

SEL WORKSHEETS – SELF AWARENESS

CHOICES & CONSEQUENCES

grades 3-5

Quick, Easy, Bite-Size Worksheets

5 worksheets that break the topic up so students learn about one part at a time.



Each worksheet has an intro, a reflection question, and a brief exercise



Ready-to-print PDF or
Fill-in Google Slides

What's Covered



Making smart choices

The impact of our choices

Thinking through our choices

Stop, think, and choose

Reflection

Worksheet Layout

FRONT

BACK

CHOICES & CONSEQUENCES

Every day you make lots of choices. Some choices have good consequences. Some choices have bad consequences. Those choices are somewhere in between. You can learn about how to make smart choices that are good for you and good for others.

intro to topic

DAY 1

You can make choices that are good for you and others.

Choices

Good choices keep you safe, healthy, and happy. They are not always easy to make though.



Consequences

You can stop and think about the consequences of a choice before you decide.

Stop-Think-Choose

When you have to make a choice, there are some simple steps you can use to make a good choice.

STOP!



Is it tough to make good choices sometimes?

CHOICES CONSEQUENCES

Day 1

What's a choice you made today?



THINK ABOUT IT

personal reflection

LET'S TRY IT!



Draw a line from the choice to the correct choice box.



Good Choice

doing homework first

not studying

canceling plans last minute

visiting your grandmother

helping a friend with homework

buying ice cream with your lunch money

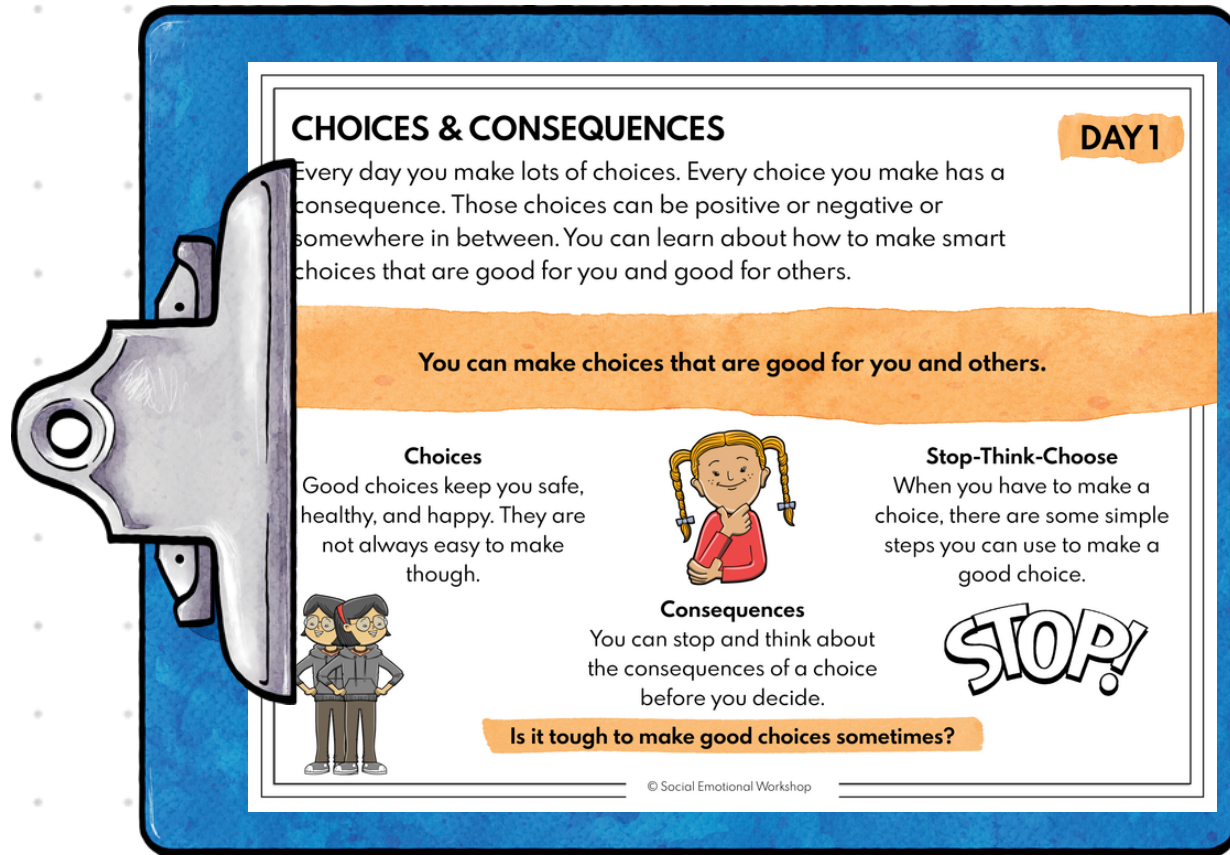
Bad Choice

brief
exercise



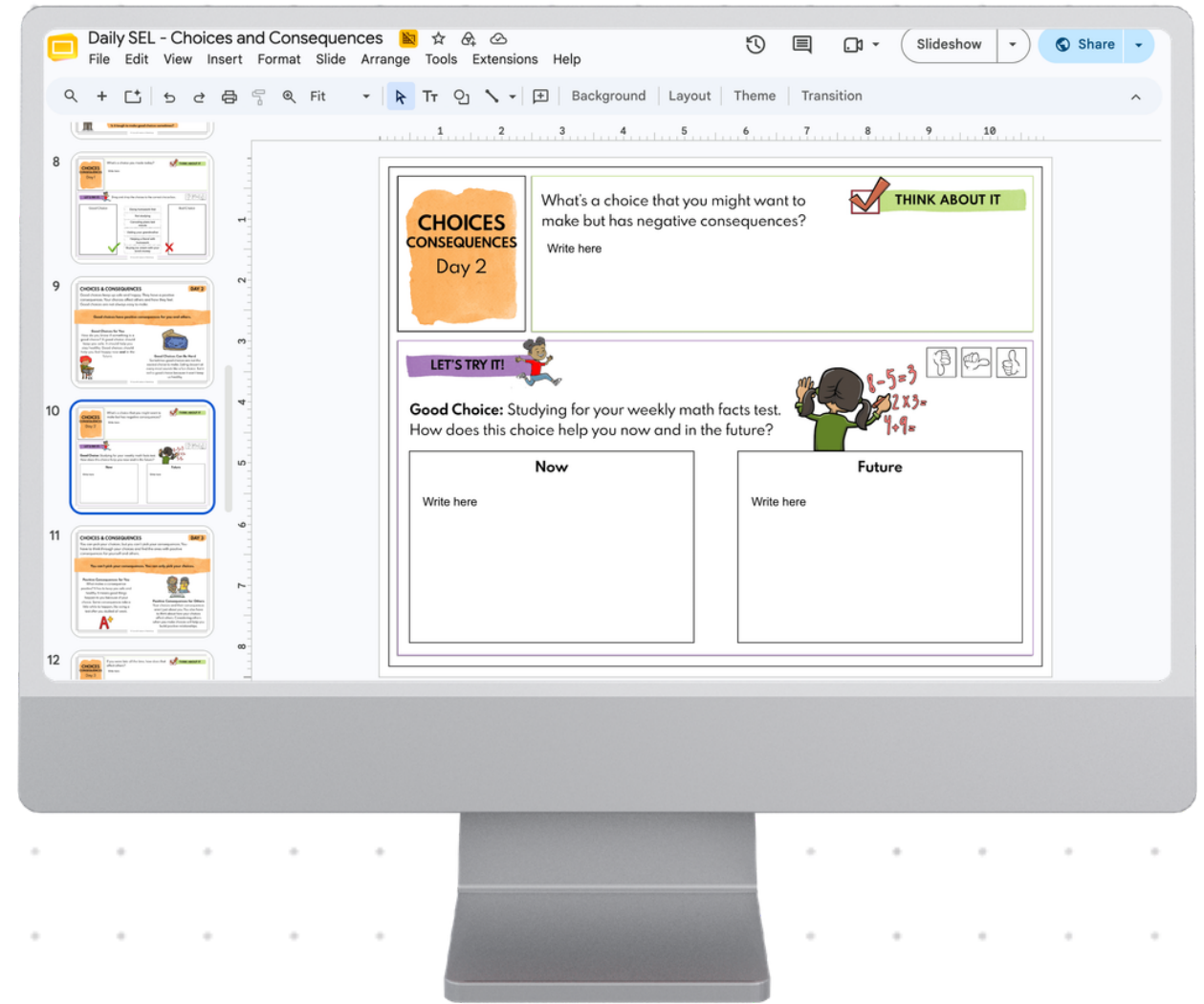
Formats

Print in Color or BW



Fill-In Google Slides

Students can fill in the worksheets.



Details



Grade Level

3rd to 5th



Made For

Classroom and counseling



File Format

PDF

Google Slides



AND

Print and go

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Social Emotional
Workshop 

Hi! I'm Laura

I create research-driven, uncomplicated tools and resources that help students build social and emotional skills in the classroom and counseling.

During ten years as a school psychologist, I wore all the hats - but the one I never took off was supporting my colleagues.

Whether you're a first-year counselor or a seasoned teacher, I want you to have the tools you need to support each student.

Visit [my blog](#) for more ideas and [subscribe](#) for exclusive resources!

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