

SOCIAL EMOTIONAL LEARNING

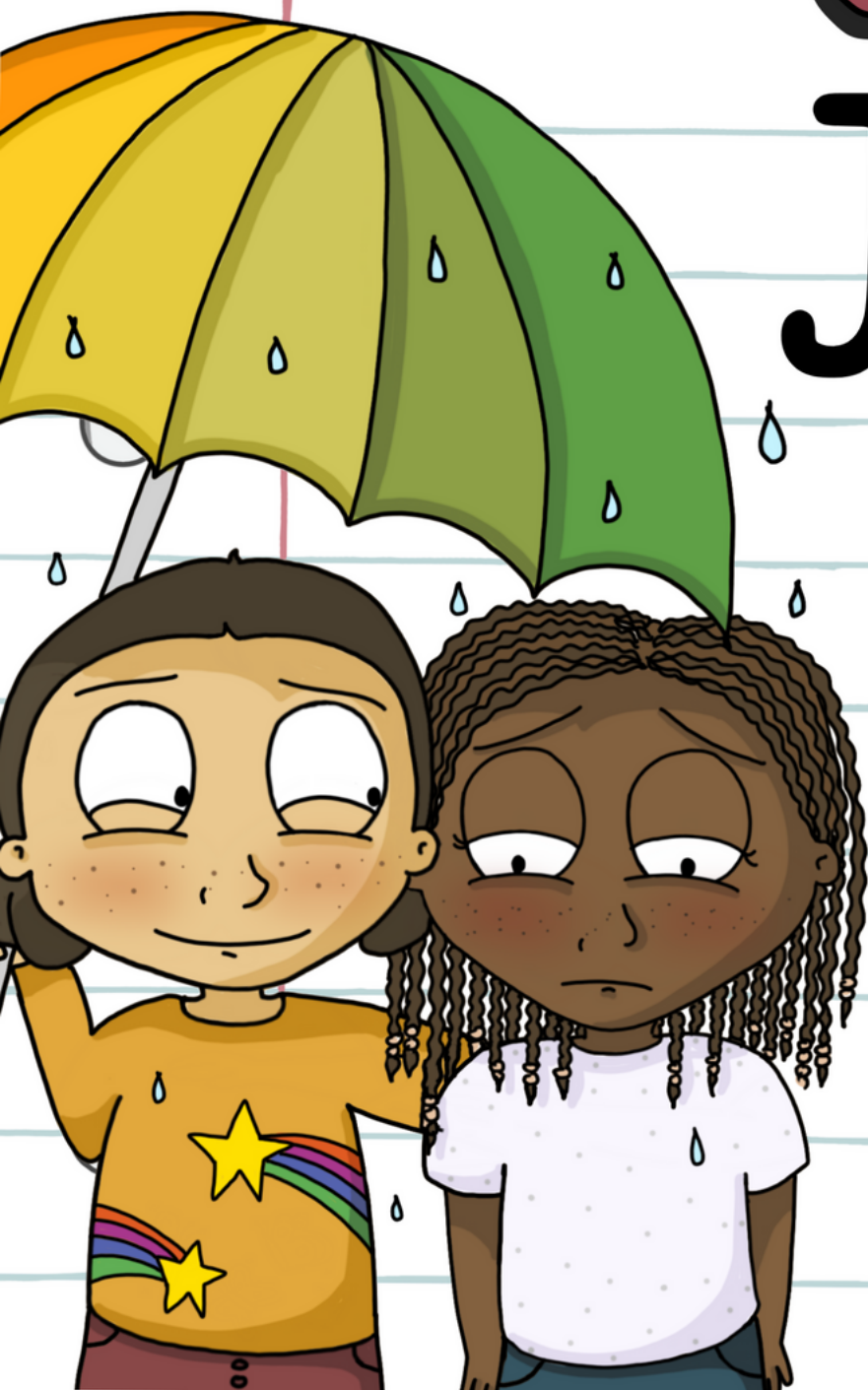
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CHECK-IN JOURNAL

With a Focus on
Social Awareness



PRINT
& DIGITAL



Social Cues

BE A BODY LANGUAGE DETECTIVE

Find the body language clues that communicate how Jin, Isabel, and Leo feel. Pay attention to their eyes, mouths, hands, posture, and actions.



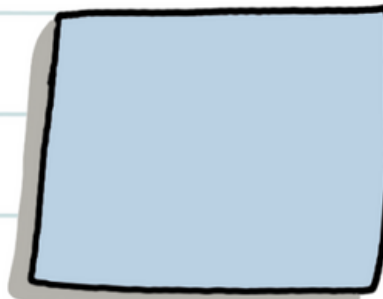
Jin feels scared.
How can you tell?



Isabel feels amused.
How can you tell?



Leo feels bored.
How can you tell?

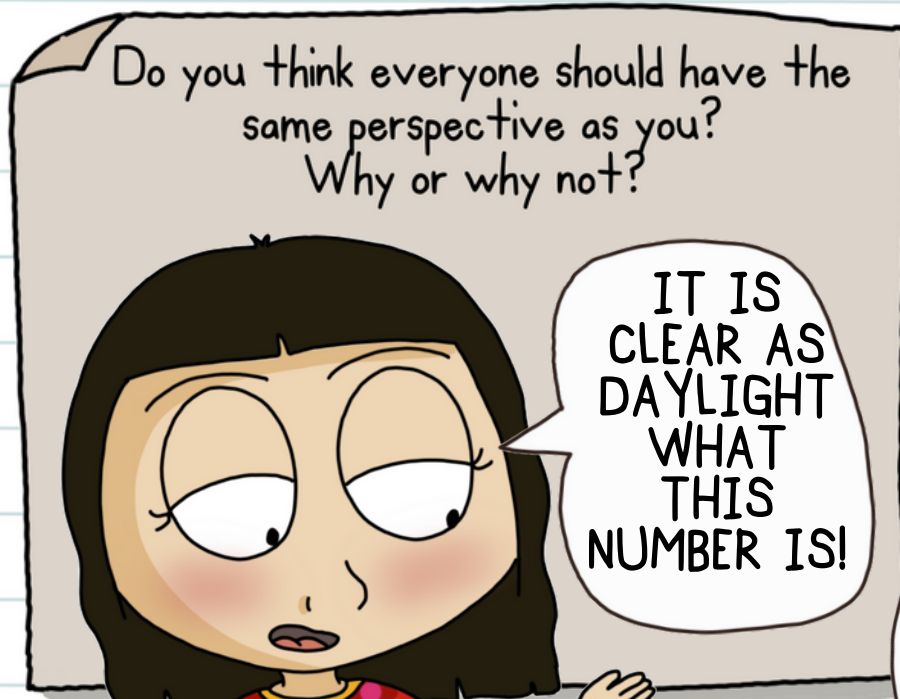
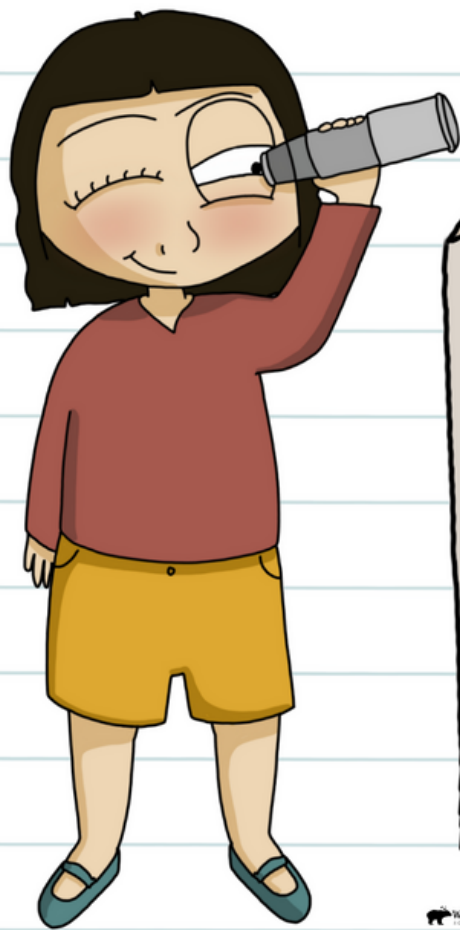


What is your body language right now? Does it match up with how you feel?

Perspective Taking

PERSPECTIVE

If you've ever asked someone for their opinion or asked them, "What do you think about this?", then you have asked them about their perspective. Perspective is how someone understands and sees things.



Do you think everyone should have the same perspective as you?
Why or why not?

IT IS CLEAR AS DAYLIGHT WHAT THIS NUMBER IS!

WELL, I SEE A DIFFERENT NUMBER THAN YOU.



Empathy

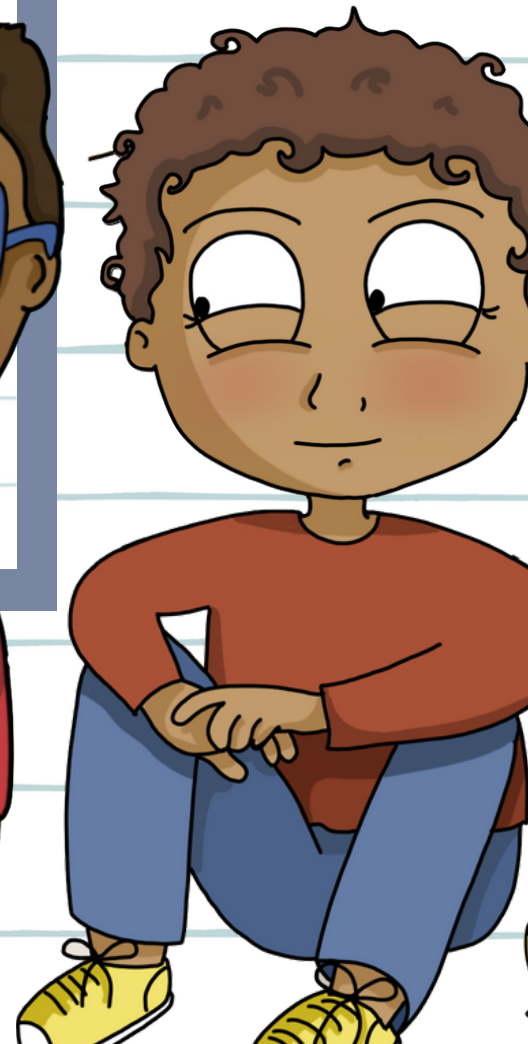
HOW DOES JOSIE FEEL?

Josie has a huge school project due tomorrow. She also has to make dinner and babysit her younger brother because her mom has to work.

How do you think Josie feels?

Have you ever experienced that feeling before? What was that like for you?

How could you show th



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34 UNIQUE DAILY CHECK-INS

HOW DOES MARTIN FEEL?

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

Martin is giving a speech in front of the school. His mind went blank and he can't remember what he wanted to say.

How do you think Martin feels?

Have you ever experienced that feeling before? What was that like for you?

How could you show that you care?

FACIAL EXPRESSIONS

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

Facial expressions can communicate a lot about how someone feels. Based on their facial expressions, can you tell how these kids feel? Drag and drop the feeling words to the matching facial expressions.

How can paying attention to people's facial expressions help you?

SOCIAL CUES ARE FEELING CLUES

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?

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

- LOOKING DOWN
- CRYING/TEARS
- FROWNING
- BODY HUNCHED OVER

EXIBLE THINKING

In any situation, there might be more than one explanation or possibility for what is going on. When you consider other perspectives, you are using flexible thinking.

What are 2 different possibilities for what might be going on?

The person next to you looks angry when you are talking. 1st POSSIBILITY: [] 2nd POSSIBILITY: []

Someone is laughing while looking at you. 1st POSSIBILITY: [] 2nd POSSIBILITY: []

Your classmate is talking to you. 1st POSSIBILITY: [] 2nd POSSIBILITY: []

When have you considered more than one way of looking at a situation?

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 side of the cake, what shape would you see? []

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

IF BODY LANGUAGE COULD TALK

When people feel certain emotions, those feelings can often be seen in a person's 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?

List some other examples of how feelings can be seen in a person's body.

RESPECT

Showing respect towards another person means to treat them with kindness and importance. It also means that you act in a way that shows you care about their feelings, thoughts, beliefs, needs, and rights.

What are 3-5 ways that you show respect to other people?

BODY LANGUAGE CAN SPEAK LOUDER THAN WORDS

Many times a person's nonverbal body language, or social cues, can tell you a lot more about how they feel than words can.

This is Owen. How are you? IM GOOD.

Imagine that you just asked Owen how he feels. Owen says, "I'm good." Would you believe him? Why or why not?