

SEL WORKSHEETS – SELF AWARENESS

all about emotions
FEELINGS

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



All feelings are okay

People have different feelings

Feelings change

Mixed feelings

Reflection

Worksheet Layout

FRONT

BACK

MY FEELINGS

We all have lots of different feelings.
All our feelings are natural.
Even big, uncomfortable feelings like anger or sadness.

intro to topic

DAY 1

We all have
different feelings.

Our **feelings change**
all the time.

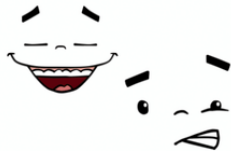
You can feel **more**
than one feeling at
the same time.

Two people can have
different feelings. We
could both be reading
and you could feel
calm while I feel
frustrated.



Feelings change all the
time. You can be
disappointed in the
morning and feel happy in
the afternoon.

You can feel more than
one feeling at the time,
like feeling sad and
angry when someone
leaves you out.



What do you know about feelings?

MY FEELINGS Day 1

How are you feeling right now?



THINK ABOUT IT

personal reflection

LET'S TRY IT!



Circle the feelings you had this week.



calm



tired



annoyed



angry



worried



curious



calm



happy



sad



bored



confused



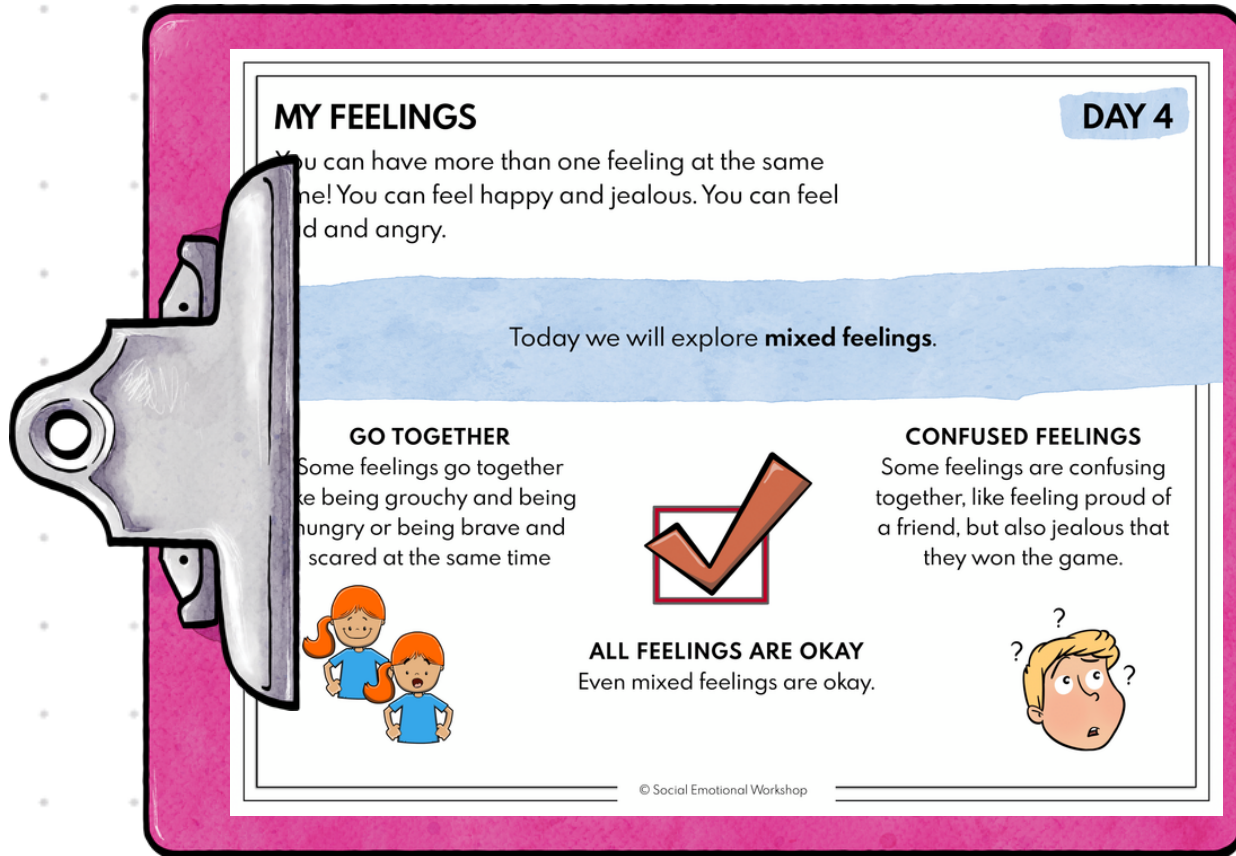
shy

Write about or draw when you felt one of
the feelings this week.

brief
exercise

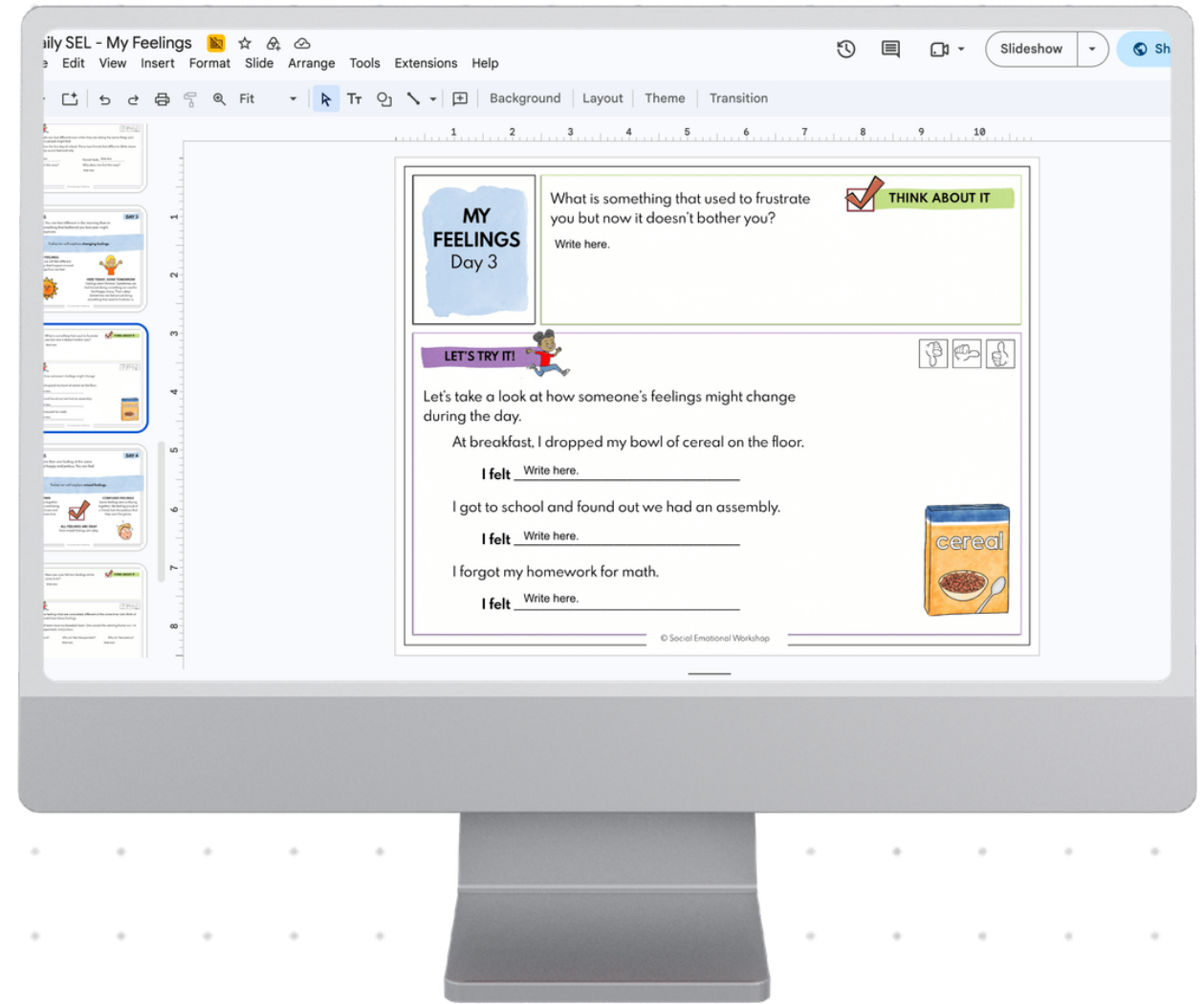
Formats

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

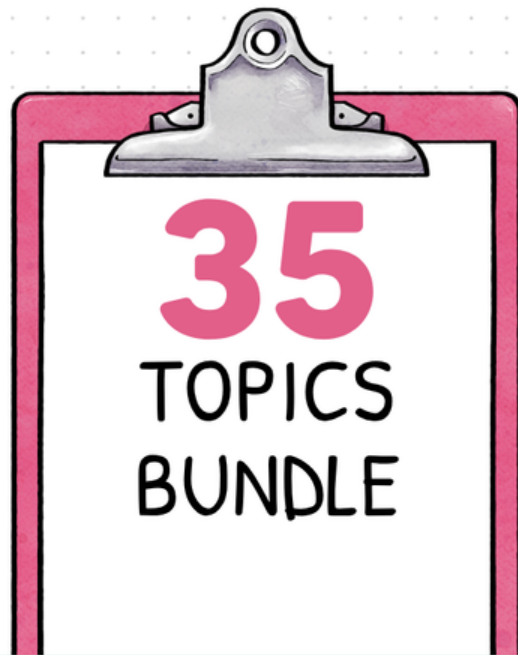


Printing

Color and BW

Buy the Bundle & save

DAILY SEL SEL WORKSHEETS



NO PREP
PRINTABLES
FILL-IN
GOOGLE SLIDES

Social Emotional
Workshop 

GRADES 3-5

Get all 35 topics
and save 30%

See the bundle

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!

contact: support@socialemotionalworkshop.com



connect



shop

