

SEL WORKSHEETS - RELATIONSHIPS

Including Others

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

How to include others

Reasons people are left out

Your experience with exclusion

Reflection

INCLUDING OTHERS

Do you ever feel left out or excluded? There are things you can do. You don't have to wait for others to ask you to join.

What can you do when you feel left out?



Find someone or a group you think is open to others joining and ask. Try to ask at the beginning of a game or when they are playing a game where the number of people doesn't matter.

Invite someone to join.
Invite someone to you
to play something at
they want to sit together.

Be kind and respectful to the group. They might have to wait a while before they know yet or they might have to wait awhile deciding.

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Each Worksheet

FRONT

BACK

INCLUDING OTHERS

Everyone can do their part to make our community stronger. Including others is kind and thoughtful. It makes everyone feel accepted and creates a positive community.

intro to topic

DAY 4

We can make sure everyone is included.

Including others is kind and thoughtful. It makes everyone feel accepted and creates a positive community.

You can include others by asking someone to sit with you or play with you or join your group.



You can make sure that no one is left out. Notice when someone doesn't have someone to play with or work with. Think about how they feel or how you can include them.



INCLUDING OTHERS

Day 4

Leaving someone out because they are different is not okay. Why should you include someone who is different?



THINK ABOUT IT

personal reflection

LET'S TRY IT!



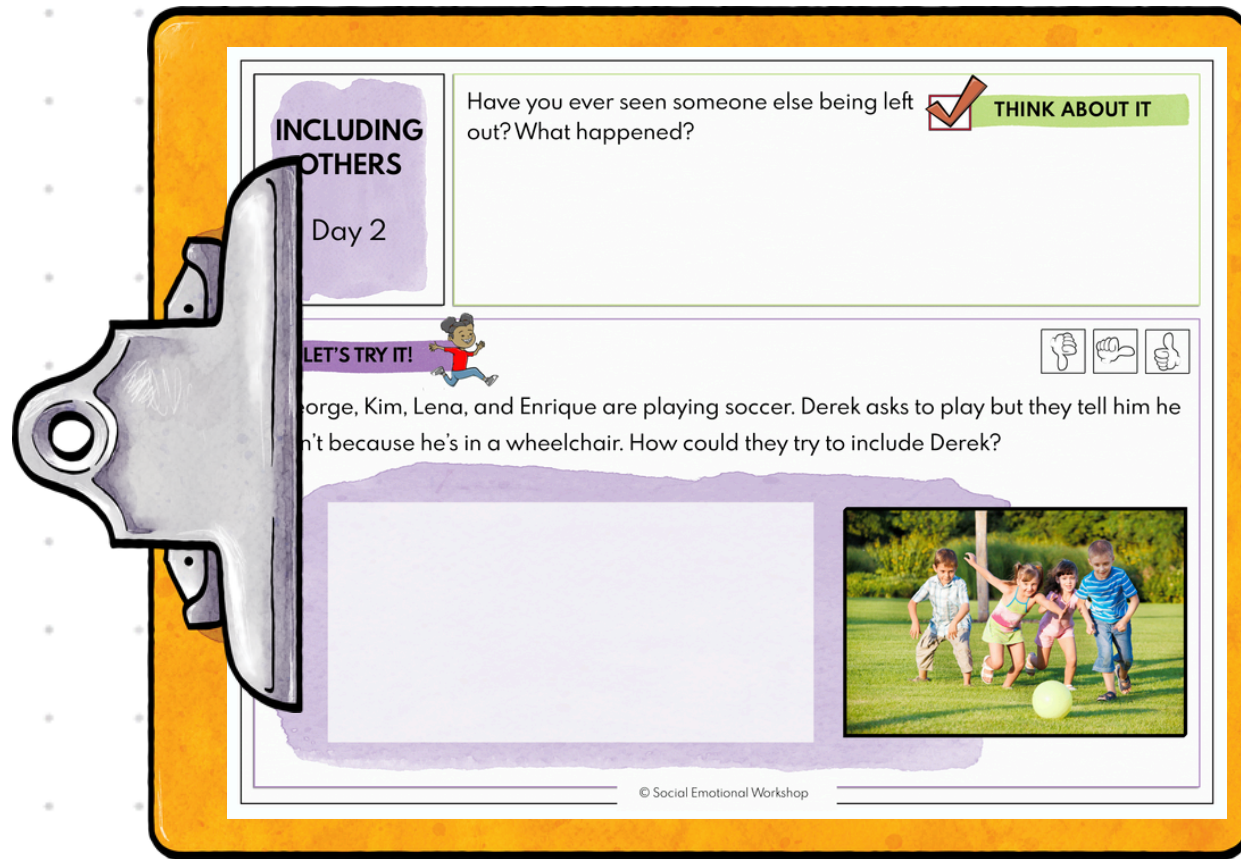
There is a new student, Matt. He moved here from another state and doesn't know anyone. What can you do to include Matt and make him feel welcome?

brief exercise

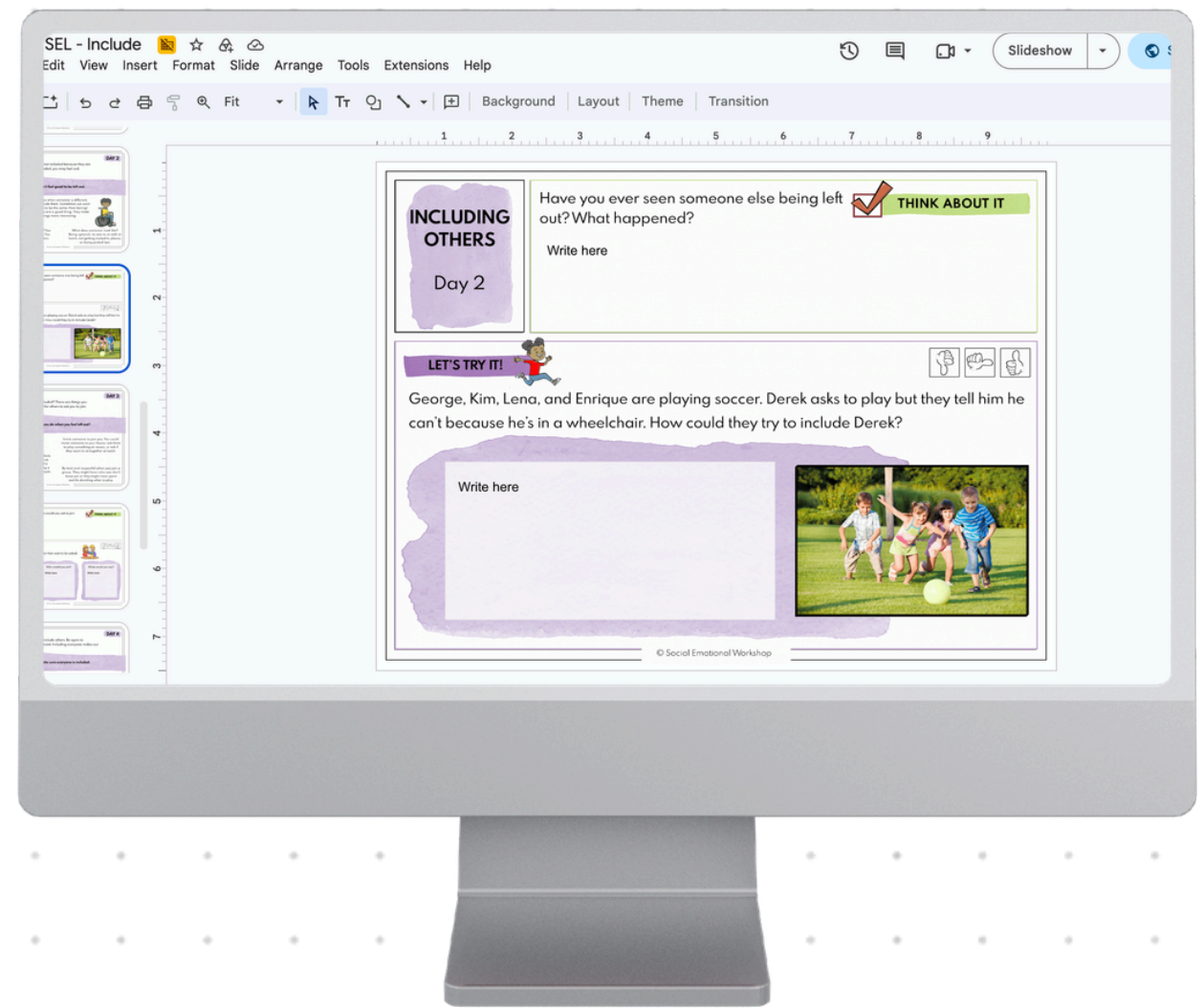


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Grade Level

3rd to 5th



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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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