

SEL WORKSHEETS – SELF AWARENESS

understanding & managing **WORRY**

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



What worries look like and feel like

How to tell when someone is worried

What you worry about

Ways to handle worries

Reflection

Worksheet Layout

FRONT

BACK

WORRY

Everyone has worries. Everyone has worries. Worries can be take over.

intro to topic

DAY 1

We can learn about our worries. What they look like, feel like, and when they happen. When we know our worries, we can be in charge of them.

When we worry our bodies can get tense. Our stomachs may hurt or our breath might get quick. What does it look like when you get worried?



Worries happens for lots of reasons. You might worry what will happen or what someone will think.

What makes you worry?

When we know about our worries, we can be in charge of them. We can learn ways to manage them and keep them small.



WORRY Day 2

How can someone tell when you are worried?



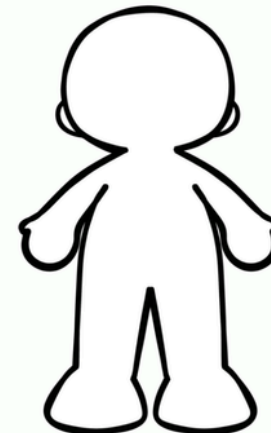
THINK ABOUT IT

personal reflection

LET'S TRY IT!



Worries show up in our body, face, and voice. Circle which ones happen when you worry.



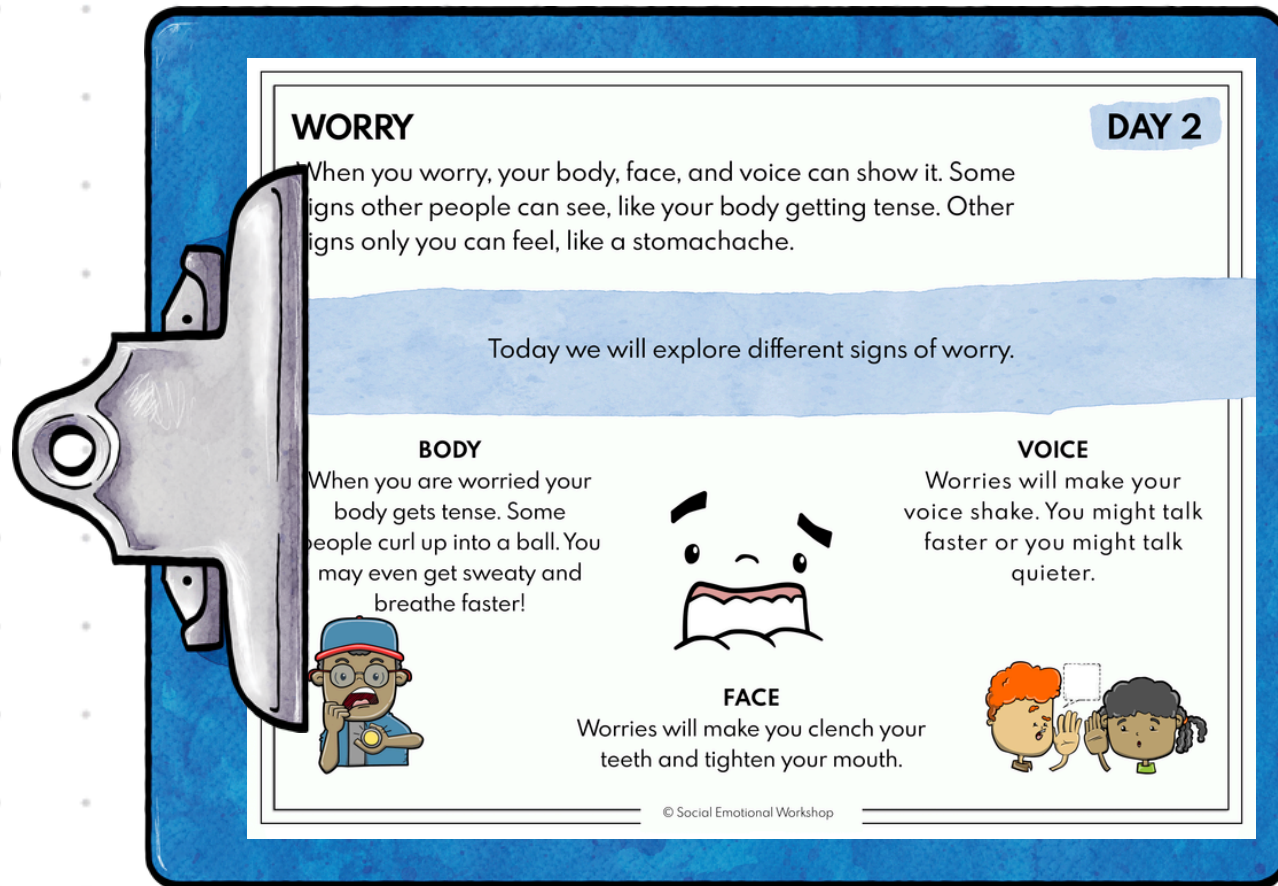
sweaty	clenched teeth	fast breathing	bite lip
shaky voice	stomach ache		curl up
tense body	talk fast		

Other?

brief
exercise

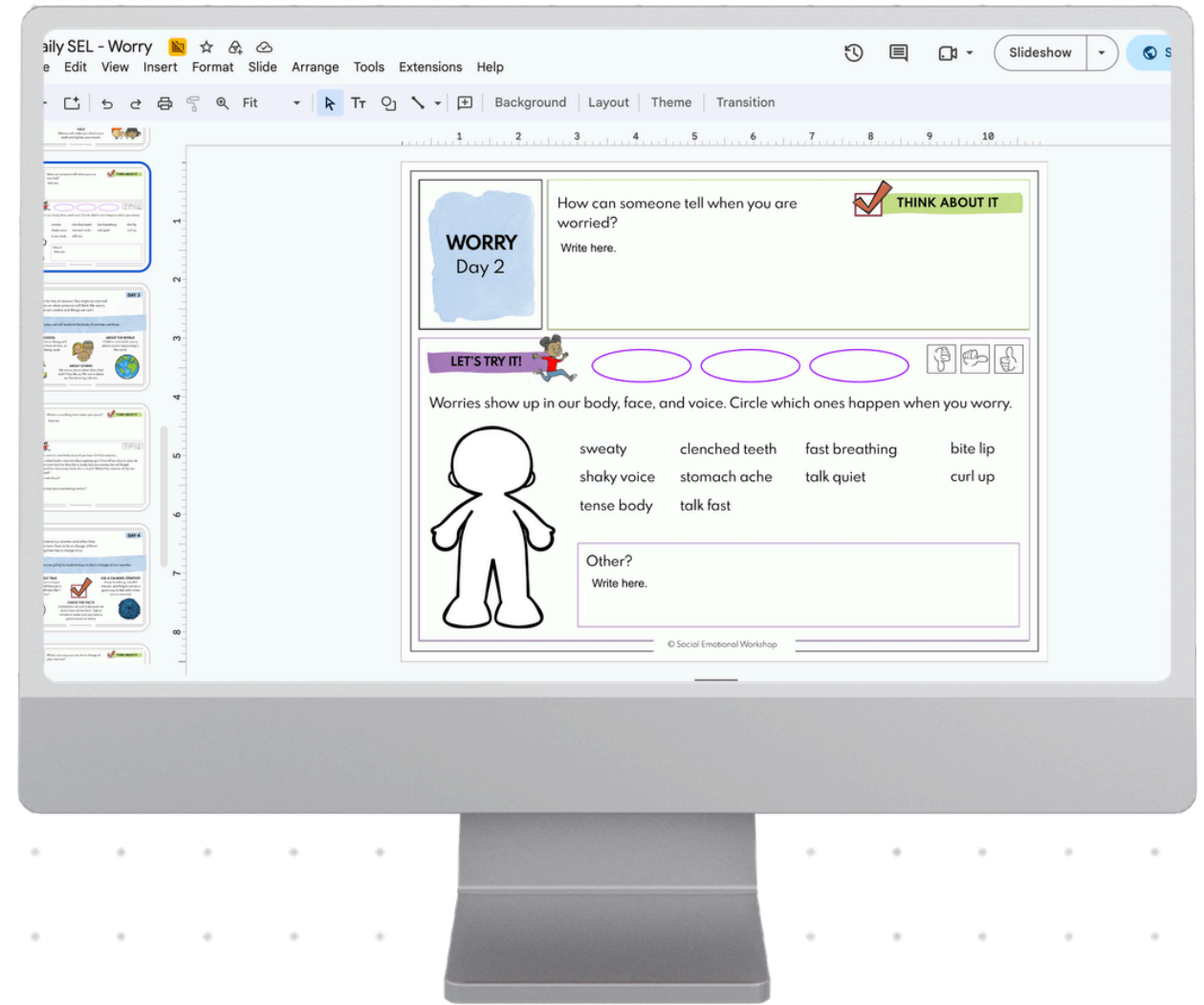
Formats

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

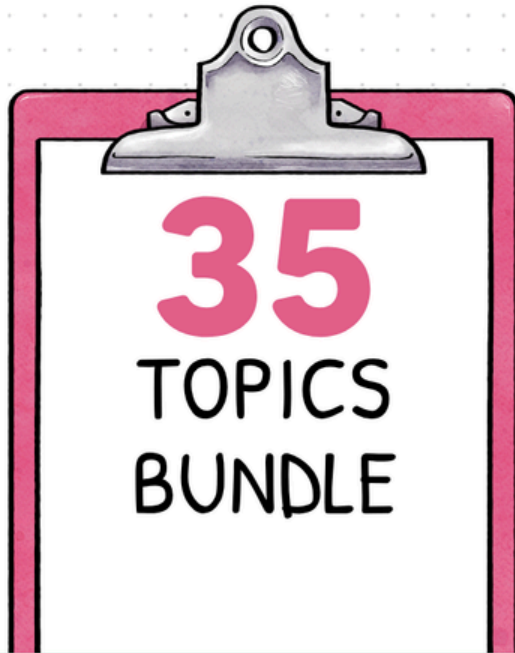
Color and BW

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DAILY SEL SEL WORKSHEETS



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GRADES 3-5

Social Emotional
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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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