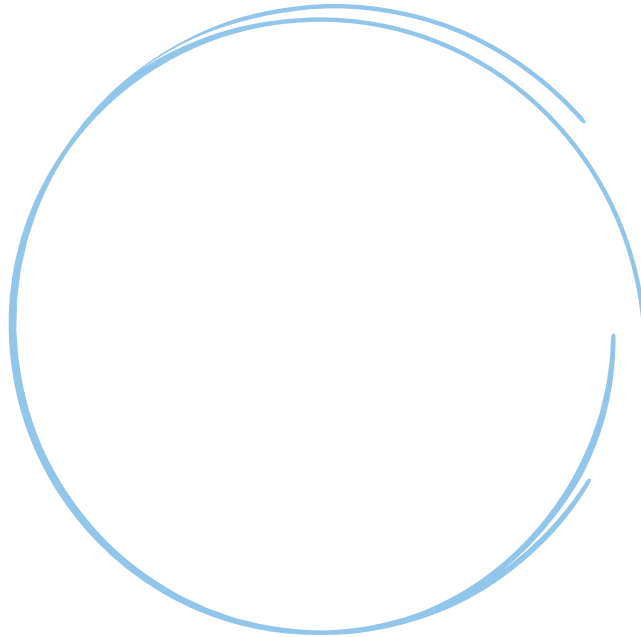
When I am feeling this way, I feel better when: _____

Self-Awareness: All My Emotions Are Helpful to Me!

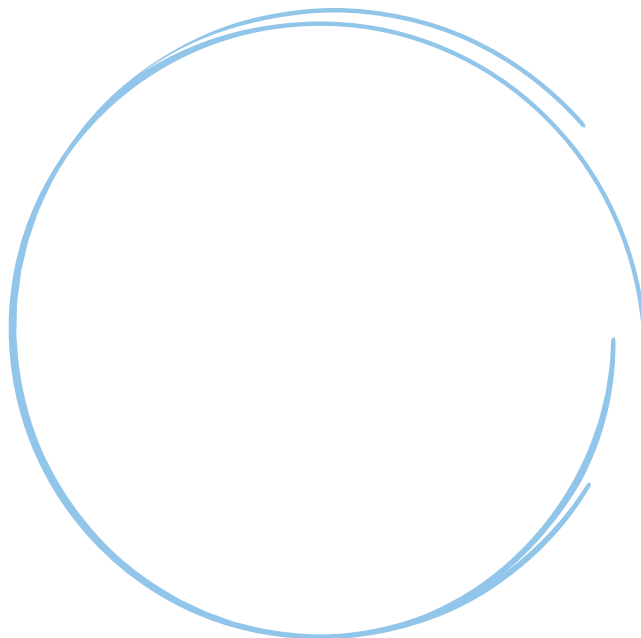


Self- Regulation: How Did I Do Today?

I made a good choice when....

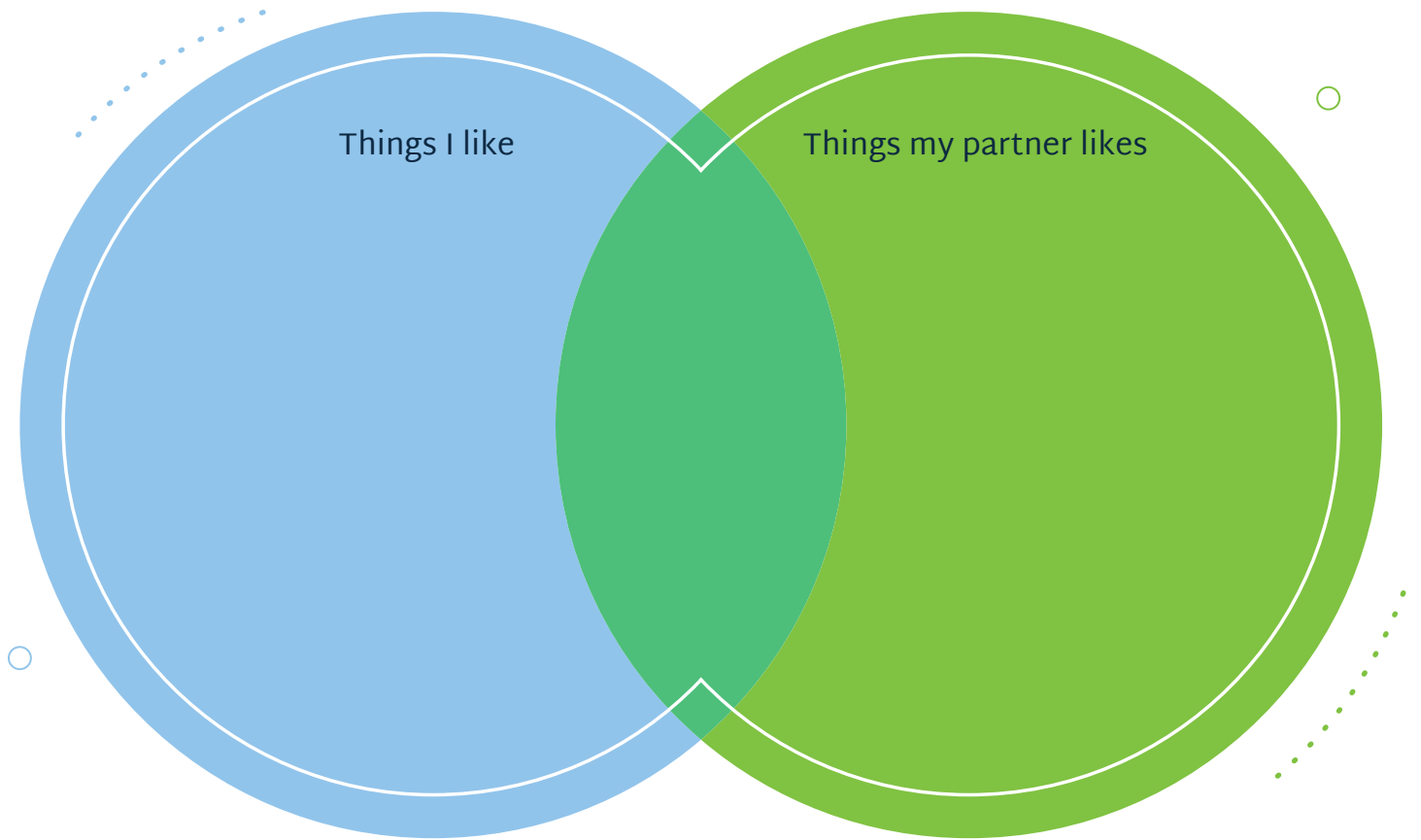


I could have made better choices when...



Did I change one of my choices from a not great choice to a better choice, today or this week? That is practicing self- regulation! We will all continue to grow in practicing self- regulation.

Interpersonal Skills: Connecting with Others and Celebrating Differences



What are things you BOTH like?

Say: "I am glad that I learned that you like _____. I am glad that we
both like _____."

Empathy: Reflecting on When Someone Showed You Empathy

Write about a time someone showed you empathy.

Effective Decision-Making: Showing Effective Decision-Making

Draw a comic strip of someone practicing effective decision-making.

A large empty rounded rectangle divided into six panels (two rows and three columns) for drawing a comic strip. The panels are currently blank.

Celebrating Self-Awareness:

I Am Proud of Myself When.....

Celebrating Self- Regulation:

I Practiced Self-Regulation When.....

Celebrating Interpersonal Skills:

I Learned _____ From _____.

Celebrating Empathy:

I Showed Empathy When...

Who is happiest when I do my very best?

Who listens to me and helps me when I am happy or sad?

Who makes me feel like I am SO important?

Who helps me be the best me I can be?