

SEL WORKSHEETS - SELF MANAGEMENT

Using Regulation

STRATEGIES

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
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What's Covered

Using strategies to handle big feelings

Distraction strategies

Movement strategies

Calming strategies

Reflection

USING
STRATEGIES
Day 2

What's a memory you have that makes you feel calm or happy?



THINK ABOUT IT

LET'S TRY IT!



When you have big feelings, it can be helpful to take a few moments away from what is bothering you. Sometimes a good joke can make you laugh and bring you back to calm.

What do you call a dinosaur who snores?

A dino-snore!

What is a witch's favorite subject in school?

Spelling!

Do you know another joke?



Each Worksheet

FRONT

BACK

USING STRATEGIES

Calming strategies help you
down your body and you

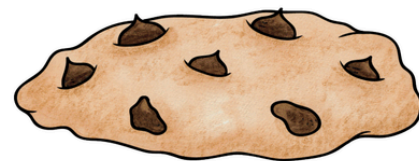
intro to topic

DAY 4

Let's explore some calming strategies.

NAME THE RAINBOW

Sometimes it helps to be aware of what's happening around you. Look around. Name 5 things that are red, 4 things that are green, 3 things that are blue, 2 things that are yellow, and 1 thing that is purple.



COOKIE BREATHS

Picture that you just baked some chocolate chip cookies. Take a deep breath in and smell the cookies. Hold the chocolatey smell for 3, 2, 1.

Slowly breathe out.
Let's repeat that again.

USING STRATEGIES

Day 4

What do you do to calm your body and brain?



THINK ABOUT IT

personal reflection

LET'S TRY IT!



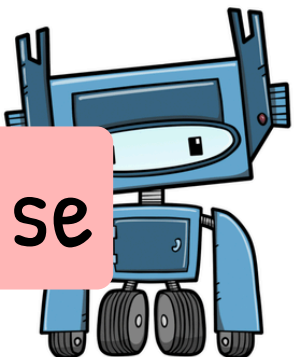
ROBOT AND RAGDOLL

Stand up straight and tall like a robot. Make all the muscles in your body tight, from your head to your toes. Keep your body tight like a robot for 5 seconds.

Make all the muscles in your body go loose and floppy like a rag doll. Keep your body loose and floppy like a rag doll for 5 seconds.

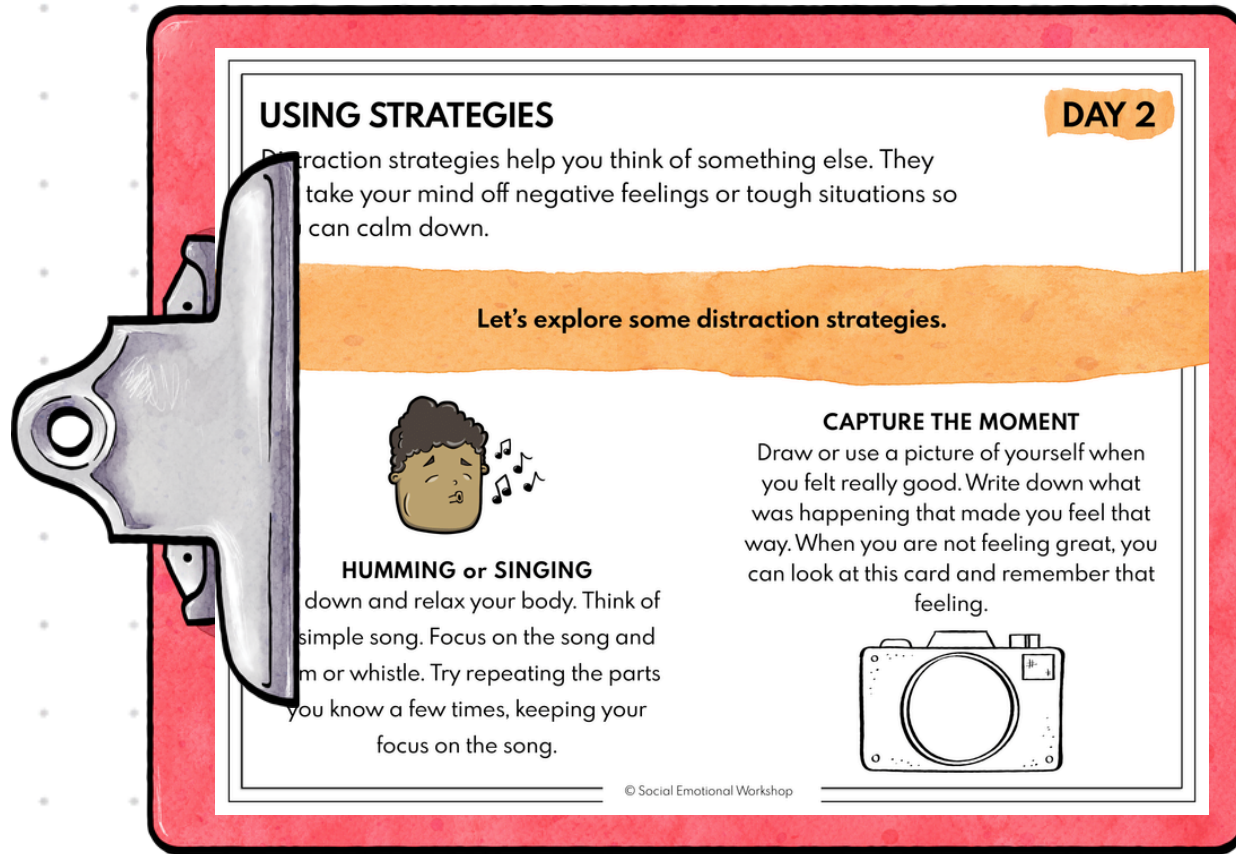
Go between the robot and the rag doll. You have the power to make your body relax!

brief exercise

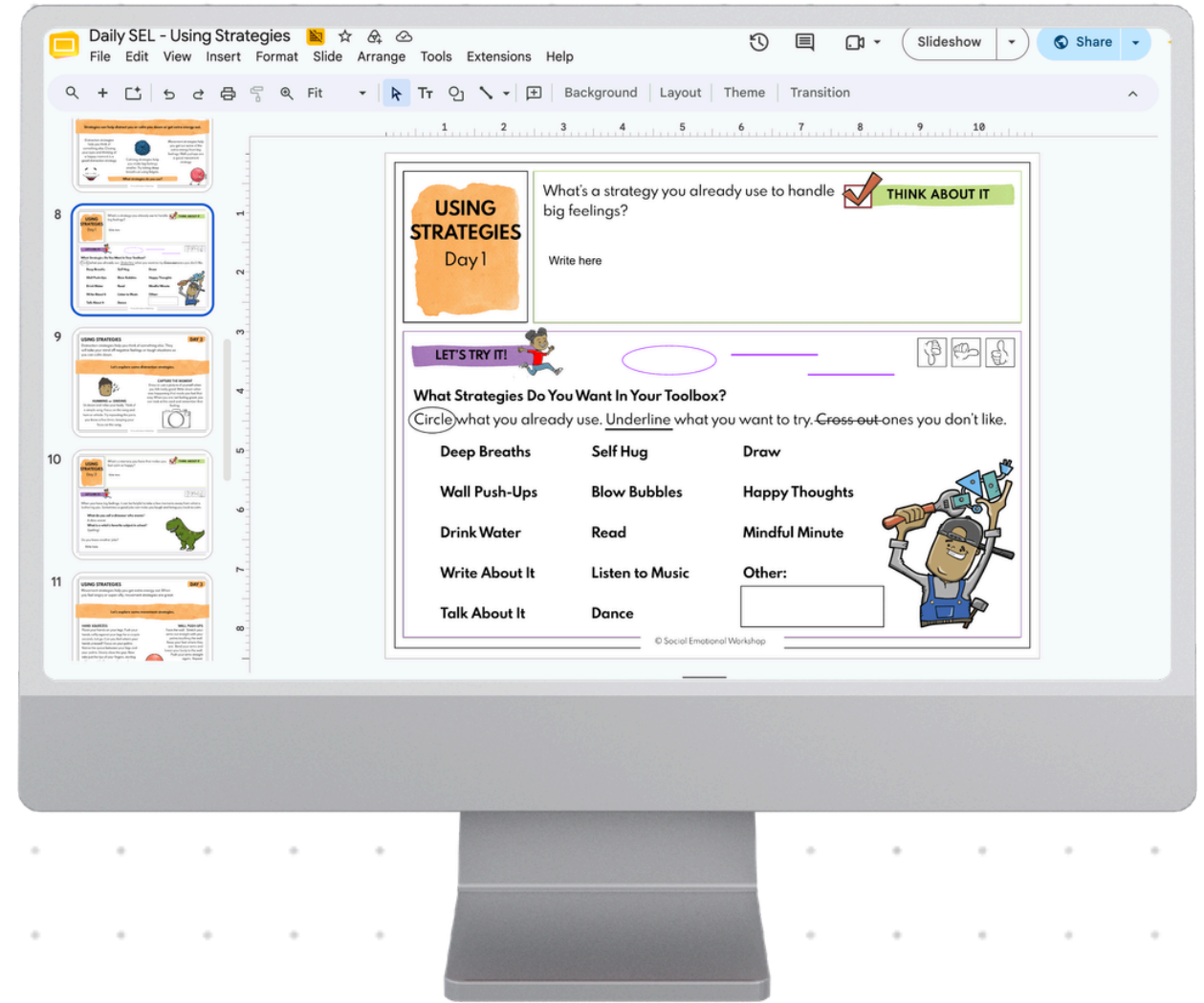


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Social Emotional
Workshop 

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!

contact: support@socialemotionalworkshop.com



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