

SOCIAL EMOTIONAL LEARNING

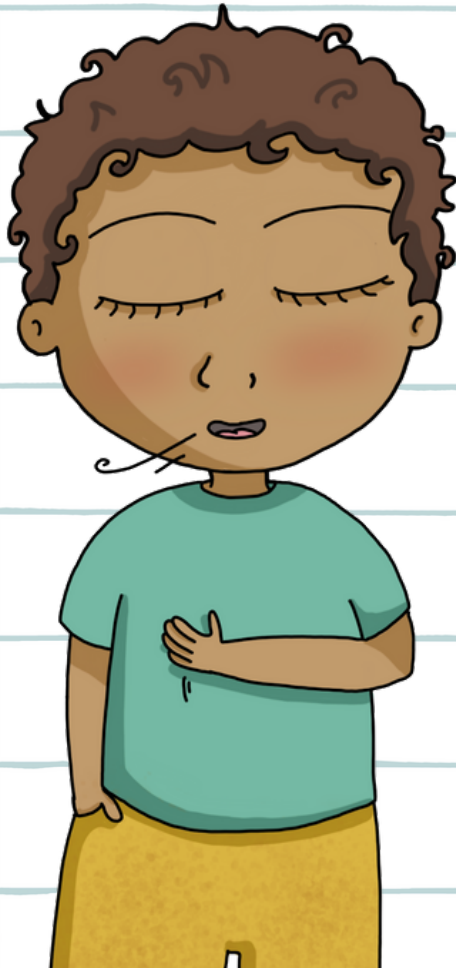
daily
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CHECK-IN JOURNAL

With a Focus on
Self-Management



PRINT
& DIGITAL

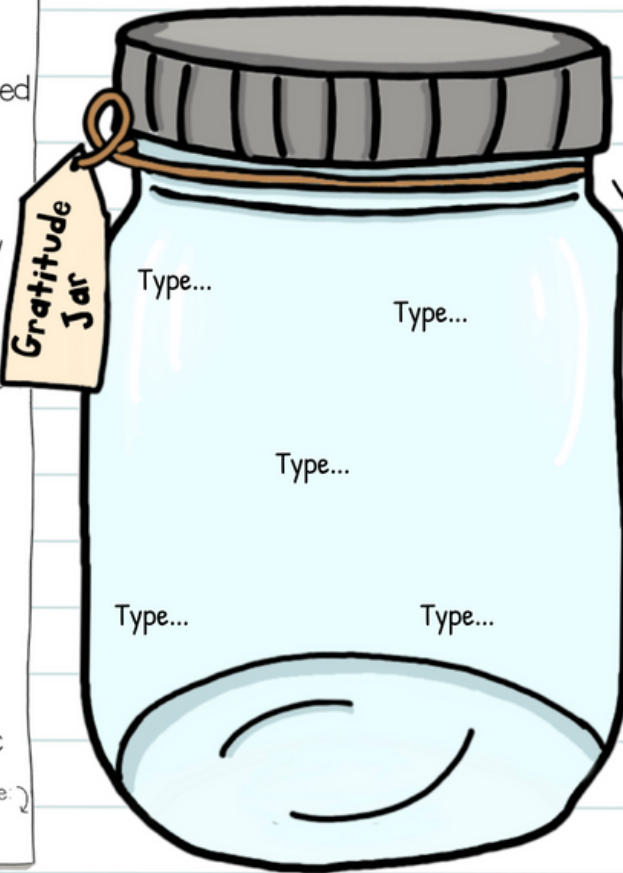


How do you feel today?

Move the arrow to show your answer.

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

GRATITUDE JAR



1. Think about what you feel grateful or thankful for.

2. Write or insert pictures of what you are grateful for into your Gratitude Jar!



Emotion Regulation Skills

Social Support Identification

How do you feel today?

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MY SUPPORT TEAM

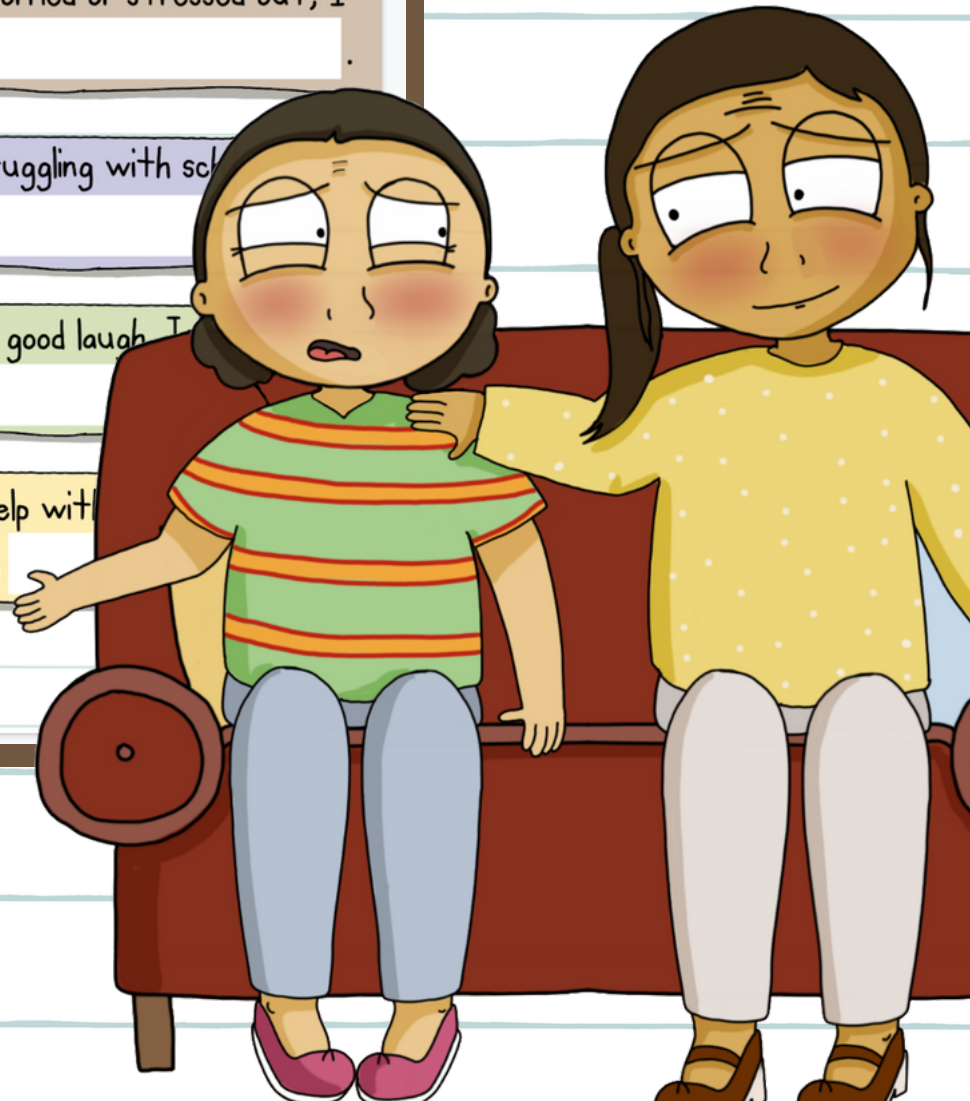
Who are some of the people you can turn to when you need help or support?

When I feel worried or stressed out, I can talk to .

When I am struggling with school, I can ask .

When I need a good laugh, I can talk with .

When I need help with , I can talk with .





EXECUTIVE FUNCTIONING SKILLS

How do you feel today?

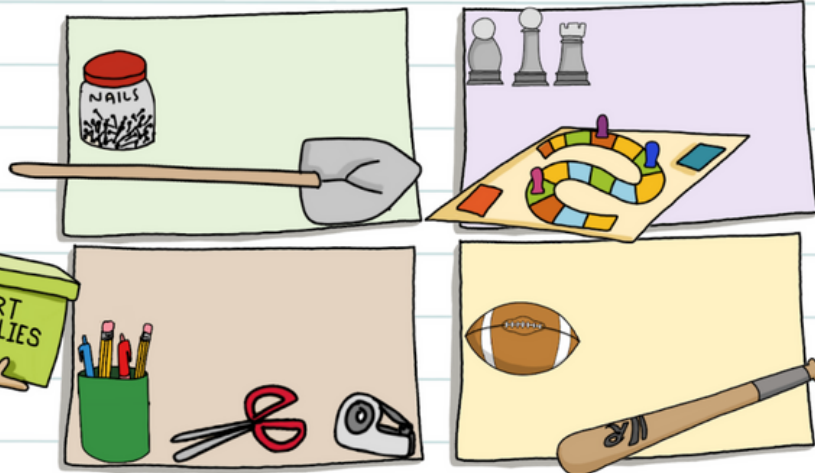
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-  Happy

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.



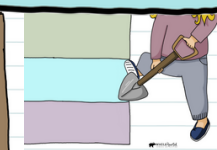
52 UNIQUE DAILY CHECK-INS

When I need help with a problem at home, I can talk with _____

party for someone you care about. Write a plan for what you need to do to prepare for the party.

When was a time you could have better time management?

SUN	MON	TUES	WED	THUR	FRI	SAT



Try this exercise: RAIN TAPPING

- Lift your hands above your head and curl your fingers slightly.
- Gently and quickly tap the top of your head using both hands, like refreshing raindrops falling down on you.
- Tap all around your head, from the back, to the sides, towards your temples, ears, and forehead.

Rain tapping can help you become more alert. What are some other things that help you to focus?

DISTRACTIONS

Being distracted means not paying attention because your mind or senses are focused on other things.

What are things that distract you? Use these to check off your answers.

<input type="checkbox"/> PEOPLE TALKING	<input type="checkbox"/> ELECTRONIC DEVICES	<input type="checkbox"/> ANY KIND OF NOISES	<input type="checkbox"/> PEOPLE MOVING AROUND
<input type="checkbox"/> HAVING THE URGE TO MOVE AROUND	<input type="checkbox"/> MY WORRIES	<input type="checkbox"/> THINGS IN MY WORKSPACE	<input type="checkbox"/> IDEAS & THOUGHTS THAT POP UP IN MY HEAD

What are 2-3 ways you can deal with these distractions?

SELF-CONTROL

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

- STOP WHAT YOU ARE DOING
- TAKE A FEW SLOW BREATHS FOR YOUR BODY AND MIND.
- THINK ABOUT YOUR DECISION
- CHOOSE THE MOST HELPFUL AND KIND RESPONSE.

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

GRATITUDE JAR

- Think about something you are grateful for.
- Write or draw what you are grateful for into your jar.

Try this exercise: HOT AIR BALLOON

- Imagine you are traveling in a hot air balloon, slowly floating over your favorite place outdoors. Perhaps you are flying over the mountains, the ocean, a lake, or your favorite park.
- Visualize what you see down below.

Describe what you see in your imaginary hot air balloon.

TALK ABOUT YOUR WORRIES

Self Care Tip: Worries can feel really big, and even grow bigger, when you keep them to yourself. Talking to someone you trust about your worries can often make them smaller.

Who can talk to when you feel worried?

Try this exercise: RUN

- Get your heart pumping and moving by running.
- If you are indoors, try to run in place for at least one minute.
- If you are outdoors, pick out a finish line and run as fast as you can get there.
- You can also play an outdoor game that involves running, too!

Exercising is a great way to release tension from your body when you are anxious, angry or upset. What is one of your favorite ways to exercise?

GRATITUDE JAR

- Think about something you are grateful for.
- Write or draw what you are grateful for into your jar.

LIST IT!

List as many things from each category as you can.

- AWESOME ANIMALS
- FAVORITE FOODS
- GREAT GAMES

MEMORY GAME

- Uncover the picture below.
- For the next 30 seconds, take a good look at it and remember as many details as possible.
- When the 30 seconds is over, cover the picture again and then write down all the details you can remember on the cover.

GRATITUDE JAR

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?

GRATITUDE JAR

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?