

SEL WORKSHEETS – SOCIAL AWARENESS

IMPACT & INTENTIONS

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 we say and do affects others

Our impact versus our intentions

Peer pressure

Reflections

Each Worksheet

FRONT

BACK

IMPACT AND INTENTION

Sometimes your words can hurt you in ways you didn't mean. So you can be hurt by something you said and did. You can talk about it and clear up a misunderstanding.

intro to topic

DAY 3

You are responsible for your words and actions.

What you say and do can be understood differently than you mean. You might tell someone the answer to something and they might get mad because they wanted to figure it out on their own. You meant to help, but that's not the impact it had.



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Misunderstandings are going to happen. You can clear them up by asking someone if you did something that bothered them. You can tell them what you meant and apologize if you didn't think through your impact.

Impact

Day 3

Has someone ever gotten mad at you because they took something you said or did in the



THINK ABOUT IT

personal reflection

LET'S TRY IT!



You were teasing your friend before school about not having money for the book fair. You meant it as a joke, but your friend got really mad. When you thought about it, you realized you didn't think about how it would impact them.

Situation: You teased your friend and it really bothered them.

What was your intention or what did you mean?

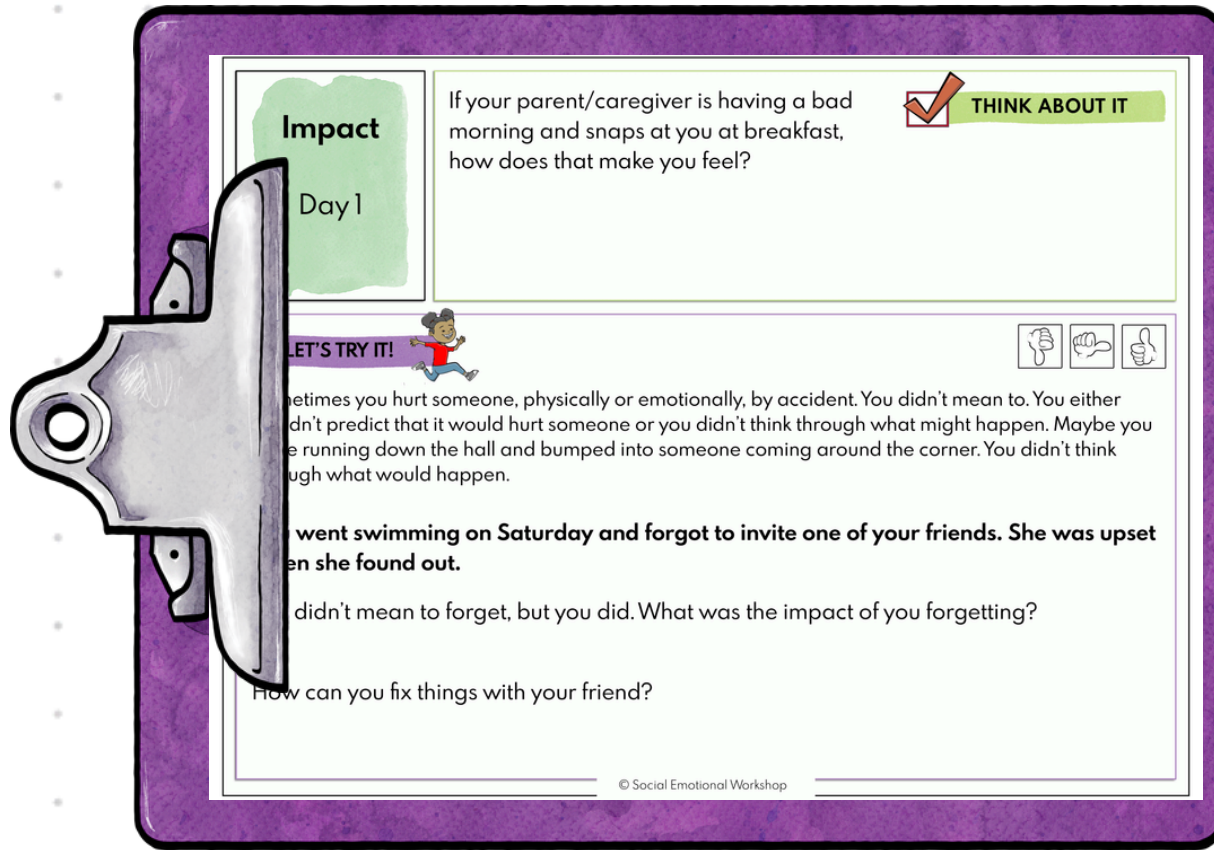
How did it impact the person you teased? Can you repair things with your friend?

brief exercise

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Print and Digital Options

Print in Color or BW



Impact
Day 1

If your parent/caregiver is having a bad morning and snaps at you at breakfast, how does that make you feel?

 **THINK ABOUT IT**

LET'S TRY IT! 

Sometimes you hurt someone, physically or emotionally, by accident. You didn't mean to. You either didn't predict that it would hurt someone or you didn't think through what might happen. Maybe you were running down the hall and bumped into someone coming around the corner. You didn't think through what would happen.



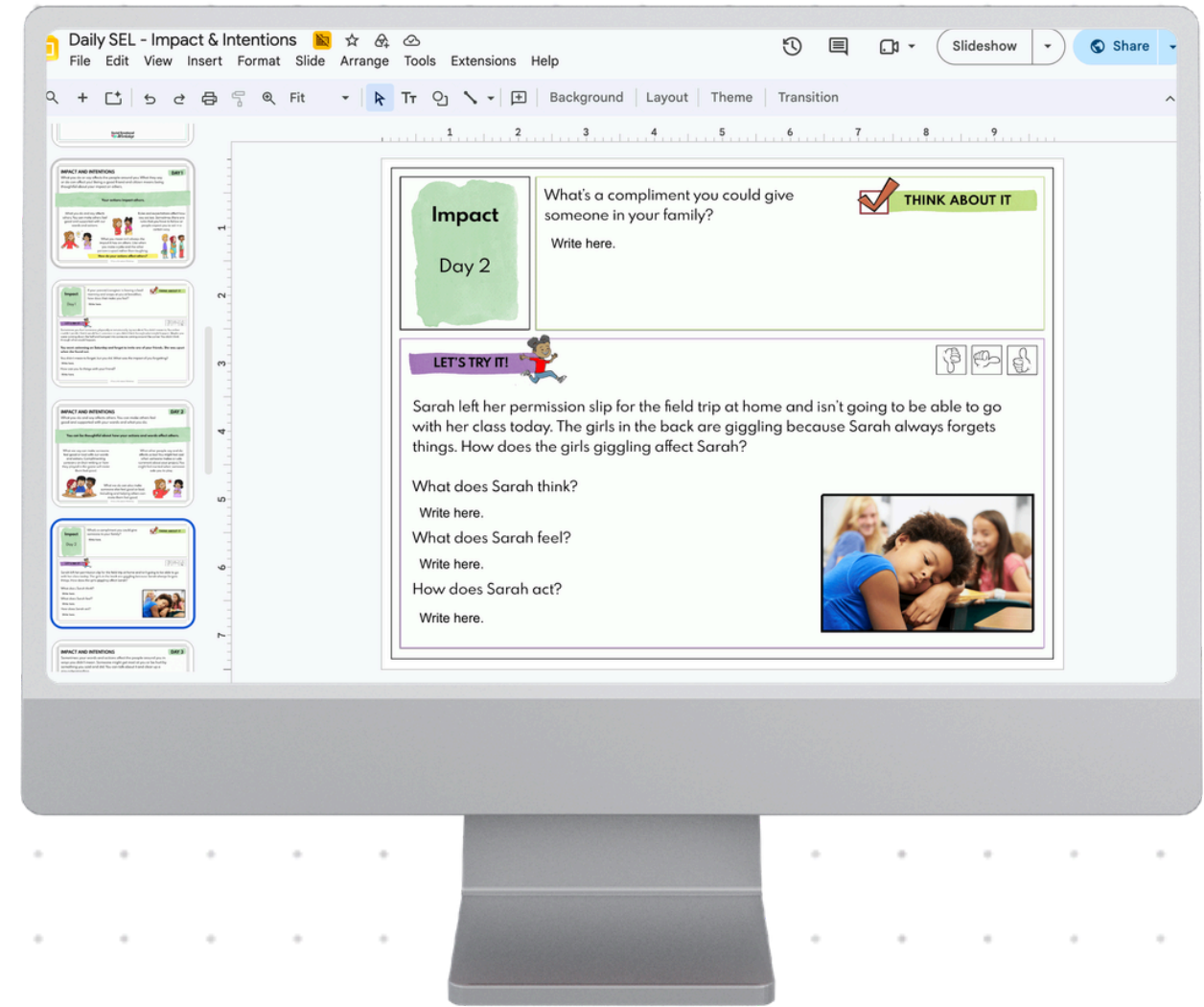
My friend went swimming on Saturday and forgot to invite one of your friends. She was upset when she found out.

My friend didn't mean to forget, but you did. What was the impact of you forgetting?

How can you fix things with your friend?

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Daily SEL - Impact & Intentions

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Background Layout Theme Transition

1 2 3 4 5 6 7 8 9

Impact
Day 2

What's a compliment you could give someone in your family?
Write here.

 **THINK ABOUT IT**

LET'S TRY IT! 

Sarah left her permission slip for the field trip at home and isn't going to be able to go with her class today. The girls in the back are giggling because Sarah always forgets things. How does the girls giggling affect Sarah?

What does Sarah think?
Write here.

What does Sarah feel?
Write here.

How does Sarah act?
Write here.



Details



Grade Level

3rd to 5th



Made For

Classroom and counseling



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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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