

SEL WORKSHEETS - SELF MANAGEMENT

**HANDLING
EVERYDAY PROBLEMS**

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



Handling common problems

When you make mistakes

When you lose a game

When you are left out

Reflection

Each Worksheet

FRONT

BACK

EVERY DAY PROBLEM

When you play a game, it doesn't feel good, but it's a good sport so others want to play with you.

intro to topic

DAY 3

You can handle losing a game.

WIN AND LOSE

Losing is part of playing a game. Before you start, remind yourself that you might win or you might lose. The fun part is playing the game.



PLAYING WITH OTHERS

When you play games with other people, it's important to be a good sport. It's not fun for anyone when someone pouts or gets angry.



WHAT TO SAY

When you lose a game, part of being a good sport is knowing what to say. You can say, "Good game!" or "We'll get you next time!"



EVERY DAY PROBLEMS

Day 3

What's something someone does when they lose?  **THINK ABOUT IT**

personal reflection

LET'S TRY IT!



What are some good things to say when you lose? Circle three "good sport" things you could say the next time you lose.

Nice game!

Ugh, I'm not playing ever again.

We'll get you next time!

I can't wait to play again.

Can we play again tomorrow?

Congratulations!

You cheated!

I hate playing with you. You win.

No fair!

Oh man! Well, I'll try harder next time.

brief exercise

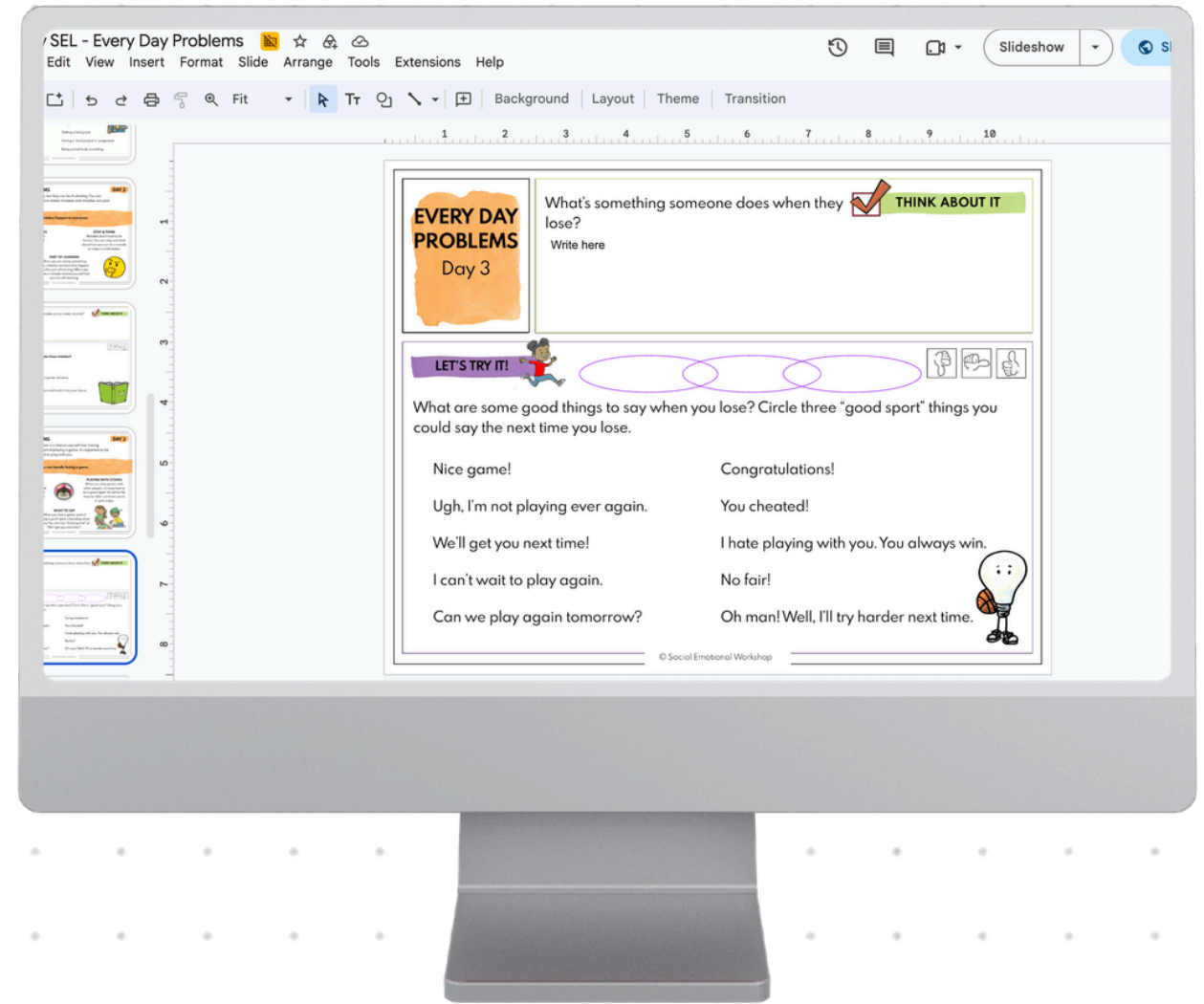


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3rd to 5th



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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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