

**SEL WORKSHEETS - SELF MANAGEMENT**

# **MANAGING FEELINGS**

**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

Managing big feelings

Signs of strong feelings

Using strategies

Problem solving and thinking differently

Reflection

## HANDLING FEELINGS

Day 4

What's something positive you can say to yourself when something is hard?



### LET'S TRY IT!



**Situation:** Tomorrow is the first day of school and Alex is nervous. His teacher says he is worried third grade is going to be really tough. Alex really loved his second class and misses them. **Name the Feeling:** Alex feels worried.

What's another way that Alex can think about the first day of school?

What's a positive phrase Alex can say to himself in the morning before he goes to school?

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# Each Worksheet

FRONT

BACK

## HANDLING FEELINGS

intro to topic

DAY 3

When you know the signs from getting too big. To stop them from getting too big, you can use simple calming strategies.

Find the strategies that work best for you.

### DEEP BREATHS



When you take a deep breath it helps your body calm down. Try it! Slowly breathe in for three counts, hold it for one count, and slowly release for three counts.



### GET GROUNDED

Sometimes it helps to be aware of what's happening around you. Name 5 things you see, 4 things you can touch, 3 things you can hear, 2 things you can smell, and 1 thing you can taste.

## HANDLING FEELINGS

Day 3

What is one simple calming strategy you would like to try?



THINK ABOUT IT

personal reflection

LET'S TRY IT!



Circle one sign of a feeling:

Body Slumped

Clenched Fists

Smile

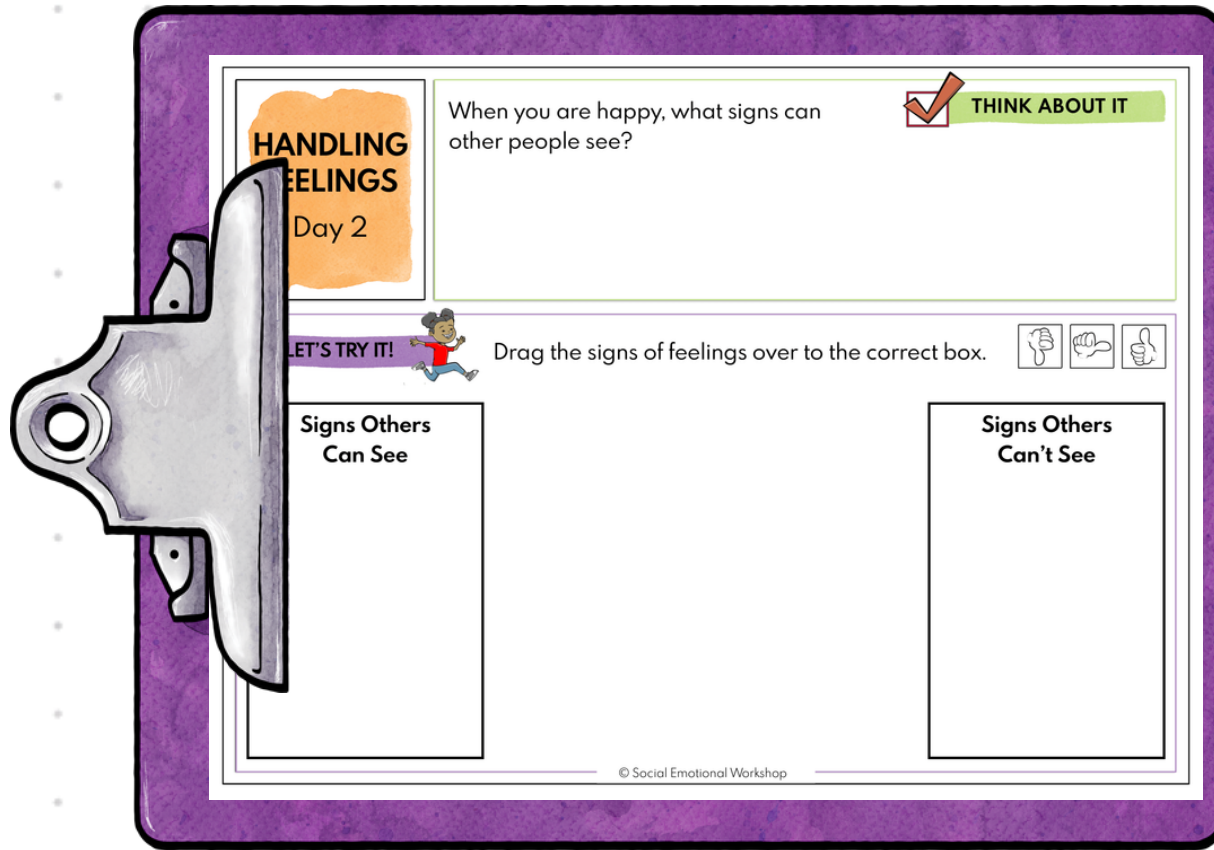
What's the feeling that sign shows?

What strategy can you use to handle this feeling?

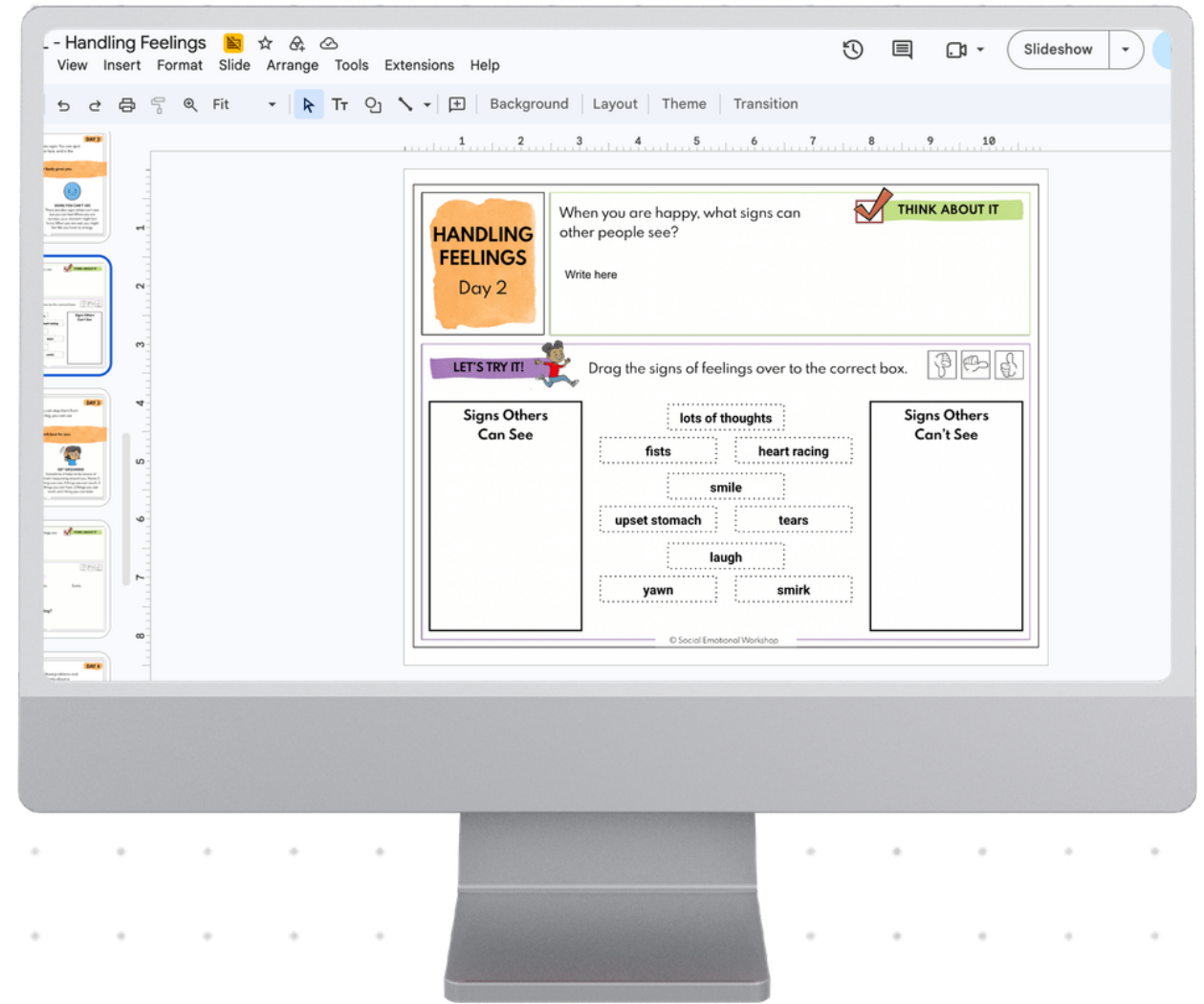
brief exercise

# Print and Digital Options

## Print in Color or BW



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# 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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# 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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