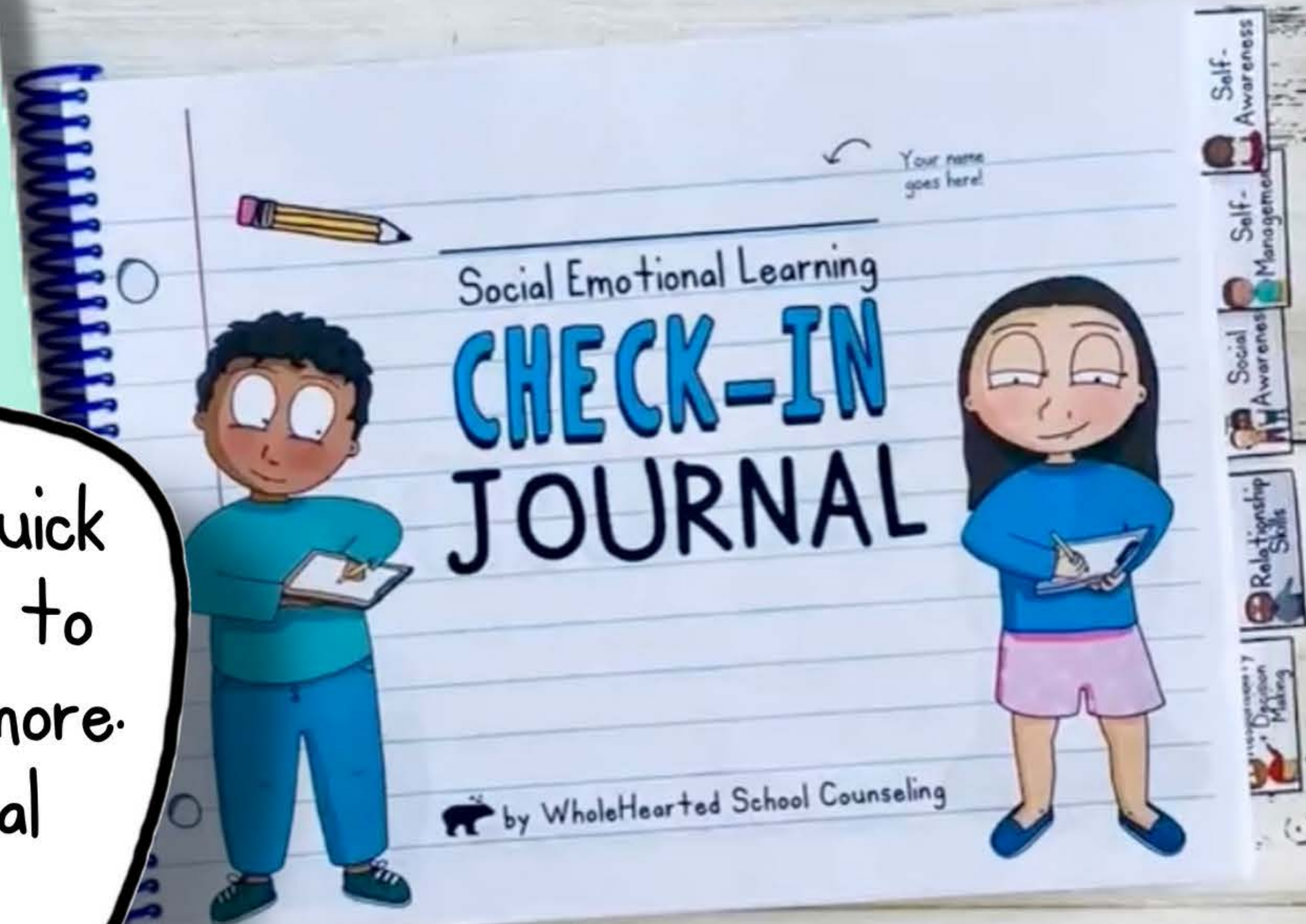


With over 220 concise SEL mini-lessons & activities, easily integrate SEL into your daily curriculum in 15 minutes or less!

I love this so much! It's quick but allows us as teachers to understand our students more. This is the perfect social emotional package!
-Graciela



What You'll Love About Our SEL Journal

- Easily integrate social emotional learning into your classroom, groups, individual sessions, or homeschool curriculum in 15 minutes or less each day!
- Stay connected & informed with how your students are feeling and thinking: each entry includes a feelings thermometer and SEL self-reflection writing prompt.
- Students relate to the fun ILLUSTRATION VISUAL SUPPORTS This means greater engagement, accessibility, and buy-in!
- Has TONS OF USES great for differentiated instruction. Can be used by counselors, teachers, behavior interventionists, and parents with children. Perfect for classroom lessons, morning meetings, bell ringers, individual & small group counseling, and homeschool.

Oh My God! what a beautiful, timeless, highly useful resource. This is one of the best resources I've purchased - I would want to give it 10 stars for content, ease of use & visuals!
"Happy Learning & Teaching"

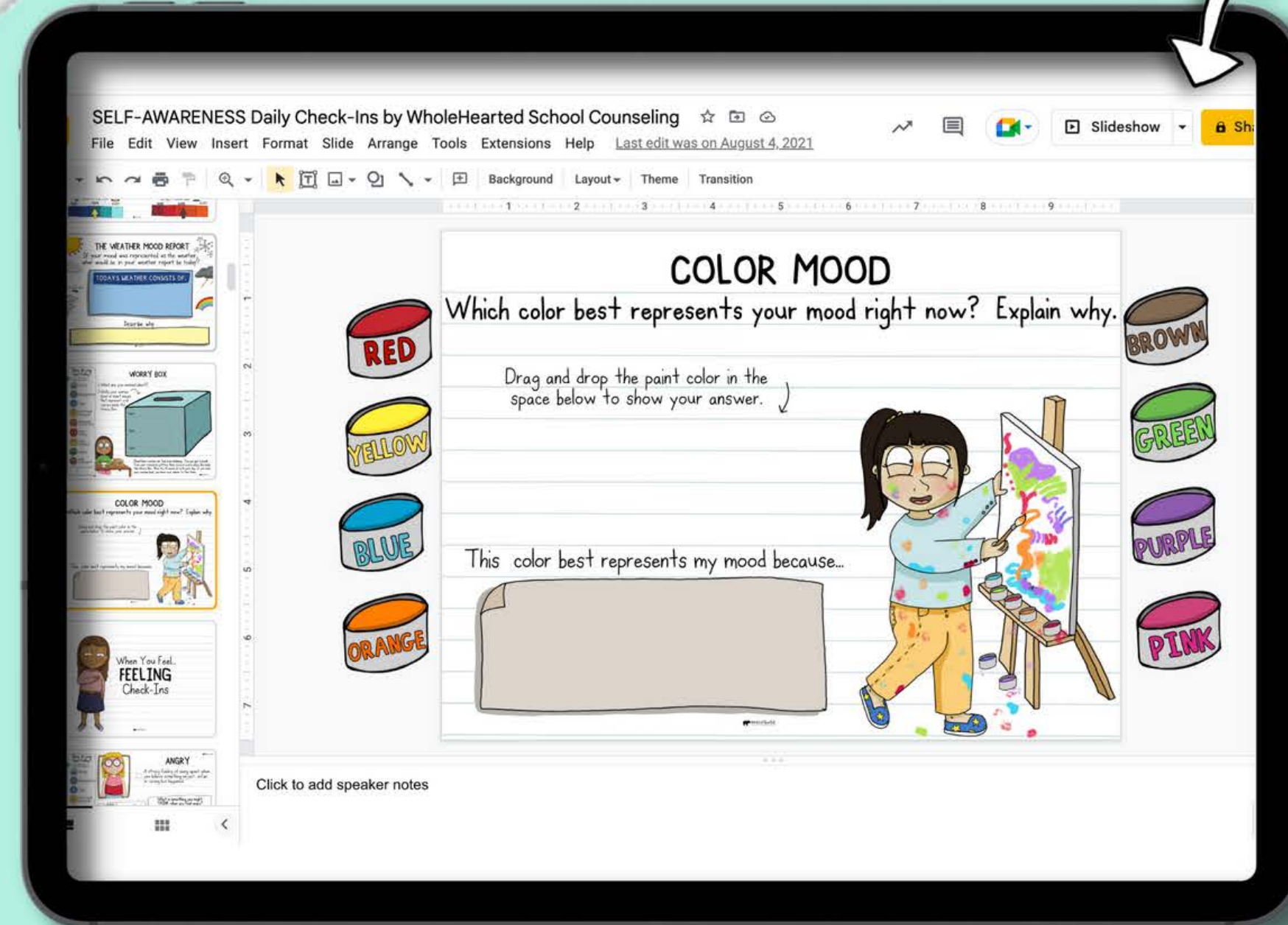
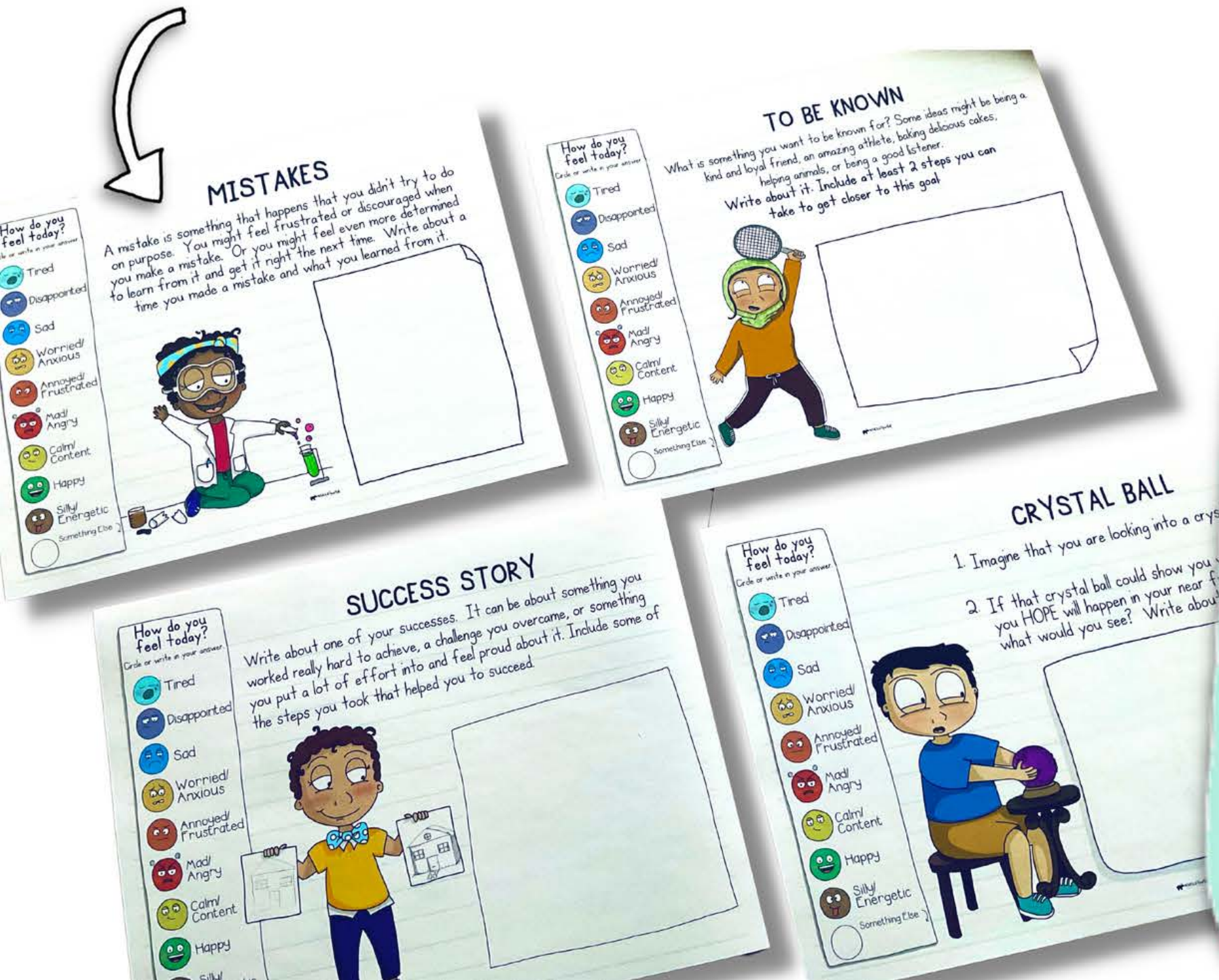


LOW-PREP!

Just Print & Go
(color or black/white)

OR

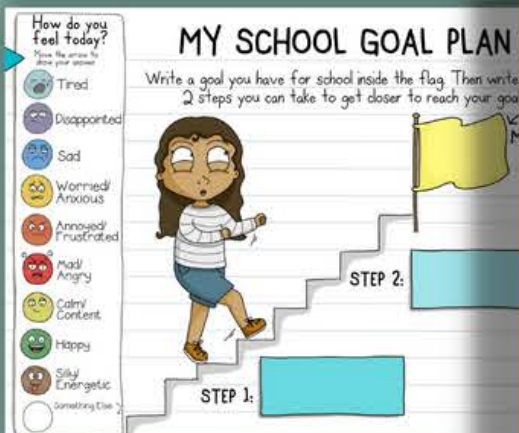
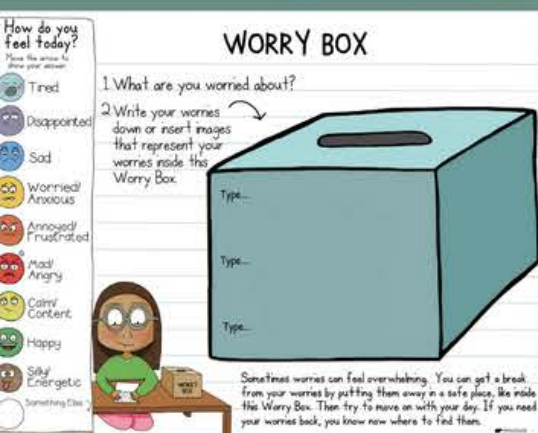
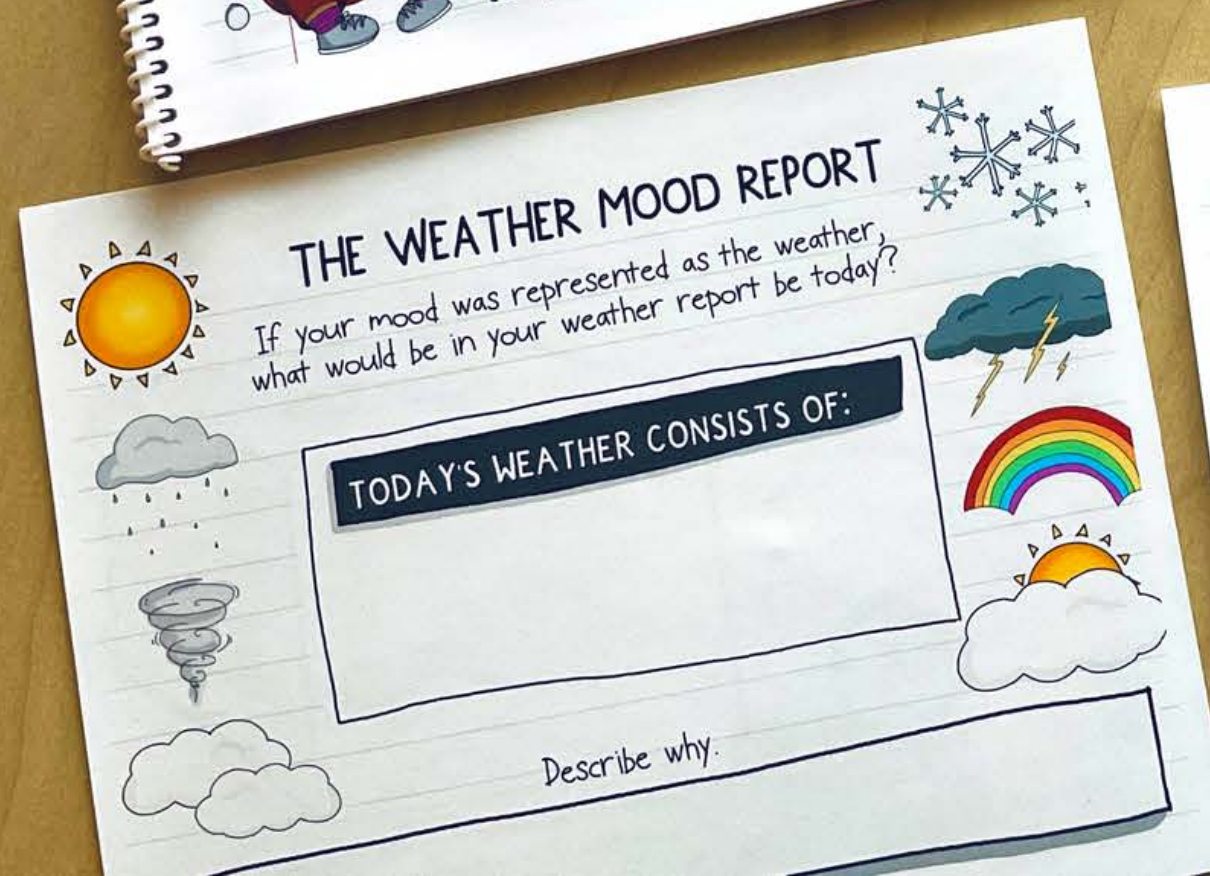
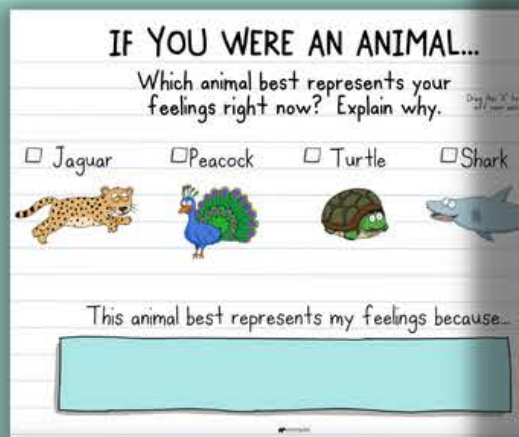
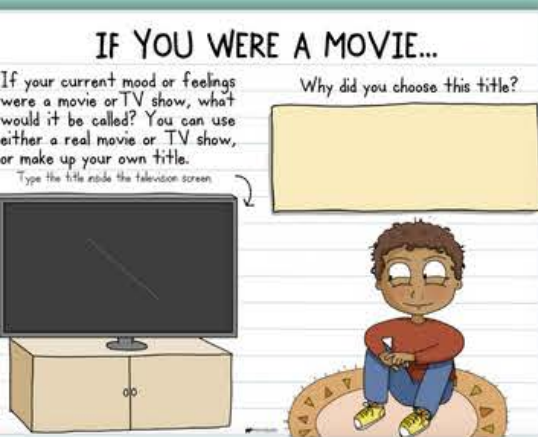
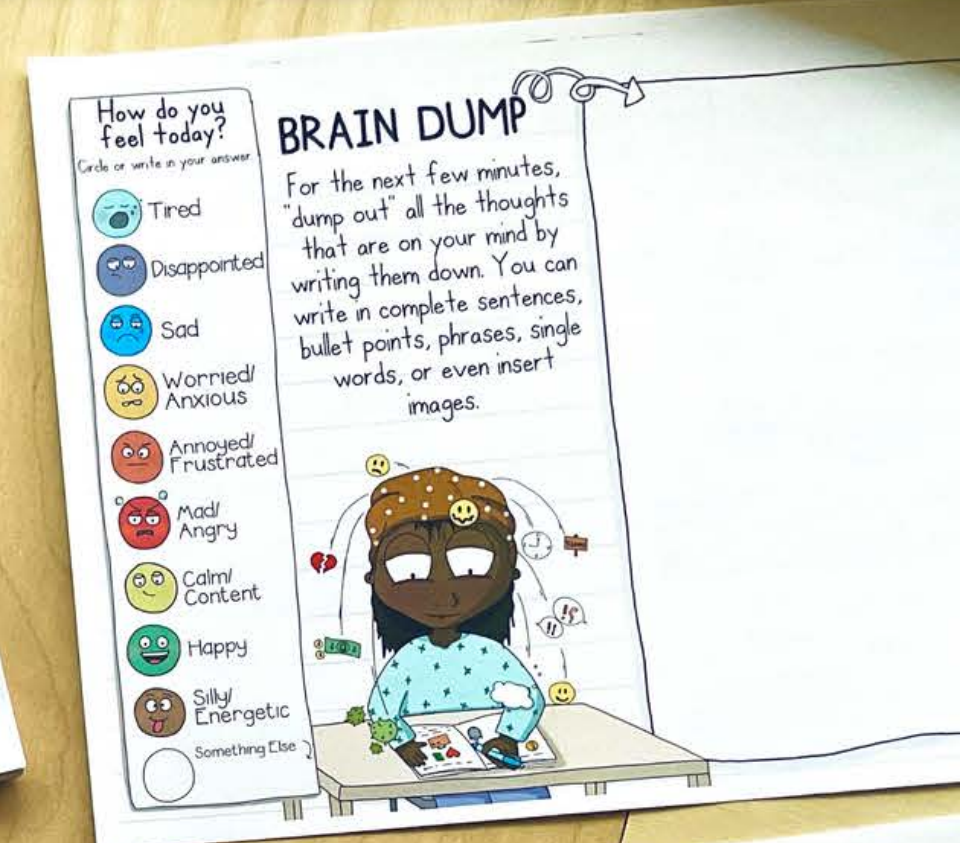
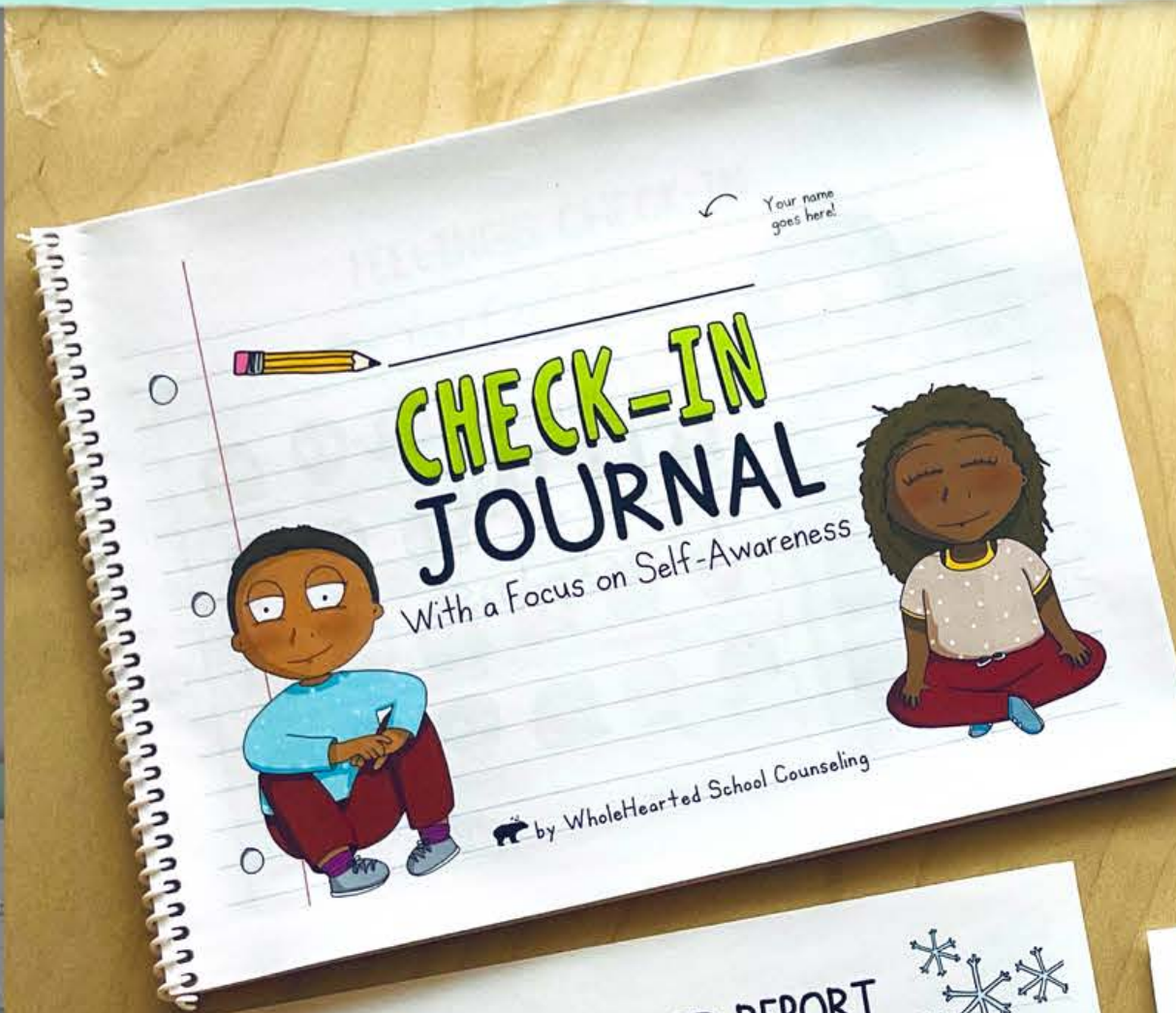
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Self-Awareness Skills Examples

TOPICS INCLUDE:

- Feelings Identification
- Strengths
- Resilience
- Growth Mindset



Self-Management Skills Examples

TOPICS INCLUDE:

- Coping Skills
- Breathing Exercises
- Grounding & Mindfulness Exercises
- Social Supports
- Executive Functioning

How do you feel today? Circle or write in your answer.

Try this exercise: **HUM OR SING A SONG**

- Hum or sing a song. Don't worry how you look or sound. Just let the music out!
- Don't worry how you look or sound. Just let the music out!

What are some of your favorite songs?

How do you feel today? Circle or write in your answer.

Try this exercise: **CLOUD THOUGHTS**

- Zoom your attention to your thoughts. Without judgement, just notice all the thoughts that are passing through your mind.
- Imagine those thoughts are like clouds that are passing along through the blue sky. Just let your thoughts come and go.

What thought would you like to pass on by like a cloud?

Self Care Tip: **ASK FOR HELP**

- When you are dealing with a difficult or challenging problem, ask a person you trust for help.
- Try asking for help by saying, "Can we talk in private? There's something I need help with," or "I'm having a rough day, can you help?"

Who are the people you can turn to when you need help?

How do you feel today? Circle or write in your answer.

ORGANIZING

Organizing your materials means having specific places for everything to go. Even though it takes some work upfront, it will make your life easier. Organizing helps you to find what you need when you need it. Practice organizing by moving the items in the blue box to their correct space.

Of your items at school or home, what could use better organizing?

How do you feel today? Circle or write in your answer.

SMART GOAL

A trick to help you accomplish a goal is to write it down as a SMART Goal. A SMART Goal is Specific, Measurable, Actionable, Relevant, and Time-Based.

Try making your own SMART Goal:

MY EXACT, SPECIFIC GOAL IS TO...	
I WILL BE ABLE TO TELL I ACCOMPLISHED THIS GOAL BECAUSE...	
3 STEPS I WILL TAKE TO ACCOMPLISH THIS GOAL ARE...	
THIS GOAL IS IMPORTANT TO ME BECAUSE...	
I WILL ACCOMPLISH THIS GOAL BY...	

How do you feel today? Circle or write in your answer.

SELF-CONTROL

When you feel that you are about to do something you might regret later, try to use self-control. To use self-control:

- STOP WHAT YOU ARE DOING AND/OR TAKE A FEW SLOW BREATHS TO CALM YOUR BODY AND MIND.
- THINK ABOUT YOUR DIFFERENT CHOICES.
- CHOOSE THE RESPONSE WHICH IS THE MOST HELPFUL AND KIND.

When would it be helpful for you to use self-control?

How do you feel today? Circle or write in your answer.

CHECK-IN JOURNAL
With a Focus on Self-Management

Your name goes here.

Worried/Anxious
Annoyed/Frustrated
Sad/Irry
Mild/Content
Happy
Silly/Energetic
Something Else

BREATHE IN 4 3 2 1

HOLD YOUR BREATH 4 3 2 1

BREATHES OUT 4 3 2 1

How do you feel today? Circle or write in your answer.

Tired
Disappointed
Sad

Try this exercise: **SILLY FACE**

- Get playful and make your silliest face.
- If you can, check out your face in the mirror.
- Notice how you feel. What do you notice about your sillies on?

How do you feel today? Circle or write in your answer.

Tired
Disappointed
Sad
Worried/Anxious
Annoyed/Frustrated
Mild/Content
Happy
Silly/Energetic
Something Else

Try this exercise: **BREATHE IN CALM**

- As you breathe in, say to yourself, "I breathe in calm."
- As you breathe out, say to yourself, "I breathe out peace."
- Repeat this breathing exercise at least 5 times.

peace

Slow and focused breathing is one way to help your body and mind feel calm and peaceful. What else helps you to feel calm and peaceful?

Social Awareness Skills Examples

TOPICS INCLUDE:

- Social Cues
- Perspective Taking
- Empathy
- Respect

SOCIAL CUES ARE FEELINGS
Social cues are the nonverbal signals or "clues" that people send through facial expressions, body language, and/or tone of voice that can tell you something about how they feel.

Based on his social cues, how does Saleem feel?

LOOKING DOWN
CRYING/TEARS
FROWNING
BODY HUNCHED OVER

When was a time you could tell how someone else felt based on social cues? What were the "clues" you noticed?

How do you feel today?
Move the arrow to show your answer.

Tired
Disappointed
Sad
Worried/Anxious
Annoyed/Frustrated
Calm/Content
Happy
Silly/Energetic
Something Else

WHAT ARE THEY THINKING?
Paying attention to social cues combined with the situation can also give you clues to what a person might be thinking, too. Based on the social cues and situation, what do you think the characters are thinking? Write their thoughts in the thought bubbles.

Even though social cues can help you guess what a person is thinking, it is still just a guess. Write about a time when your guess about what another person was thinking was wrong. What happened?

How do you feel today?
Move the arrow to show your answer.

Tired
Disappointed
Sad
Worried/Anxious
Annoyed/Frustrated
Calm/Content
Happy
Silly/Energetic
Something Else

DIFFERENT POINTS OF VIEW
Everyone has their own point of view and unique perspective. People can see the same situation very differently.

If your friend was looking at cake from the side with the sprinkles, what shape would she see?
If another friend was above the cake, looking down on it, what shape would he see?
If you were looking at the cake from the side that shows the layers, what shape would you see?

Is any one person's point of view more right or true over the others? Why or why not?

AVOIDING MISUNDERSTANDINGS
Since everyone has their unique perspective, it's easy for people to misunderstand each other. Conflicts and misunderstandings can often be avoided when we take the time to listen to each other and consider their point of view.

What number does Obo see?
What number does Darrel see?

When was a time you had a different perspective from someone else? How did you deal with it?

HOW DOES JIN FEEL?
After months of challenging practices and hard work, Jin's basketball team won the championship game.

How do you think Jin feels?
Have you ever experienced that feeling before? What was that like for you?
How could you show that you care?

PUT YOURSELF IN SOMEONE ELSE'S SHOES
Have you ever heard the expression, "put yourself in their shoes" or "walk a mile in their shoes"? This means to imagine yourself feeling, thinking, and experiencing another person's life, as if you were in their place.

Read the following situations and try putting yourself in their shoes.

Ana tripped and fell down in front of her classmates. How might you feel if you were in her shoes?
Anton couldn't find anyone who wanted to hang out with him during the break. How might you feel if you were in his shoes?
Grace won first place in the chess tournament. How might you feel if you were in her shoes?

WHY DOES SHOWING RESPECT MATTER?
There are many reasons why it's important to show respect towards others, yourself, the earth, and even things or property. Why does showing respect matter to you? Check all the reasons that matter to you.

BEING RESPECTFUL

Helps you build positive relationships with others.
 Helps you to feel good about yourself.
 Helps you reach your goals.
 Helps you feel part of and connected to a community.
 Is just the right thing to do.

IF BODY LANGUAGE COULD TALK
When people feel certain emotions, those feelings can often be seen in their body. Anger can show up as clenching fists. Confusion can show up as a wrinkled forehead. Siliness can show up as uncontrollable laughter. Imagine that the body language gestures could "talk." What do you think they would be saying or mean?

Let some examples of feelings can be seen in a person's body.

CHECK-IN JOURNAL
With a Focus on Social Awareness

by WholeHearted School Counseling

BE A BODY LANGUAGE DETECTIVE
Find the body language clues that communicate how someone is feeling. Pay attention to their eyes, mouths, hands, and feet.

Jin feel scared. How can you tell?

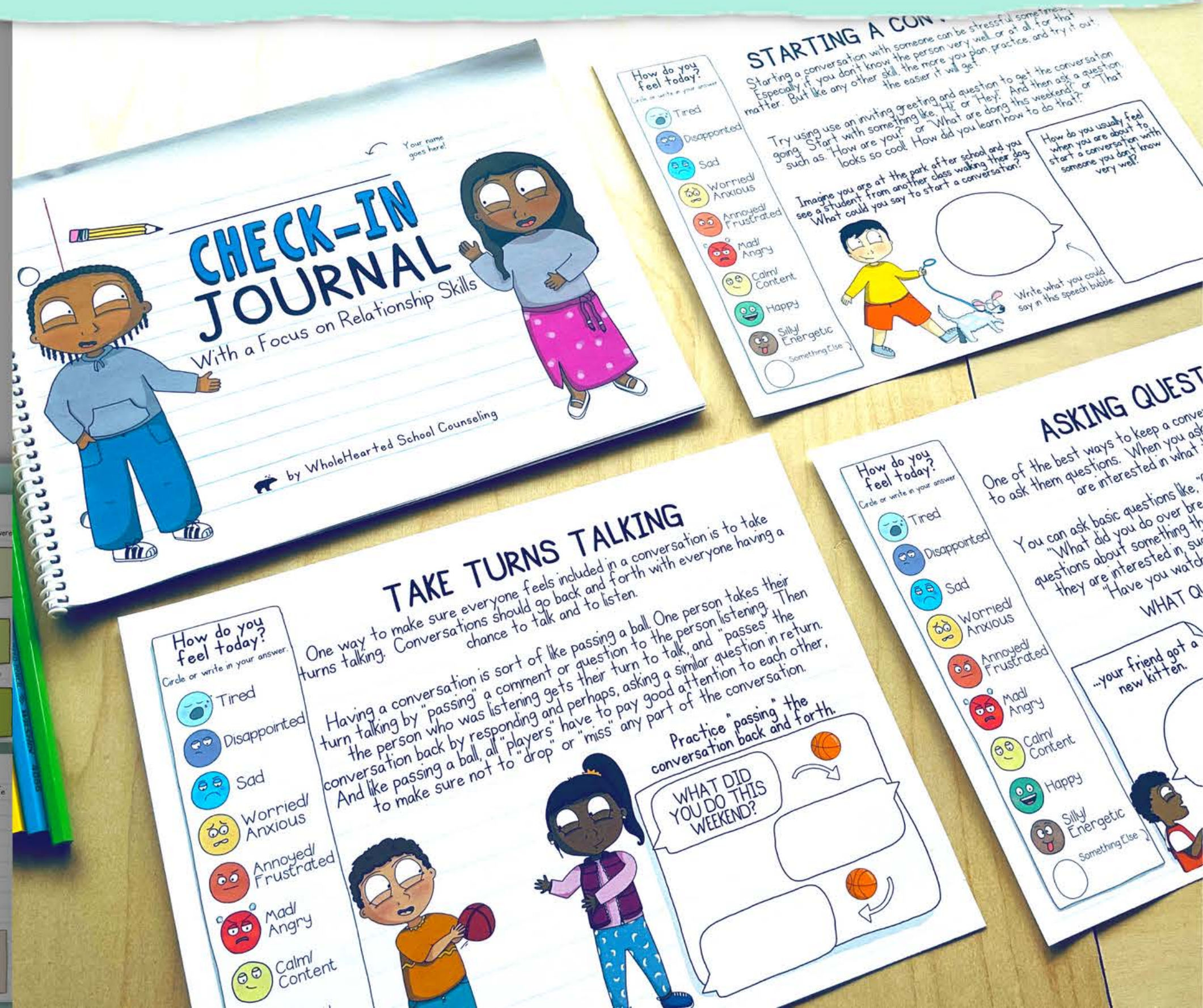
How do you feel today?
Move the arrow to show your answer.

Anxious
Angry
Frustrated
Sad
Calm/Content

Relationship Skills Examples

TOPICS INCLUDE:

- Communication Skills
- Conflict Resolution
- Friendship
- Kindness



BEING A FRIEND TO YOURSELF

Some people believe that to have good friends, you also have to be a good friend towards yourself. The more you know and like yourself, the easier it will be to find friends who treat you the way you wish to be treated.

How can you be a good friend towards yourself?

How do you feel today?
 Tired
 Disappointed
 Sad
 Worried/Anxious
 Annoyed/Frustrated
 Mad/Angry
 Calm/Content
 Happy
 Silly/Energetic
 Something Else

STAY ON TOPIC

To keep a conversation going try to stay on topic. A topic is the subject matter being talked about. Staying on topic means that you are thinking about the main idea of the conversation and stick with talking about that. For example, if everyone is talking about favorite things to eat, to stay on topic, you would also talk about your favorite foods.

Which illustration best represents staying on topic?

What are 3-5 conversation topics you know a lot about or enjoy talking about?

How do you feel today?
 Tired
 Disappointed
 Sad
 Worried/Anxious
 Annoyed/Frustrated
 Mad/Angry
 Calm/Content
 Happy
 Silly/Energetic
 Something Else

DO SOMETHING KIND

Write about a time when you were kind towards someone else.

How did you feel?

What else can you do to show kindness?

How do you feel today?
 Tired
 Disappointed
 Sad
 Worried/Anxious
 Annoyed/Frustrated
 Mad/Angry
 Calm/Content
 Happy
 Silly/Energetic
 Something Else

WHAT IS A CONFLICT?

A conflict is a disagreement or problem between people. A conflict can happen when people want, need, or expect different things. All people experience conflicts from time to time; conflicts are totally normal.

What is a conflict you've experienced before?

How did you feel?

What steps did you take to deal with the conflict?

How do you feel today?
 Tired
 Disappointed
 Sad
 Worried/Anxious
 Annoyed/Frustrated
 Mad/Angry
 Calm/Content
 Happy
 Silly/Energetic
 Something Else

GIVING COMPLIMENTS

A compliment is something positive and kind that you say to someone else. You can compliment someone on something they did or accomplished, on something they said, on something you notice about them, or on something you appreciate or are impressed by.

WHAT A COOL BIKE TRICK!

What is a compliment you have given or would like to give to someone else?

What is one of the nicest compliments someone has ever given to you?

How do you feel today?
 Tired
 Disappointed
 Sad
 Worried/Anxious
 Annoyed/Frustrated
 Mad/Angry
 Calm/Content
 Happy
 Silly/Energetic
 Something Else

YAY FOR FRIENDS!

Having good friends is important, awesome, and fun! Friends make life more interesting. And they can even help you get through tough times. A good friendship builds you up and helps you to feel good about being yourself!

Why is having friends important to you?

How do you feel today?
 Tired
 Disappointed
 Sad
 Worried/Anxious
 Annoyed/Frustrated
 Mad/Angry
 Calm/Content
 Happy
 Silly/Energetic
 Something Else

TAKE TURNS TALKING

One way to make sure everyone feels included in a conversation is to take turns talking. Conversations should go back and forth with everyone having a chance to talk and to listen.

Having a conversation is sort of like passing a ball. One person takes their turn talking by "passing" a comment or question to the person listening. Then the person who was listening gets their turn to talk, and "passes" the conversation back by responding and perhaps, asking a similar question in return. And like passing a ball, all "players" have to pay good attention to each other, to make sure not to "drop" or "miss" any part of the conversation.

Practice "passing" the conversation back and forth.

WHAT DID YOU DO THIS WEEKEND?

How do you feel today?
 Tired
 Disappointed
 Sad
 Worried/Anxious
 Annoyed/Frustrated
 Mad/Angry
 Calm/Content
 Happy
 Silly/Energetic
 Something Else

ASKING QUESTIONS

One of the best ways to keep a conversation going is to ask them questions. When you ask questions, you are interested in what the other person is saying.

You can ask basic questions like "What did you do over the weekend?" or "How did you do on your test?" or "Have you watched that new show?"

WHAT QUESTION DID YOU ASK?

...your friend got a new kitten.

How do you feel today?
 Tired
 Disappointed
 Sad
 Worried/Anxious
 Annoyed/Frustrated
 Mad/Angry
 Calm/Content
 Happy
 Silly/Energetic
 Something Else

Responsible Decision Making Skills Examples

TOPICS INCLUDE:

- Being Responsible
- Solving Problems
- Making Positive Choices
- Dealing with Peer Pressure
- Healthy Habits + Self Care

How do you feel today? Circle or write in your answer.

BRUSH YOUR TEETH
Self Care Tip: Brush your teeth at least 2 times a day when you wake up in the morning and right before going to bed. Try to brush for at least 2 minutes each time. Brushing your teeth with help prevent cavities and keep your breath smelling fresh!

How many times a day do you brush your teeth?

What would make it easier for you to remember to brush your teeth 2 times a day?

PEER PRESSURE
Peer pressure happens when your friends, or people your age (peers), try to influence you to act, think or do something in a certain way. Because it's normal to want to fit in and feel liked by others, it's sometimes easy to give into peer pressure. This means that you choose to do something that your peers are encouraging you to do, which you would most likely not have done, had there not been the peer pressure to begin with.

What are some examples that kids your age might be pressured into by their peers?

TAKING RESPONSIBILITY FOR YOUR ACTION
Two of the toughest, but most important, parts of being responsible are to accept the consequences of your actions and to try to make things better when you make a mistake.

Complete the sentences with how you would show responsibility.

If I didn't study and got a bad grade, I would

If I broke something, I would

If I said something hurtful, I would

If I made a mess, I would

BRUSH YOUR TEETH
You have about 6,000 or more thoughts per day. Most thoughts that pop into your mind tend to be negative, repetitive, and automatic. Here is the good news: even though you can't really control those popping thoughts, you have the power to choose how you respond. You can do this by noticing the thoughts in your head, and say to yourself, "I notice I had a thought that..." And then you can choose to tell yourself a more helpful and kind thought instead.

What is a negative thought that pops into your mind sometimes?

What is a more helpful thought you can choose to tell yourself instead?

WHAT WOULD YOU DO?
Imagine that you were dealing with the following problems, how would you solve them?

You just moved and feel too shy to introduce yourself to the neighborhood kids.

You see another student being mean to your classmate.

You feel frustrated because you don't understand the assignment.

You can't focus on your work because someone is distracting you.

MY RESPONSIBILITIES
A responsibility is a task, job, or duty you are expected and supposed to do. Some examples are completing chores at home and doing all of your homework for school.

What are 2 of your responsibilities at home?

What are 2 of your responsibilities at school?

How do you feel today? Circle or write in your answer.

CHECK-IN JOURNAL
With a Focus on Responsibility and Decision Making

Your name goes here:

by WholeHearted School Counseling

CHOOSING HOW YOU RESPOND TO YOUR FEELINGS
Feelings are like visitors that stop by to tell you information about your situation. They will often visit you on their own, whether you invited them or not! Many times, you won't have control over what emotion you are feeling BUT you always have choices about what you are going to do with your feelings. You get to decide how you are going to respond to interact with, and take care of, your feelings. What choices do you of ten make when you feel the following feelings?

Worry

Anger

Happiness

Sadness

BEING RESPONSIBLE
BEING RESPONSIBLE MEANS:

1. Doing the things that need to get done, even if you don't want to.
2. Following through with what you say you will do.
3. Choosing to do the right thing, even if it's hard.
4. Taking ownership for your actions, and making a situation better when you make a mistake.



Can I give this resource 10 stars? This resource does an amazing job of pairing visual aids with interactive activities in bite-sized portions. While I say "bite-sized", each bite is so on-point with the topic and message. I love and appreciate so much the care and attention that is so clearly poured into these resources!

-Alice

BEING A GOOD FRIEND

To have good friends, you have to be a good friend. Good friends listen to each other, support and encourage each other, show they are interested in, appreciate, and care about each other, respect one another, and help each other out.

Wow!
That looks amazing!



What are some ways you have been a good friend to others?

Self-Awareness



Self-Management



Social Awareness



Skills

Responsibility Decision Making

