

SEL WORKSHEETS - SELF MANAGEMENT

picking and setting
GOALS

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 goals are
- Picking meaningful goals
- Breaking goals down
- Writing clear goals
- Reflection

Each Worksheet

FRONT

BACK

GOALS

Goals can sometimes feel overwhelming. Break them down into mini-goals. Then you can see when you meet each mini-goal.

intro to topic

DAY 3

Mini goals are the benchmarks on the way to your big goal.

Break It Down

It's hard to stick with a goal when you feel like you aren't making any progress. Mini-goals help you see each small step forward.

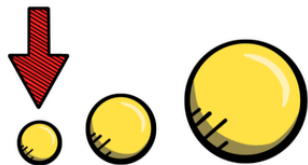


1% better

Sometimes it is hard to work on your goals when they seem so big or hard to achieve. Try focusing on just getting 1% better every day.

Celebrate

As you achieve each mini-goal, celebrate! Give yourself a small treat for your progress on your way to your big goal.



GOALS

Day 3

What's a way you can celebrate achieving your first mini-goal?



THINK ABOUT IT

personal reflection

LET'S TRY IT!



Kyle wants to be able to do 10 pull-ups. Right now he can only do one. Break down his goal into three smaller mini-goals.

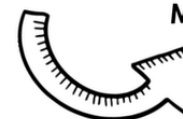
Start: 1 Pull-Up

Mini-Goal #1

Mini-Goal #2

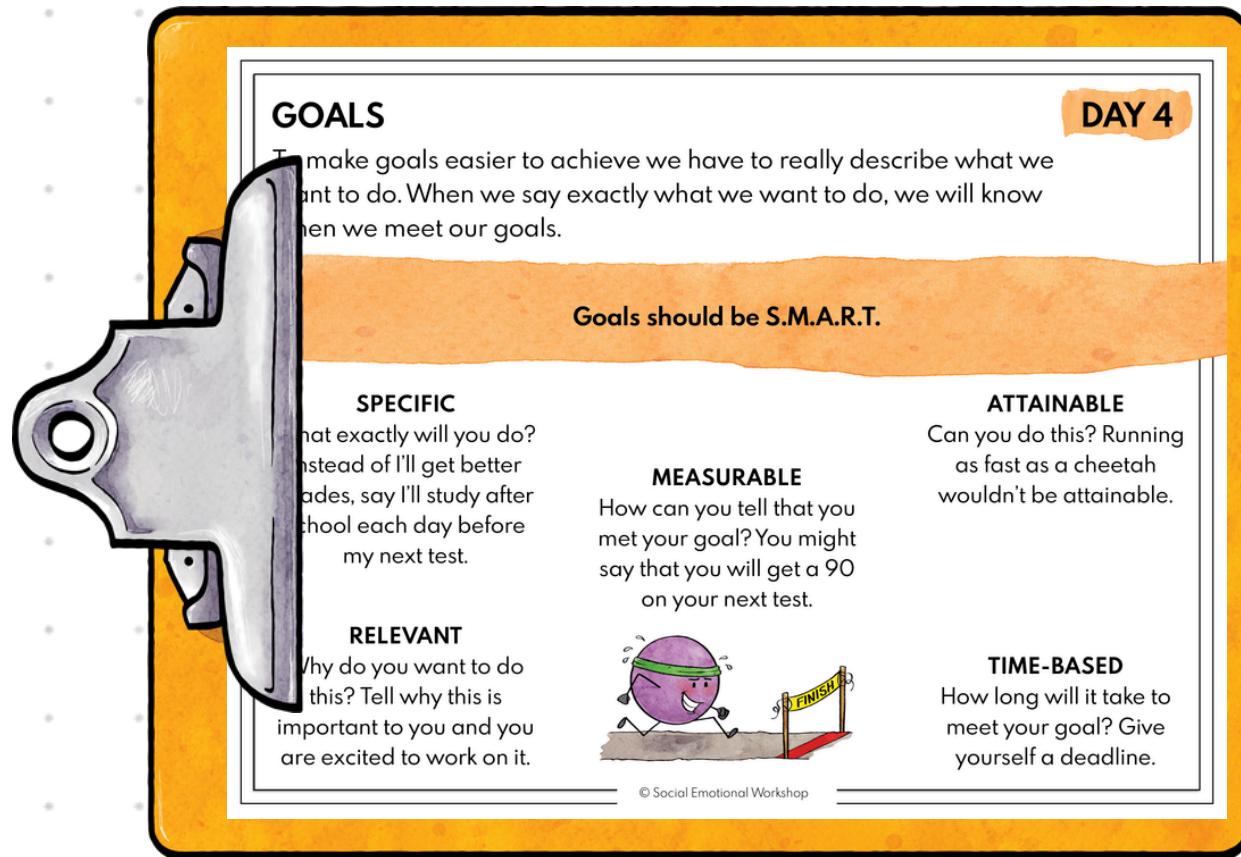
Finish: 10 Pull-Ups

brief exercise

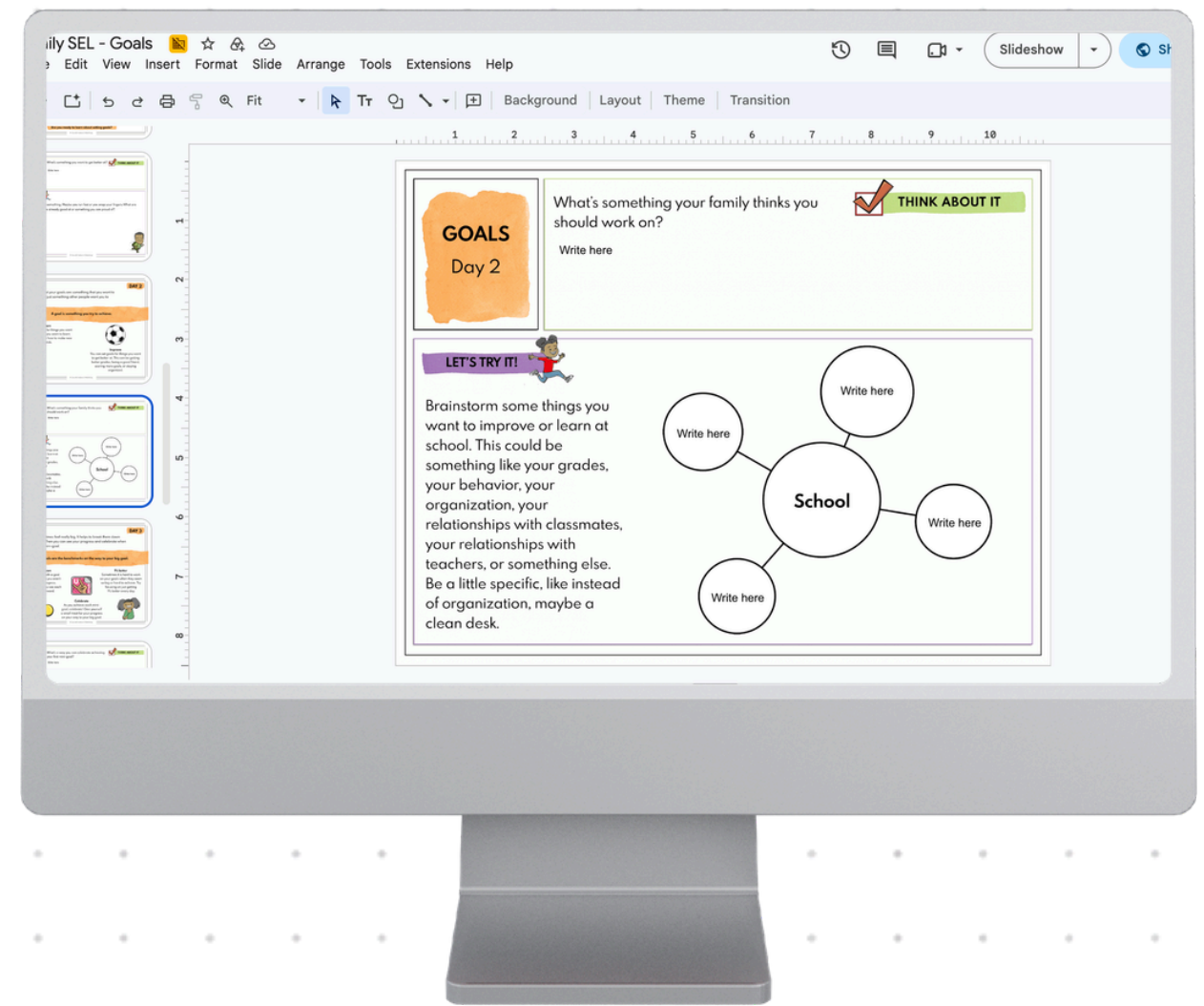


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Details



Grade Level

3rd to 5th



Made For

Classroom and counseling



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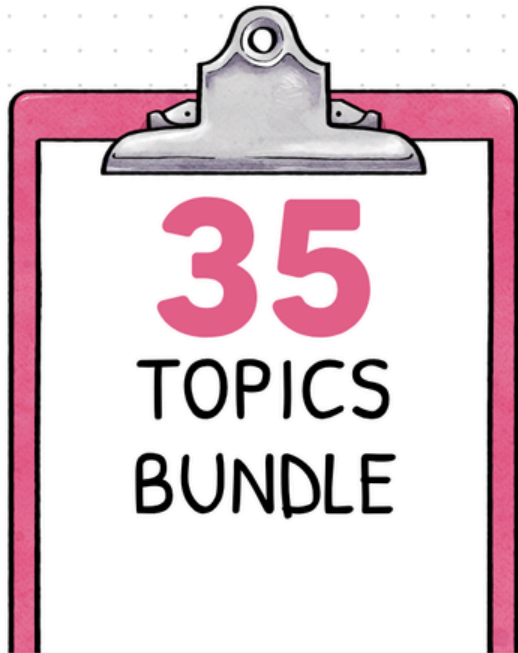


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Social Emotional
Workshop 

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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