

SEL WORKSHEETS – SOCIAL AWARENESS

understanding others

EMPATHY

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



About empathy

Perspective taking

Understanding another's feelings

Ways to be empathetic

Reflection

Each Worksheet

FRONT

BACK

EMPATHY

You can tell how someone is feeling by how you feel. To figure out how someone is feeling, you search for clues. Pretend you are a feelings detective. What clues does their face, body and voice give?

intro to topic

DAY 2

When someone has strong feelings, you can see and hear it.

When we are happy, we might laugh and smile. Our bodies stay relaxed.



When we are sad, our bodies slump. Our voice gets quiet. We might frown or cry.



Sometimes we hide how we feel. Maybe someone is disappointed with losing, but tries to smile and act happy. You can always ask someone how they are feeling if you can't tell.



Empathy

Day 2

What clues can you see that tell you that someone is feeling excited?



THINK ABOUT IT

personal reflection

LET'S TRY IT!



Picture this, we are in line for a super topsy-turvy roller coaster. I'm so nervous that I'm shaking. You are filled with excitement, smiling ear to ear. We are doing the same thing but feel different. What are different ways that people might feel in the same situations?

1. We are playing kickball in gym today.

I would feel _____. Someone else might feel _____.

2. Your friend came in first in the race.

I would feel _____. Someone else might feel _____.

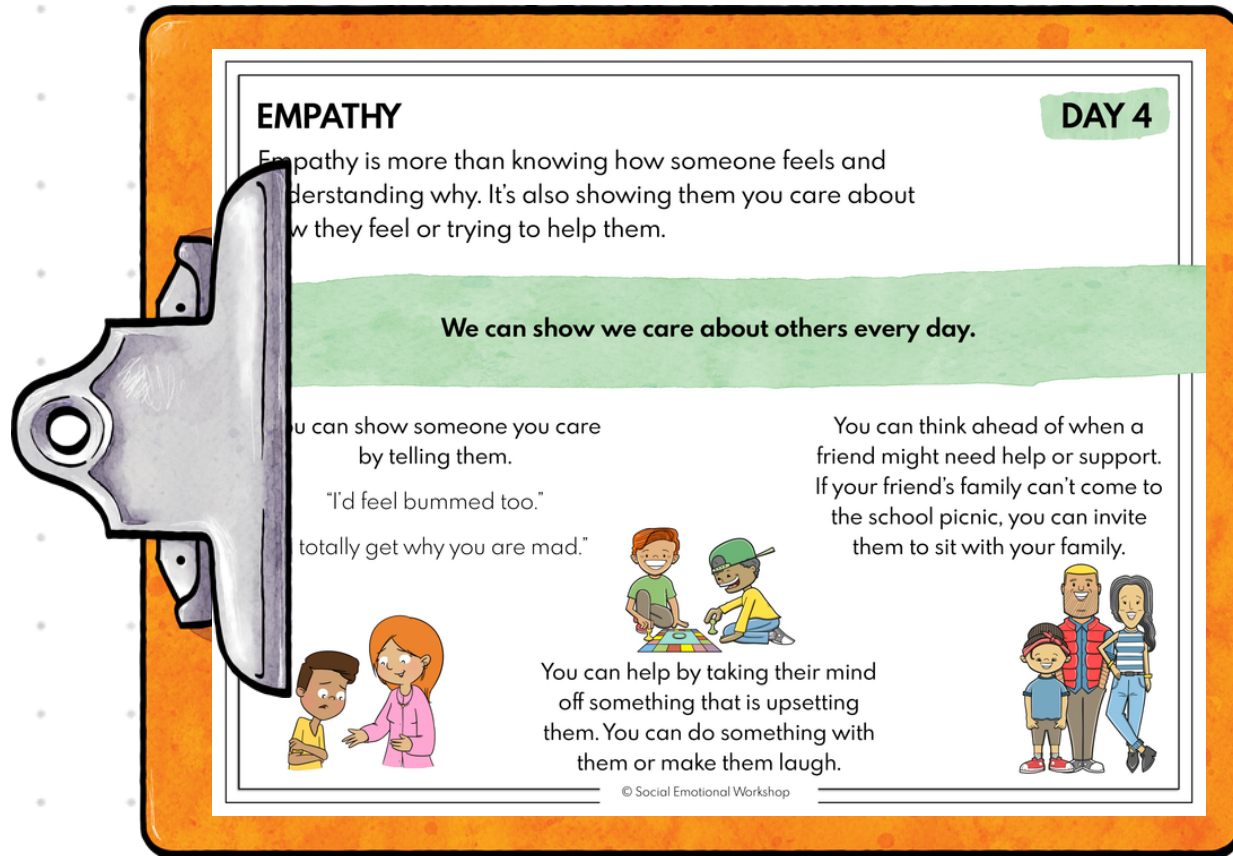
3. You are starting at a new school.

I would feel _____. Someone else might feel _____.

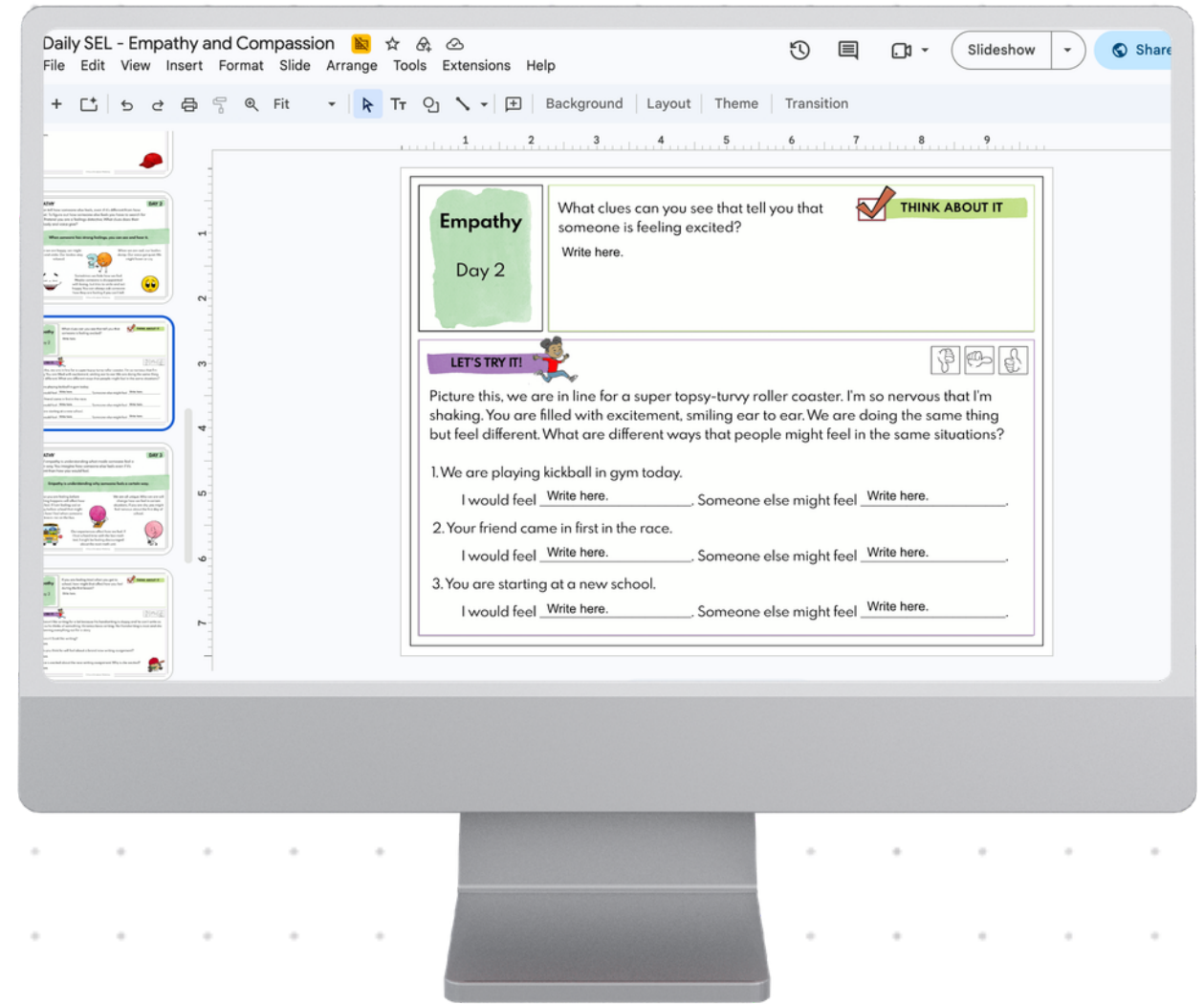
brief
exercise

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Details



Grade Level

3rd to 5th



Made For

Classroom and counseling



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AND

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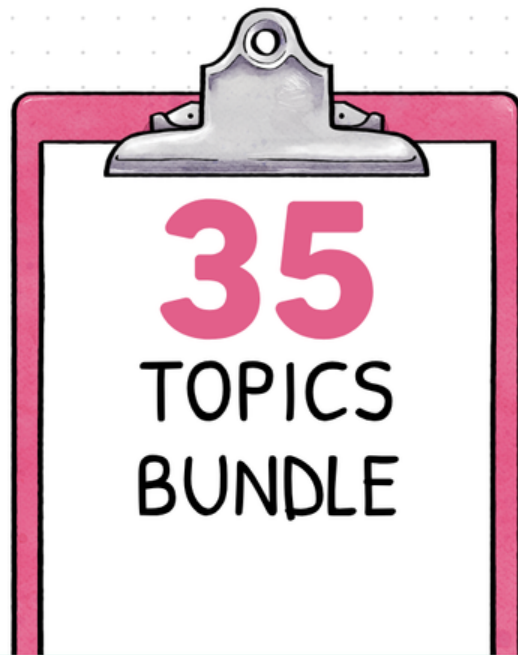


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Social Emotional
Workshop 

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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