

SOCIAL EMOTIONAL LEARNING

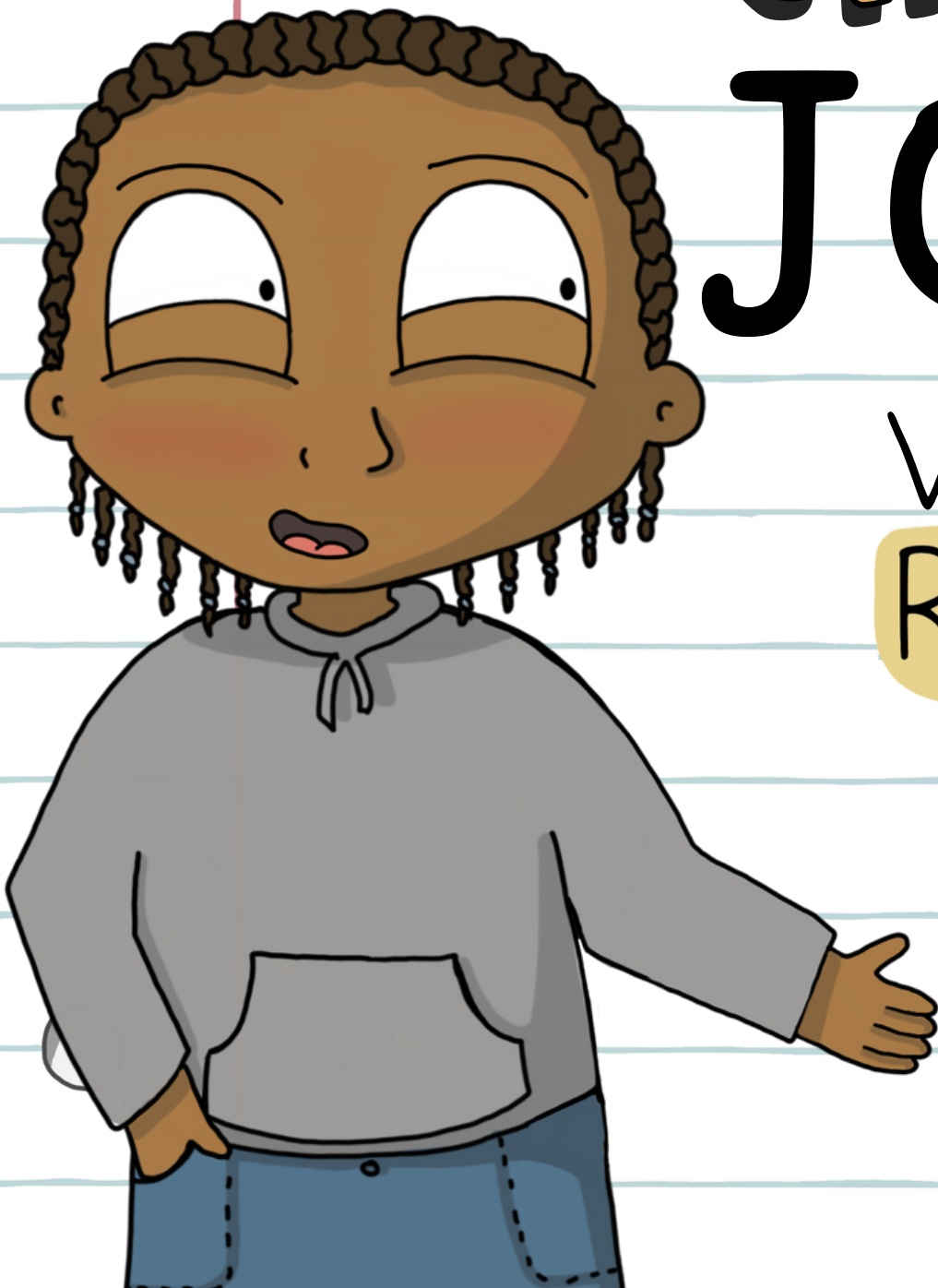
daily
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CHECK-IN JOURNAL

With a Focus on
Relationship Skills



PRINT
& DIGITAL



31 UNIQUE DAILY CHECK-INS

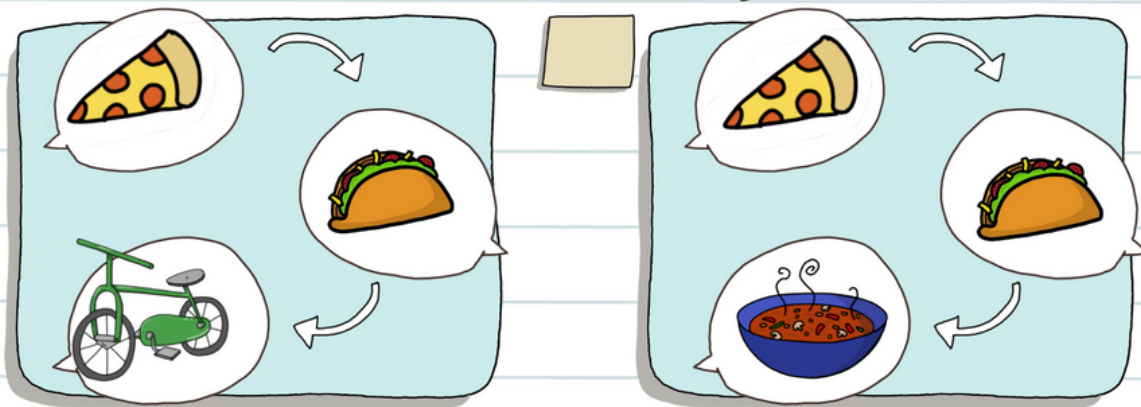
Communication Skills



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?

WHOLE STORY
LITERACY AND NUMERACY

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 starts by "passing" a comment or question to the person who was listening gets their turn to talk, and then the person who was listening gets their turn to talk, and then the person who was listening gets their turn to talk, and then the person who was listening gets their turn to talk. And like passing a ball, all "players" have to pay good attention to make sure not to "drop" or "miss" any part of the conversation.

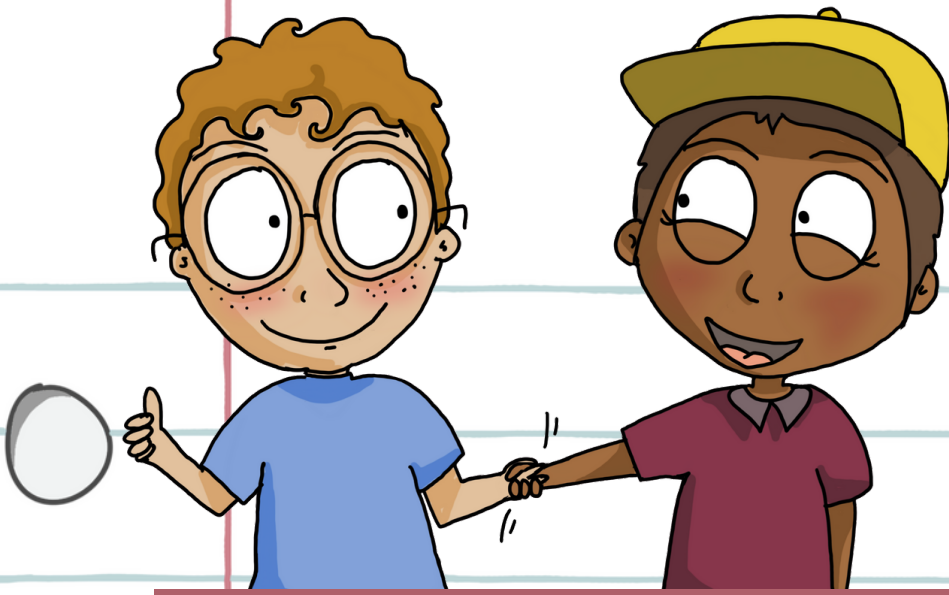


Practice
conversation

WHAT DID YOU DO THIS WEEKEND?








WHOLE STORY
LITERACY AND NUMERACY

CONFLICT RESOLUTION



How do you feel today?

Move the arrow to show your answer.

-  Tired
-  Disappointed
-  Sad
-  Worried/
Anxious
-  Annoyed/
Frustrated
-  Mad/
Angry
-  Calm/
Content
-  Happy
-  Silly/
Energetic
-  Something Else:

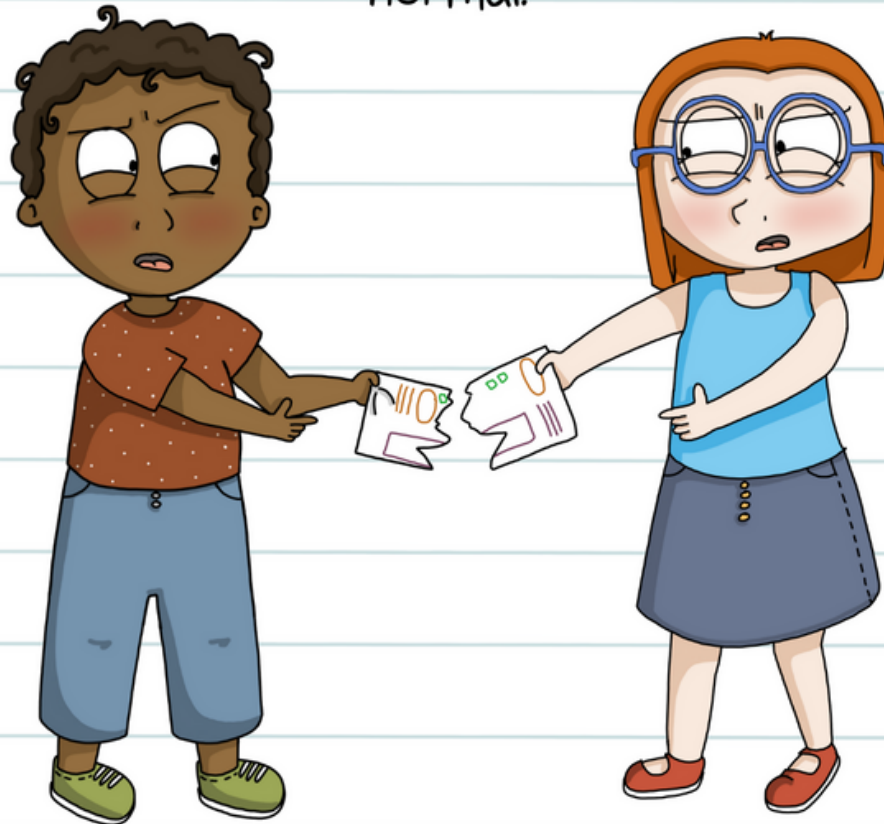
WHAT IS A CONFLICT?

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?

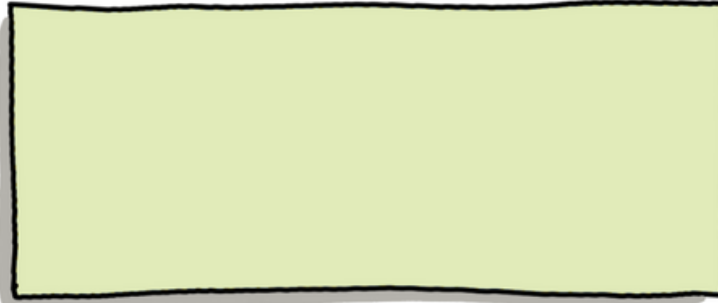
What steps did you take to deal with the conflict?



FRIENDSHIP + KINDNESS

DO SOMETHING KIND

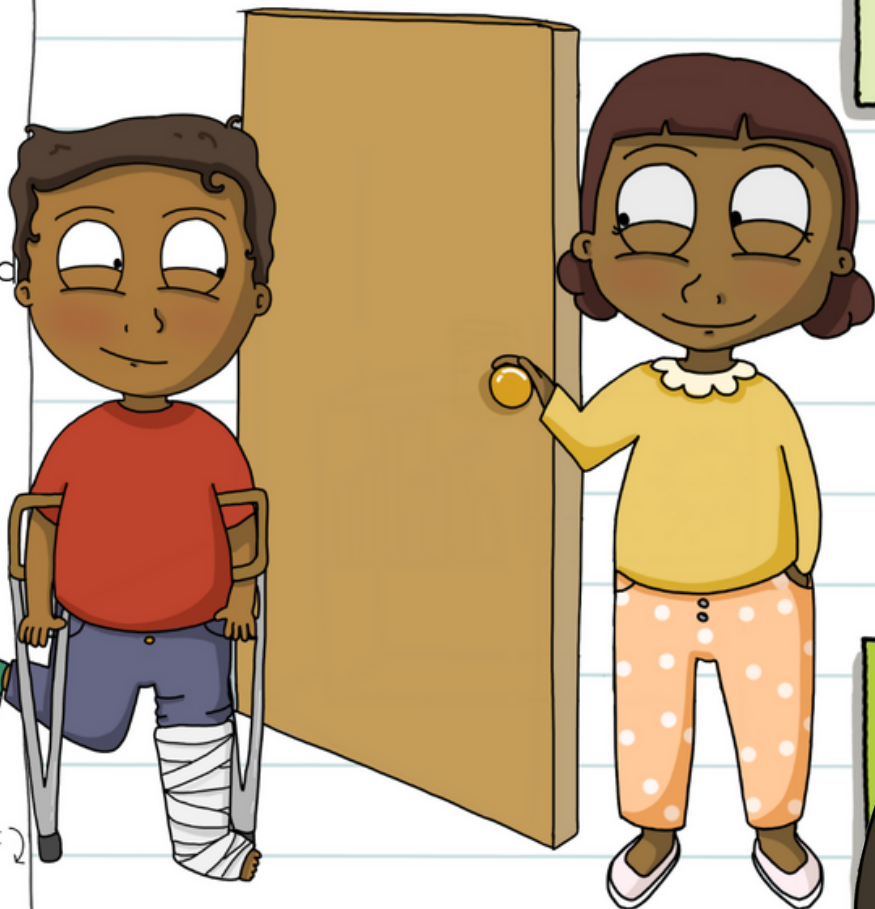
Write about a time when you were kind towards someone else.



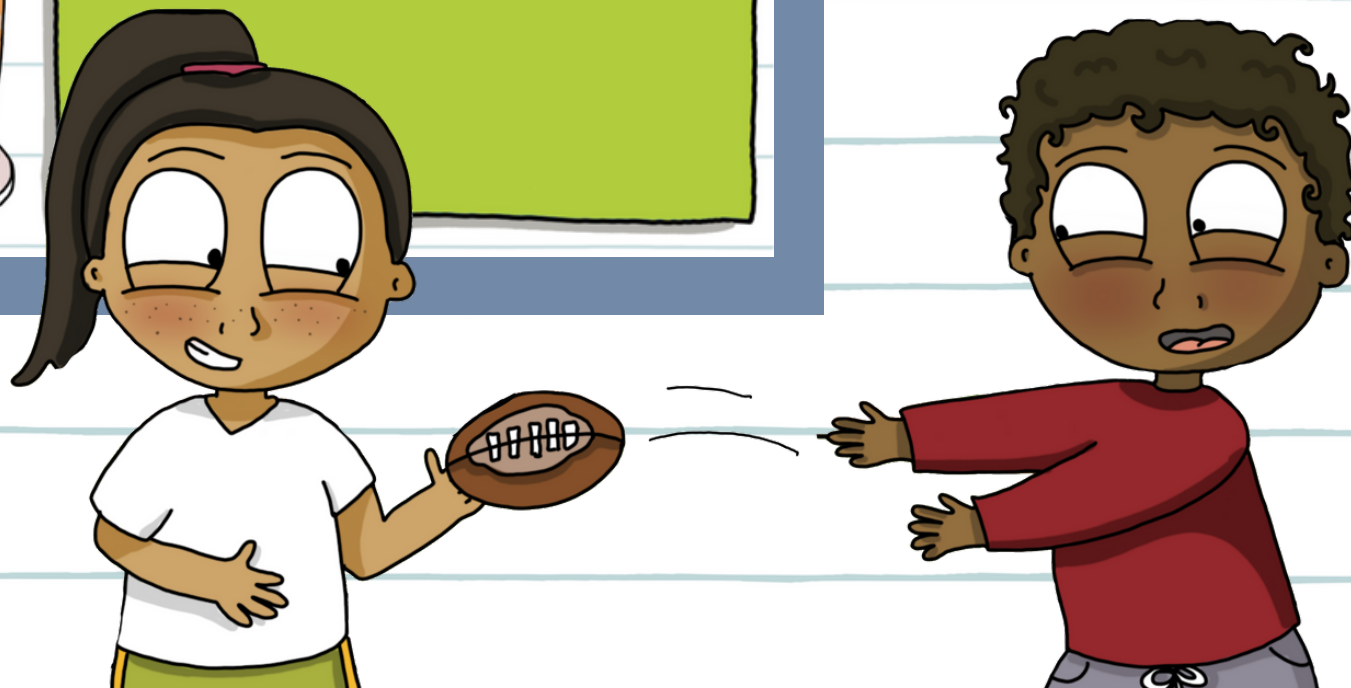
How did you feel?



What else can you do to show kindness?



WHOLEhearted
LIVING IN THE PRESENT



31 UNIQUE DAILY CHECK-INS

FRIENDSHIPS + FEELINGS

When it comes to making and keeping friends, your feelings can help guide you. Do you feel content or happy, at least most of the time? Do you feel safe around your friends, hopefully all of the time? Or do you notice that too often you feel bugged, disappointed, yucky, or even lonely when you are around certain friends? Your feelings can give you helpful information about your friendships, and what you like and don't like.

How do you feel around your friends?
What do your feelings tell you about your friendships?

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

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

THINK BEFORE YOU SPEAK

It's normal to have different thoughts and opinions. But that doesn't mean you have to say out loud everything that comes to your mind. Before you speak, ask yourself if what you are about to say is kind or useful. And also ask yourself, "How would the other person feel if I said exactly what I'm thinking?" Then choose the best words to use. This is called filtering your thoughts.

Have you ever said something that you later regretted saying out loud?

YES NO

If you had another chance to do it over, what would you have done or said instead?

THIS DRAWING IS SORT OF UGLY.

THANK YOU FOR THIS GIFT. THAT IS VERY THOUGHTFUL OF YOU.

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

- Tired
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- Mad/Angry
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- Something Else

ASKING QUESTIONS

One of the best ways to keep a conversation going with a person is to ask them questions. When you ask questions, you show that you are interested in what they have to say.

You can ask basic questions like, "Got any plans for the weekend?" or "What did you do over break?" Or you can ask more specific questions about something they mentioned earlier or about something they are interested in, such as, "How was your soccer game?" or "Have you watched the new movie about robots?"

WHAT QUESTION COULD YOU ASK IF...

- ...your friend got a new kitten.
- ...your neighbor is planting a garden.
- ...your cousin just graduated from college.

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- 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?
Move the arrow to show your answer.

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THINGS THAT MAKE A CONFLICT WORSE

There are helpful ways to deal with a conflict, that make the situation better. And there are unhelpful ways to deal with conflict, that make the situation worse, and can even make a win bigger and different conflict. These unhelpful things are:

Name Calling	Yelling	Throwing Things
Making Threats	Blaming	Punching/Hitting/Hurting
Lying	Not Listening	Talking Behind the Other Person's Back

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

- Sad
- Worried/Anxious
- Annoyed/Frustrated

SHARE THE CONVERSATION

When you're having a conversation, try to make sure everyone gets to talk for an equal amount of time. If you are talking way more than everyone else, ask someone a question. If you are hardly talking at all, try to share your point of view or story related to the topic. You can think about it this way: if a conversation was like a pizza, everyone should get more or less the same amount of slices.

Which illustration best represents sharing the conversation?

QUALITIES IN A FRIEND

Every friend is unique. Some friends might be quiet and great listeners while others might be loud and make you laugh. What qualities do you look for in a friend?

- Kind + Thoughtful
- Respectful
- A Good Listener
- Trustworthy
- Is Artistic
- Talkative
- Funny / Likes to Have Fun
- Play Sports
- Honest
- Helpful
- Dependable
- Enjoys Reading
- Quiet
- Adventurous
- Loyal

What are some other qualities you look for in a friend?

Think about a time when you one of these unhelpful things. Did it make the situation better or worse? Why?

How do you feel today?
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