

SEL WORKSHEETS - RELATIONSHIPS

how to effectively
COMMUNICATE

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

Good communication

Communication styles

Speaking up and disagreeing respectfully

When to share your opinion

Reflections

COMMUNICATION

DAY 5

Communication is an important part of our relationships. In relationships, it is important to share what you think and feel. There are ways to communicate that are honest and respectful.

Are you ready to use good communication skills?

TIPS FOR COMMUNICATION



When you think about the person you are talking to, it helps you know if you should say something or keep it to yourself.

Sometimes it can be hard to stand up for yourself. Practice saying an "I need" statement to yourself before you say it out loud.

Passive communication can sometimes seem like you are being kind. Try to communicate more assertively by being honest and respectful.

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Each Worksheet

FRONT

BACK

COMMUNICATION

There are three ways people communicate with each other: passive, aggressive, and assertive. We use these three ways at different times.

intro to topic

DAY 2

Assertive communication is usually best.

When you communicate **passively**, you may say you agree with someone when you don't. You let other people make the decisions even when you don't want them to.



When you communicate **assertively**, you are honest, kind and constructive. You try to be honest without hurting someone's feelings.

When you communicate **aggressively**, you might hurt others, argue, or put someone down. You say something without thinking about others' feelings.



COMMUNICATION

Day 2

Describe when you have used more passive communication. Why?



THINK ABOUT IT

personal reflection

LET'S TRY IT!



Write how to respond to Miriam using passive, aggressive, and assertive communication.

Situation: Miriam took some of your snack without asking. How do you respond?

Passive

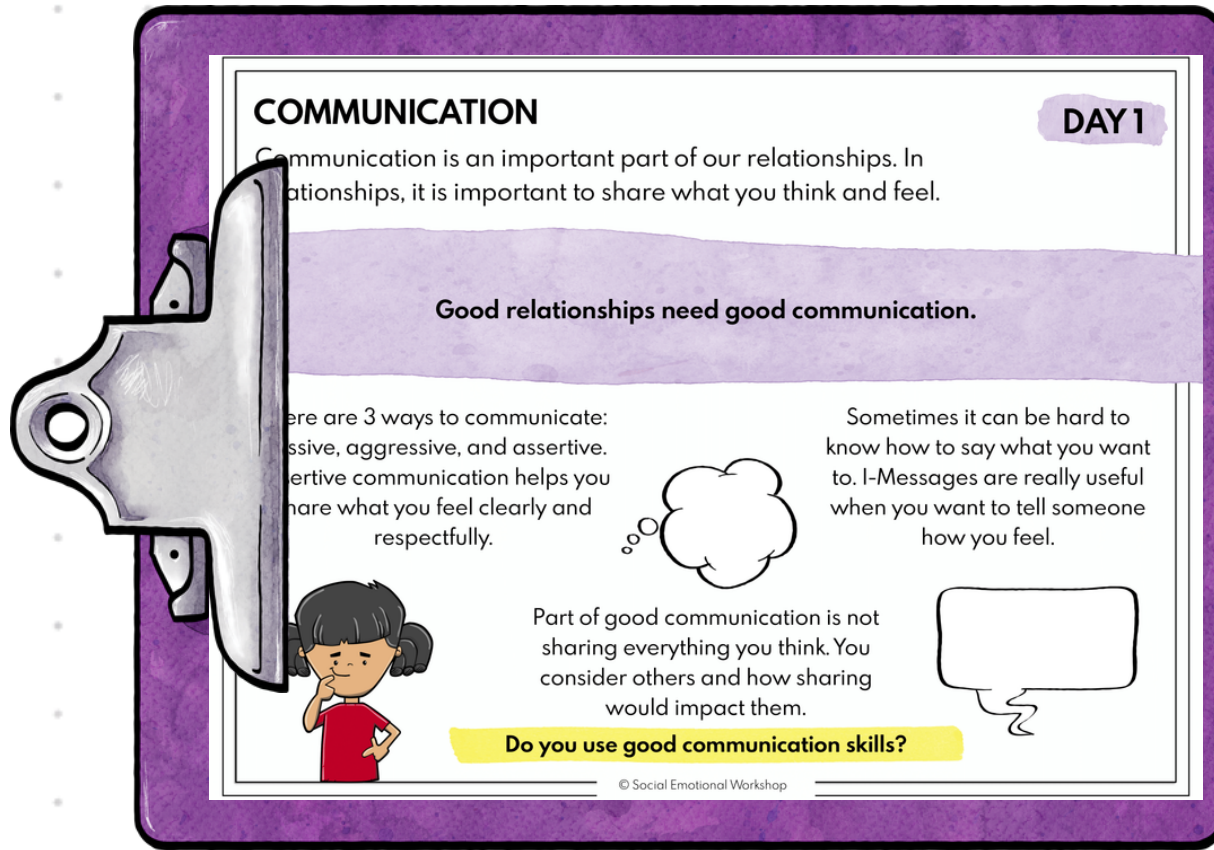
Aggressive

Assertive

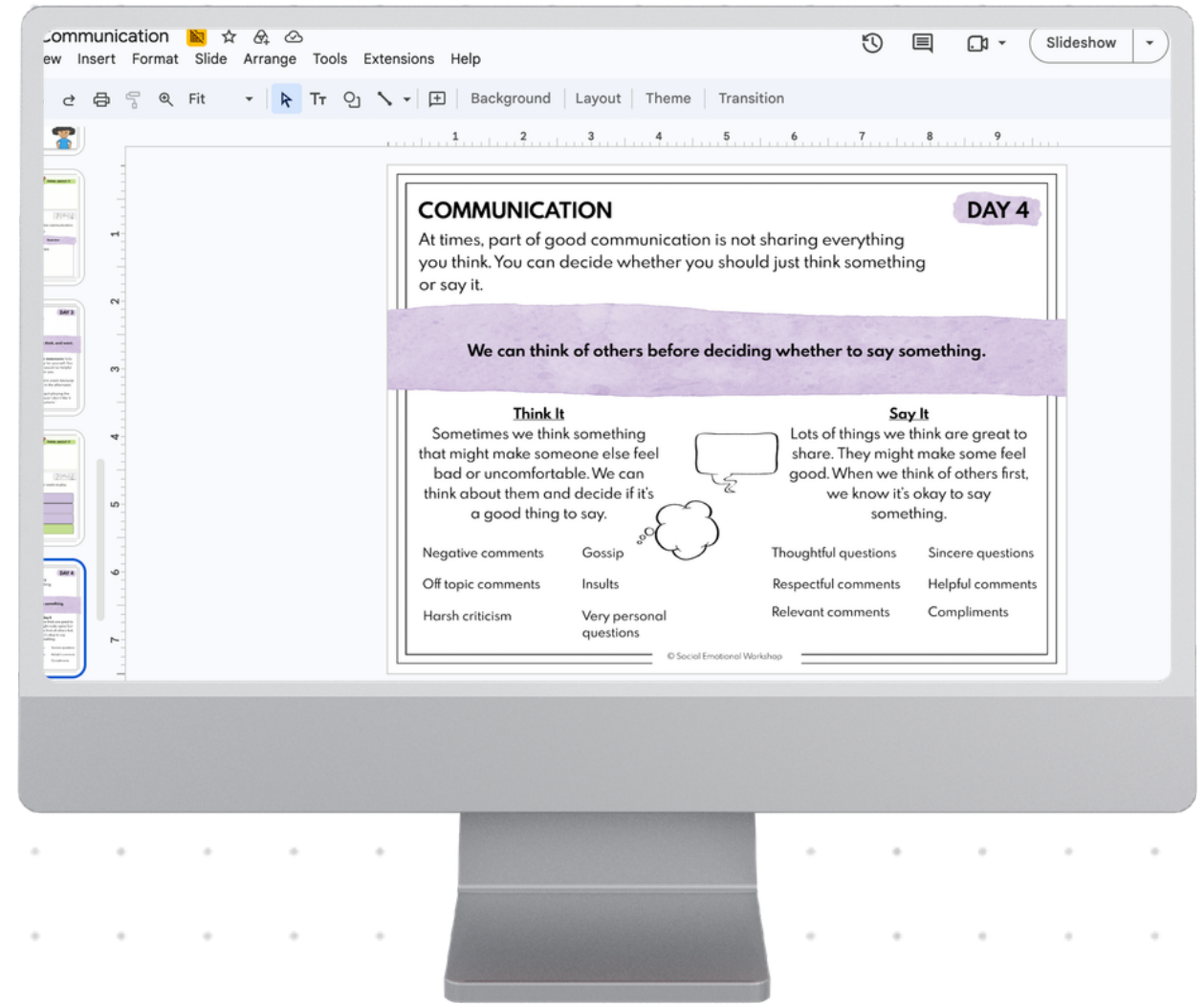
brief
exercise

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Details



Grade Level

3rd to 5th



Made For

Classroom and counseling



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AND

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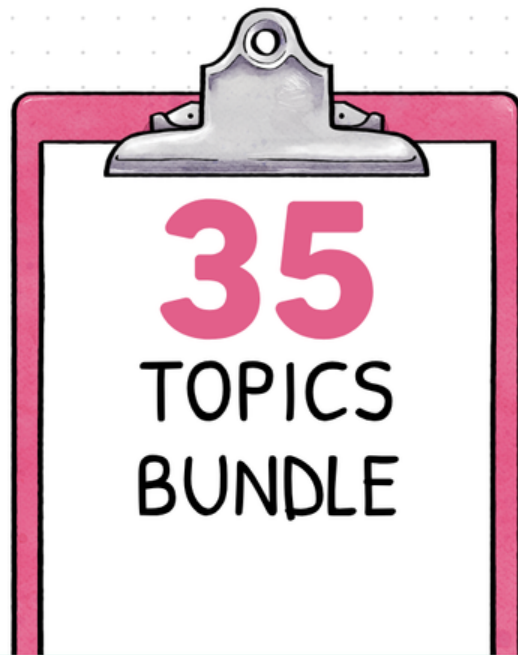


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Social Emotional
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Hi! I'm Laura

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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