

SEL WORKSHEETS - DECISION MAKING

HEALTHY CHOICES

making good decisions

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

Why healthy choices
Good choices for your body
Good social choices
Good choices to handle stress
Reflection

HEALTHY CHOICES

We can make healthy choices every day. Healthy choices feel good physically and emotionally.

Healthy choices take care of our minds, bodies

You can make good choices to take care of your body. This includes exercise, sleep, and what you eat.

You can make good choices to take care of the people you care about. This includes getting along with friends, family, and pets.



You can make good choices that take care of your feelings. This includes taking time to recharge, using strategies to handle stress, and being kind to yourself.

What healthy choices do you make?

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Each Worksheet

FRONT

BACK

HEALTHY CHOICES

You can make good choices. Healthy choices include exercise, sleep,

intro to topic

DAY 2

There are some easy ways you can keep your body healthy.

Making healthy choices about food gives you energy and helps your body work best. Foods like fruits and vegetables are good choices.



Moving your body during the day can keep it healthy. What do you do each day to stay active? Maybe you go for walks or bike rides, or maybe you play a sport.



HEALTHY CHOICES

Day 4

When can you take time to recharge this week? What will you do?



THINK ABOUT IT

personal reflection

LET'S TRY IT!



Sometimes we can talk pretty negatively to ourselves. We tell ourselves we can't do something or we aren't smart. Negative self-talk is an unhealthy choice that doesn't help us feel good or do our best. Let's come up with some positive self-talk we can use when we are feeling down on ourselves.

Negative feelings/self-talk

I forgot to take home the materials for my project.

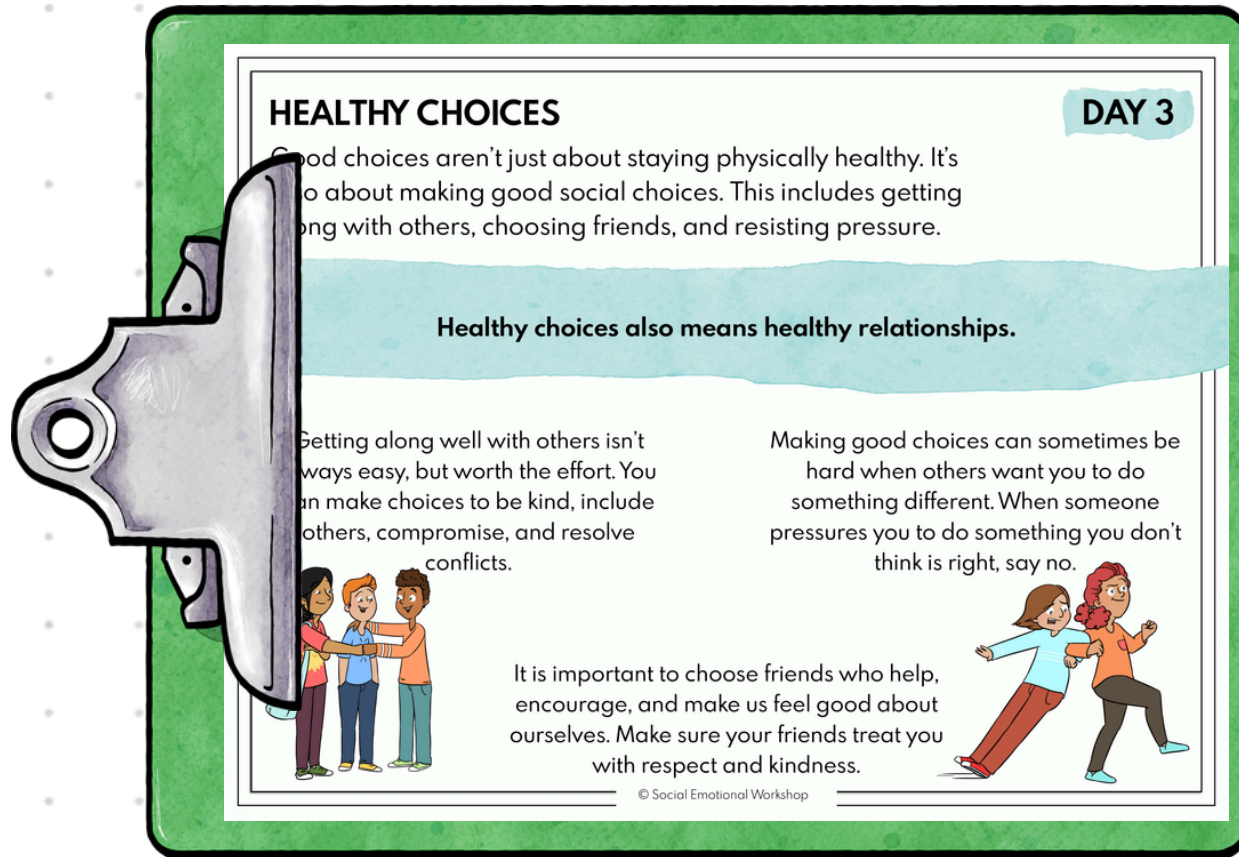
I am feeling defeated and can't believe I could be so stupid.

What could you say yourself instead?

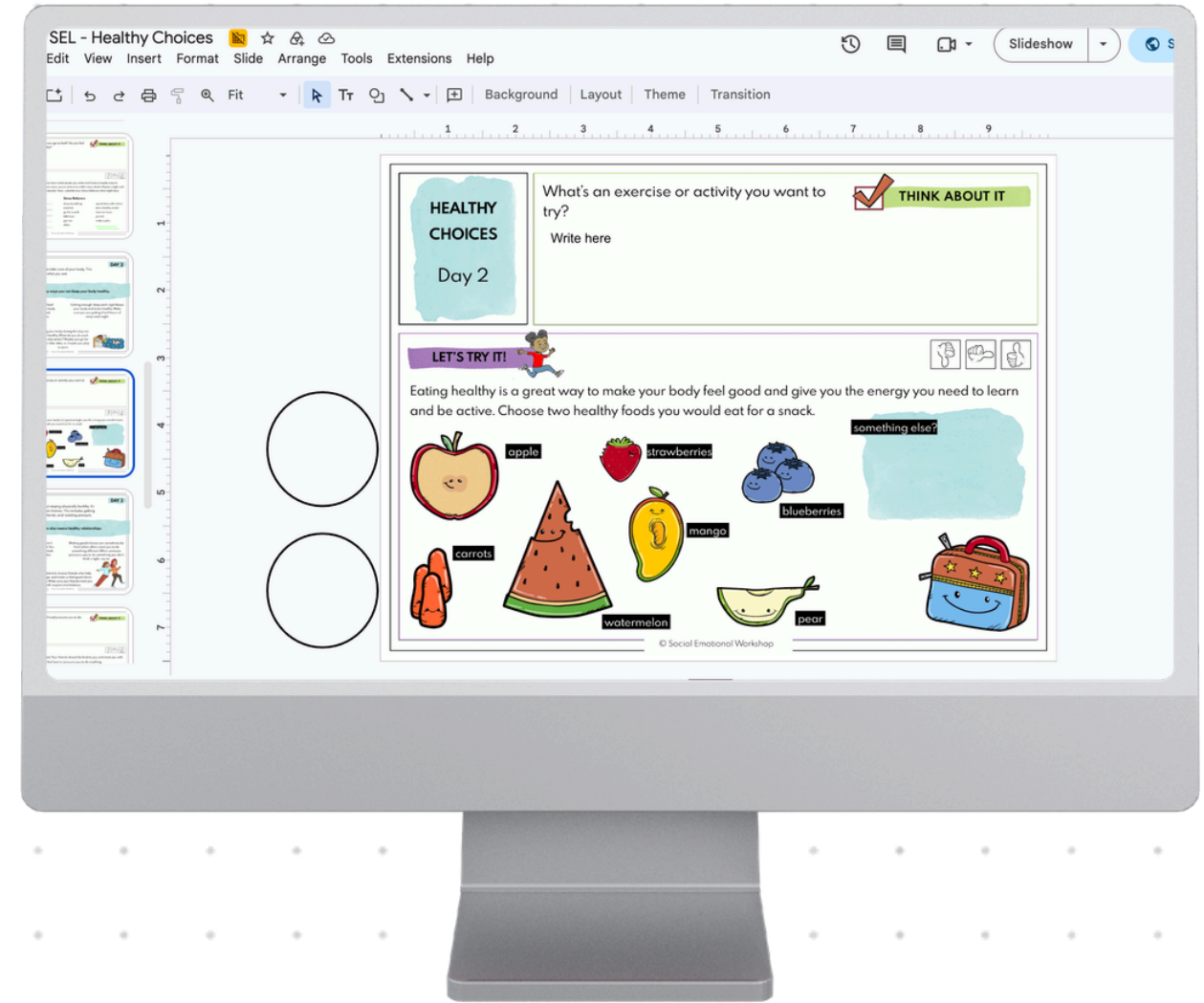
brief exercise
would that make you feel after?

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

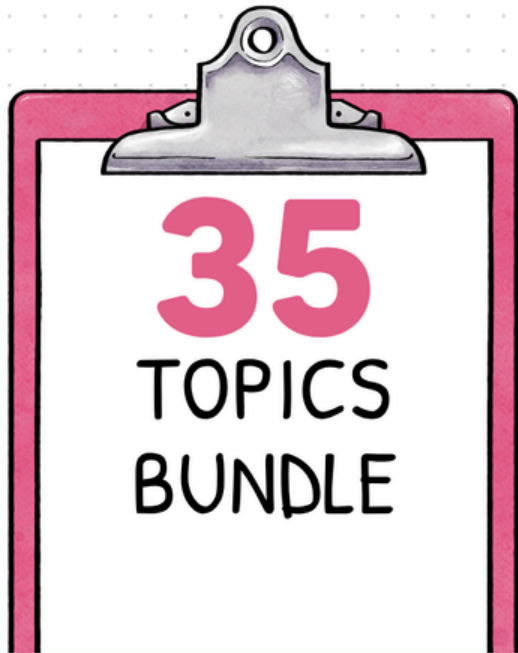
Color and BW

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GRADES 3-5

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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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