

SEL WORKSHEETS – SELF AWARENESS

finding and giving help
HELPERS

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 about helpers

Knowing when you need help

Asking for help

Being a helper

Reflection

Worksheet Layout

FRONT

BACK

HELPERS

We can also help others.
groceries or help our fam

intro to topic

DAY 4

Being a helper is something anyone can do.

HELPING AT HOME

You can be a helper in your own home. You can help your parent with a project like a garden.



HELPING AT SCHOOL

You can be a helper at school. You can work with a younger student or see if you can help your teacher.

HELPING IN OUR COMMUNITY

You can be a helper in your community. You can help a neighbor or volunteer to clean up litter.



HELPERS Day 4

How can you help a friend at school?



THINK ABOUT IT

personal reflection

LET'S TRY IT!



We can all be helpers. Circle one way you want to help others at home, in school, or in your community.

Help your younger sibling with homework.

Volunteer to clean up litter.

Teach a younger student something.

Help with a house project.

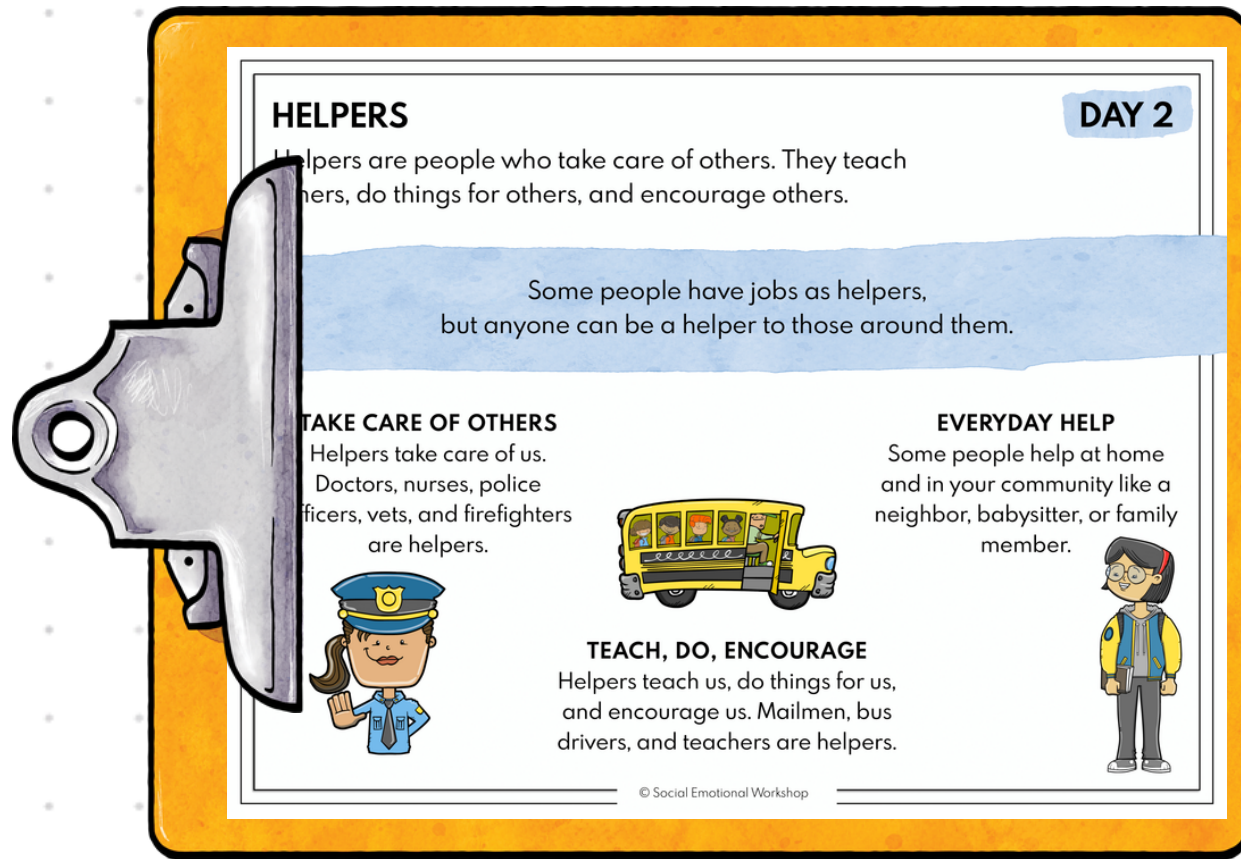
Help your teacher at after school.

Help

brief
exercise

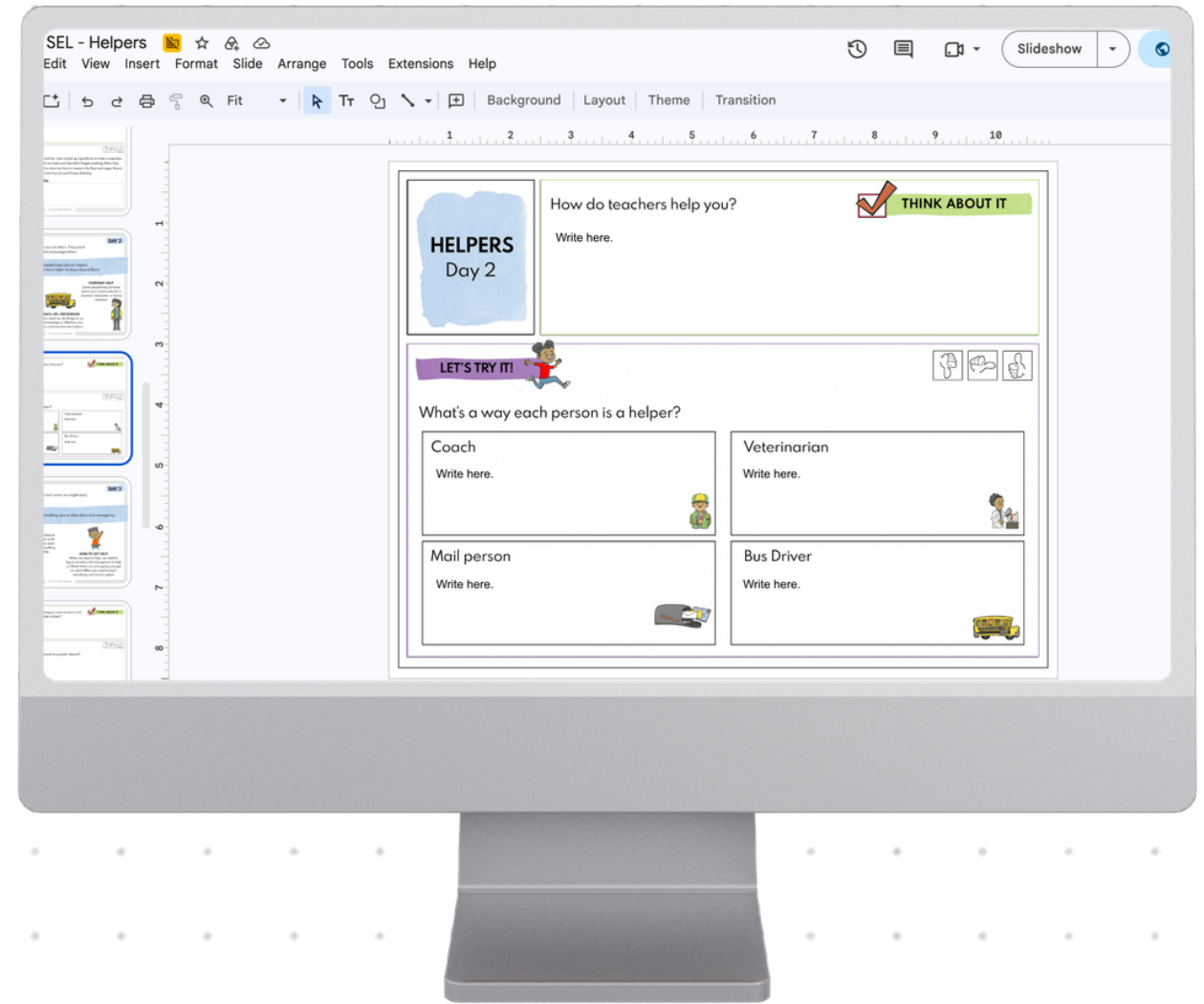
Formats

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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GRADES 3-5

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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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