

SEL WORKSHEETS – SELF AWARENESS

CLASSROOM SKILLS

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



Listening + focusing

Following directions

Respecting others

Sharing + participating

Asking for help

Worksheet Layout

FRONT

BACK

SCHOOL SUCCESS

Successful students listen to others with respect, participate, and ask for help.

intro to topic

DAY 2

Today, we are going to explore **listening, focusing, and following directions**.

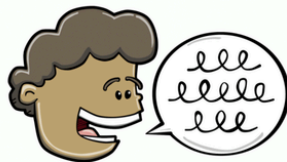
LISTENING

Listening is easier when we look at who is talking and think about what they are saying.



FOLLOWING DIRECTIONS

When your teacher gives directions, listen and ask questions if you don't understand.



FOCUSING YOUR ATTENTION

To stay focused, make sure you ignore distractions and keep your thoughts on the task.

School
Success
Day 1

How can you ask for help in class?



THINK ABOUT IT

personal reflection

LET'S TRY IT!



Circle 3 traits you think help make a student successful in school?

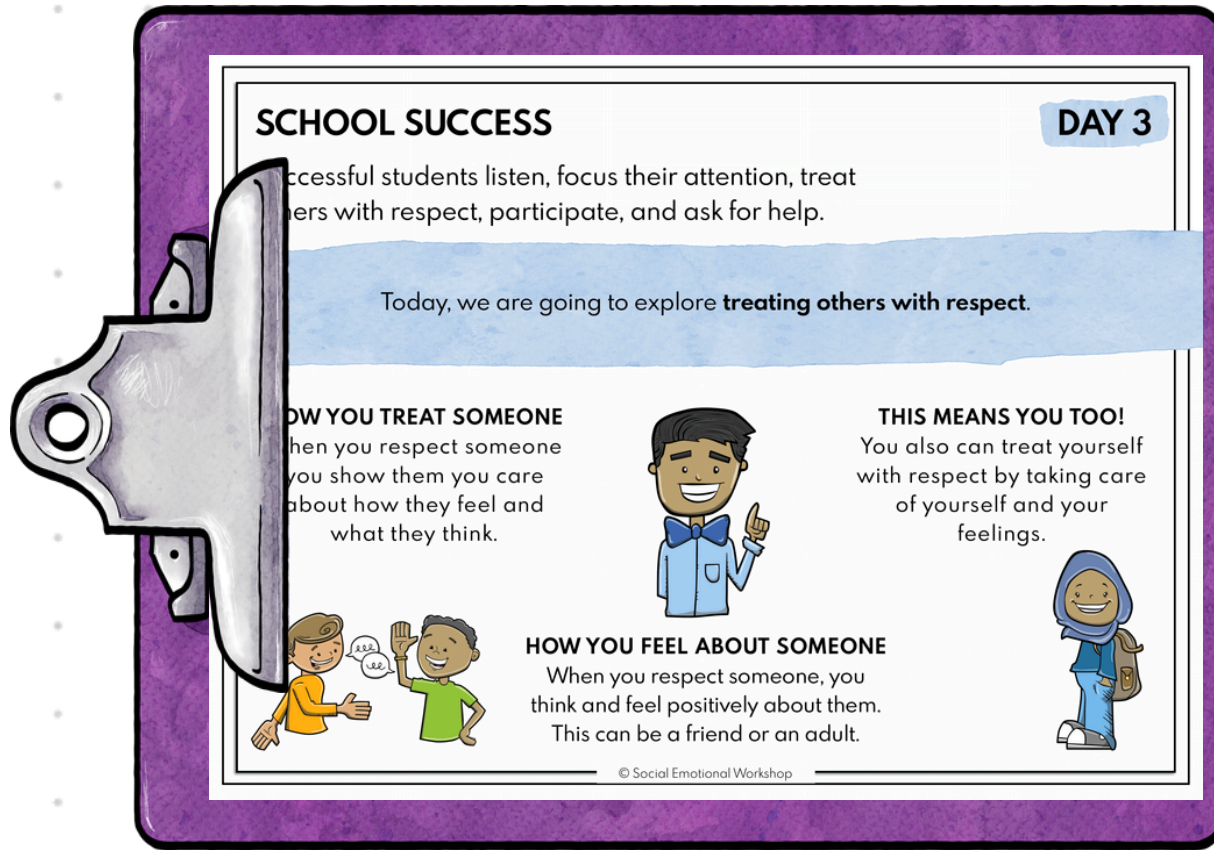
kind	enthusiastic
hardworking	thoughtful
confident	smart
organized	happy
friendly	popular

Write or draw how you could show one of the traits you picked in school.

brief
exercise

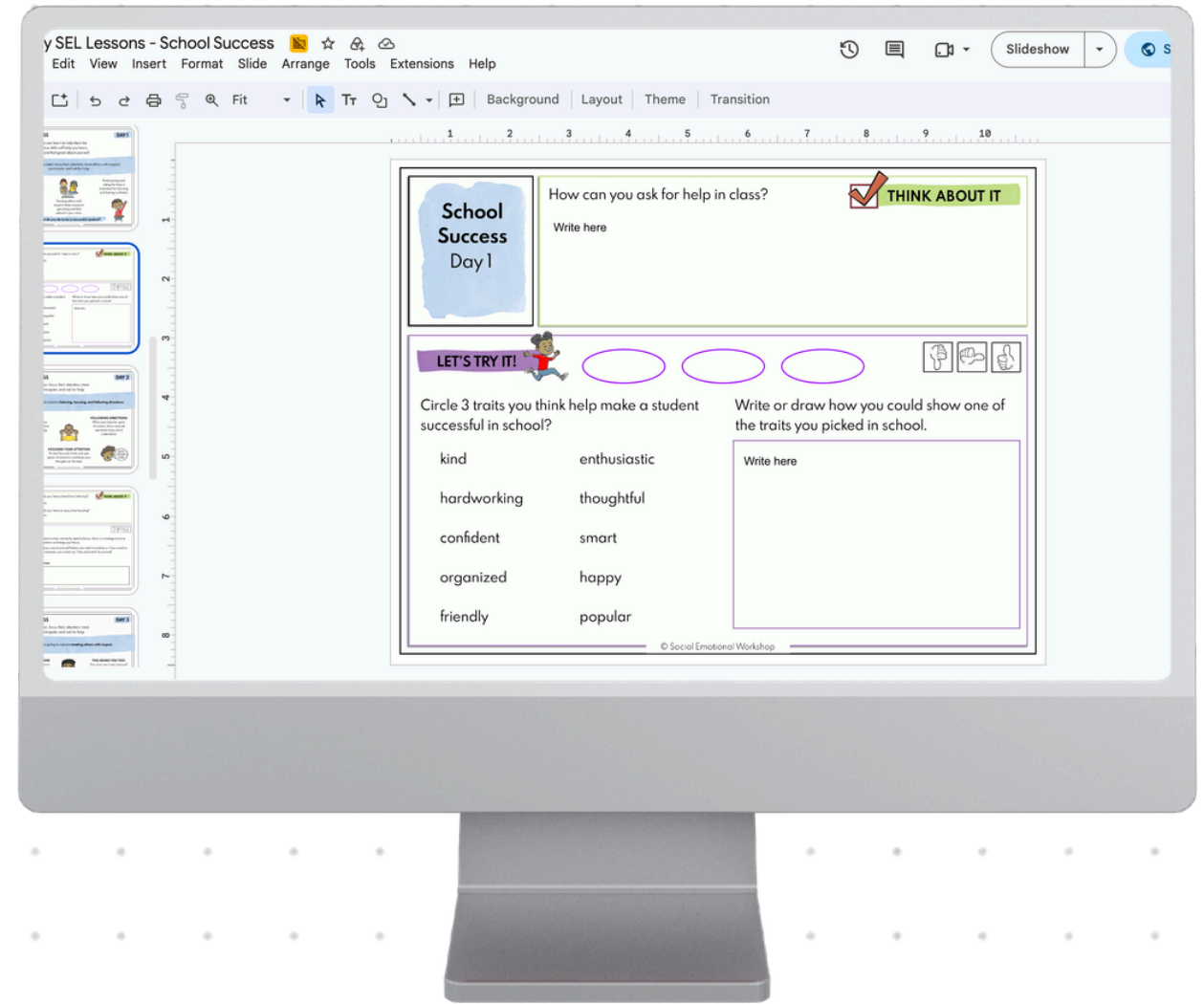
Formats

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

No prep



Printing

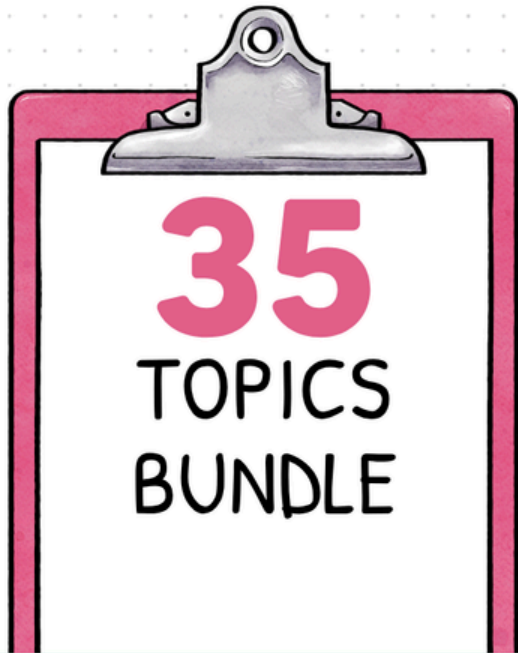
Color and BW

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DAILY SEL SEL WORKSHEETS



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GRADES 3-5

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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