

7 topics

SEL WORKSHEETS **DECISION MAKING**

Decision Making SEL Worksheets

Bundle at a glance

- ✨ 7 topics
- ✨ 5 two-page worksheets per topic
- ✨ PDF in color & BW
- ✨ Fill-in Google Slides version

7 Topics

Personal Values: your values, others values, and actions

Personal Safety: avoiding and leaving, unwanted touches

Healthy Choices: handling peer pressure, stress, and daily activities

Making Decisions: Decision making steps and what to consider

Digital Citizenship: protecting yourself, digital footprint, cyberbullying

Social Problem Solving: Handling problems with peers.

Everyday Problems: Independently handling everyday problems.

Across 5 Worksheets

Introduce topic, explore three parts, wrap up with reflection.

MAKING DECISIONS

DAY 1

Every day we make lots of decisions. Some are automatic and easy. Others are important and more difficult.

We can take care to make good decisions.

When you make decisions, it is helpful to think about what is important to you. If being kind is important to you, you might make sure to hang out with a new student.

When we have difficult decisions to make, we can brainstorm the choices and think about the positives and negatives of each choice.

After we make a decision, think about how it went. Was it the right decision? Did it work out how you thought? Why was the decision difficult?

How do you make decisions?

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MAKING DECISIONS

DAY 2

Decisions are made every day. Sometimes, you have to make a hard decision. Understanding the choices and what is important to you will help.

Make everyday decisions like what to eat or what to wear.

Our first step when faced with a difficult decision is to be clear on exactly what it is. What is the decision you have to make?

Making good decisions is knowing why you made a choice. If you decided to spend time with your friend rather than go to a friend's house, why did you choose? What about it was important to you?

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MAKING DECISIONS

DAY 3

Good decisions means thinking through the choices and knowing the positives and negatives.

For each choice, you can write out what the positives and negatives are. This will help you decide which choice is the best one.

You should also think about the consequences of each choice. What will happen right away and in the future because of this choice?

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MAKING DECISIONS

DAY 4

Decisions are made every day. Sometimes, you have to make a hard decision. Understanding the choices and what is important to you will help.

For each choice, you can write out what the positives and negatives are. This will help you decide which choice is the best one.

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MAKING DECISIONS

DAY 5

Decisions are made every day. Sometimes, you have to make a hard decision. Understanding the choices and what is important to you will help.

For each choice, you can write out what the positives and negatives are. This will help you decide which choice is the best one.

You should also think about the consequences of each choice. What will happen right away and in the future because of this choice?

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MAKING DECISIONS

Day 1

Have you ever had a decision that was difficult to make? What was it?

LET'S TRY IT!

Gio is with some friends at recess. Fred starts calling Gio mean names and picking on other people. Gio's friends tell him he should fight Fred but Gio doesn't want his friends to get in trouble. He doesn't want his friends to get in trouble.

What should Gio do?

Why?

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MAKING DECISIONS

Day 2

What's an easy decision you made today?

LET'S TRY IT!

Are these decisions easy or hard to make?

1. To tell a lie

2. To wear clothes to school

3. What to eat for breakfast

4. What to read

5. To study or watch tv

6. To go to school

7. To tattle on a friend

8. To have long or short hair

9. To cheat on a test

10. To do your chores

11. To go over to a friend's house

12. To keep a secret

13. What to have for a snack

14. To get to school on time

15. To finish your homework

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MAKING DECISIONS

Day 3

If you decided not to brush your teeth, what would be the consequences right away and in the future?

LET'S TRY IT!

For many decisions, there are positives and negatives, especially hard decisions. For this problem: Your dad says that you have to choose which friend to bring. George is a big baseball fan but she doesn't know anything about baseball. George is a big baseball fan. What are the positives and negatives of choosing to bring George?

Positives

Negatives

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MAKING DECISIONS

Day 4

If you had a hard decision to make, who could you talk to about it?

LET'S TRY IT!

Use the decision making worksheet to make one of these hard decisions or create your own.

Problem 1: You have to decide which activity to do after school. You are choosing between visiting your grandmother.

Problem 2: A classmate cheated on a test and you saw her do it. Do you tell the teacher?

Problem 3: You really want to buy a new backpack but your dad says you have to wait until you can use your own money or wait.

Problem 4: Your friend wants to go play in the woods but you told your mom you were going to the store.

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MAKING DECISIONS

Day 5

YOUR THOUGHTS

What else do you want to know about making decisions?

Did you like learning about making decisions?

THINK ABOUT IT

A difficult decision I've had to make is:

What's something that makes a decision difficult to make?

What's an easy decision you make every day?

What questions do you have about making decisions?

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Personal Values

Introduce personal values

Identify your values

What others value

Values impact how we act

Reflection

PERSONAL VALUES

DAY 2

Personal values are what you find most important. You might value friendships, success, or respect. You might not value other things like independence or loyalty as much.

You will value some things more than others.

Our values influence what you think and do. If you value honesty, lying is something you avoid doing.

Your experiences will shape your values. You may learn that strong relationships are very important to you.



PERSONAL VALUES

Day 1

Do you think you are born with your values or are they something that you develop?



THINK ABOUT

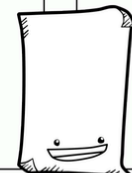
LET'S TRY IT!



Sonia's friend Gerry forgot to do his homework again. He is going to get in big trouble with his teacher. Sonia lets him copy her homework. She knows she shouldn't, but she doesn't want Gerry to get in trouble.

What do you think Sonia values?

How did this value affect how she acted?



Personal Safety

Keeping yourself safe

Avoiding unsafe situations

What to do when something is unsafe

Personal/body safety

Reflection

PERSONAL SAFETY

Day 3

Who is a trusted adult you can

LET'S TRY IT!

When you are in a situation that feels unsafe, it's important that you know what to do.

Who can you go to

What can you do
nt to learn

PERSONAL SAFETY

DAY 4

If someone touches you in a way that is unsafe or unwanted, you have the right to say no. You don't have to be nice or keep it secret.

Your body belongs to you.

Unsafe or unwanted touches are never okay. Pay attention to uncomfortable feelings in your body. This will help you recognize if a touch is unsafe or unwanted. Trust yourself!

Someone may touch you and tell you to keep it secret. This is not okay! Always tell a trusted adult. It is not your fault and they can help.



Private body parts are private. No one should ask you to see them or touch them. No one should show you theirs or ask you



Healthy Choices

Making healthy choices

Keeping your body healthy

Handling peer pressure & conflict

Handling stress

Reflection

HEALTHY CHOICES

Day 4

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

LET'S TRY IT!



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

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HEALTHY CHOICES

Good choices aren't just about staying healthy, but also about making good social choices. This includes getting along with others, choosing friends, and resisting pressure.

Healthy choices also means healthy relationships.

Getting along well with others isn't always easy, but worth the effort. You can make choices to be kind, include others, compromise, and resolve conflicts.



Making good choices can sometimes be hard when others want you to do something different. When someone pressures you to do something you don't think is right, say no.



It is important to choose friends who help, encourage, and make us feel good about ourselves.

Making Decisions

Decisions we make

Easy vs hard decisions

Decision making steps

What to consider

Reflection

MAKING DECISIONS

DAY 4

Being a good decision maker is easier when you use a simple step by step process. When a difficult decision comes your way, go through these steps.

You are the best person to decide which choice is best for you.

First, what is the decision you have to make. What is important to you about this decision? How do you want things to work out? How do you want to feel?

How do

Next, brainstorm all the solutions or choices you could make. What are the positives and negatives of each choice. Which one feels best to you?

MAKING DECISIONS WORKSHEET

BONUS

Problem

Choice 1

Positive Outcomes

Negative Outcomes

Choice 2

Positive Outcomes

Negative Outcomes

Choice 3

Positive Outcomes

Negative Outcomes

Which one will you pick and why?

Digital Citizenship

What is digital citizenship

Being responsible online

Protecting yourself

Your digital footprint

Cyberbullying

Reflection

DIGITAL CITIZENSHIP

DAY 3

Our actions online, just like in person, influence how people think about us. What we post, sites we visit, and what other people say about us are all a part of our reputation.

We are responsible for our actions online.

You are in control of what you post and share online. Even something that seems private, can be shared with others.



You are not in control of how other people behave, what they say, or even what they share about you.



It is your responsibility to put out your best self, both in person and online. Only share and post what you would share in public.

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LET'S TRY IT!



Polly is a new student at school. She just moved from another state. She is different and has an accent. A couple kids at school post a picture of Polly with a speech bubble on it that says Yee-Haw. Someone else comments that she won't have any friends.

Why are they making fun of Polly?

What could you do?

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Social Problem Solving

Being a problem solver

Identifying the problem

Brainstorming solutions

Picking/testing a solution

Reflection

PROBLEM SOLVING

DAY 2

When you have a problem the first step is to define it. What is the problem? What happened? What went wrong? Before you can solve a problem you have to understand it.

Before you can solve a problem, you have to understand it.

Define the problem by answering some questions for yourself. What happened? Where did this happen? Who was involved?

Sometimes a problem is too big to solve on your own. That's okay! You can ask for help from a friend or a trusted adult.

PROBLEM SOLVING

Day 2

A friend left you out and you feel angry. What can you do to help you be in charge of this feeling?



THINK ABOUT IT

LET'S TRY IT!



Someone in your grade started a rumor about you. They said that you steal things. A lot of other students believed the rumor and don't want to be friends with you.

What's the problem?

How do you feel about it?

Do you need help?

Solving Everyday Problems

Problem solving process

Problems with peers

Problems with schoolwork

Handling issues at recess

Reflection

SOLVING EVERYDAY PROBLEMS

DAY 3

In school, you are often going to come up against challenges. You can use problem solving skills to handle them and make sure you are successful in school.

Get ready to solve school problems.

When you have a lot of school work, it is easy to get **distracted** or put it off. To solve this problem, you can talk with a trusted adult and make a plan. You could also

Sometimes school can be **stressful**. You

SOLVING EVERYDAY PROBLEMS

Day 2

Have you ever had a problem with a friend you didn't know how to solve?



THINK ABOUT IT

LET'S TRY IT!



Your friend, Eve, is bossy. She is always telling you what to do, what to play, and even who to be friends with. It can be really frustrating. You like Eve and want to stay friends, but need to get her to stop bossing you around. Let's think of three solutions. The solutions don't have to be perfect, just something that maybe could work.

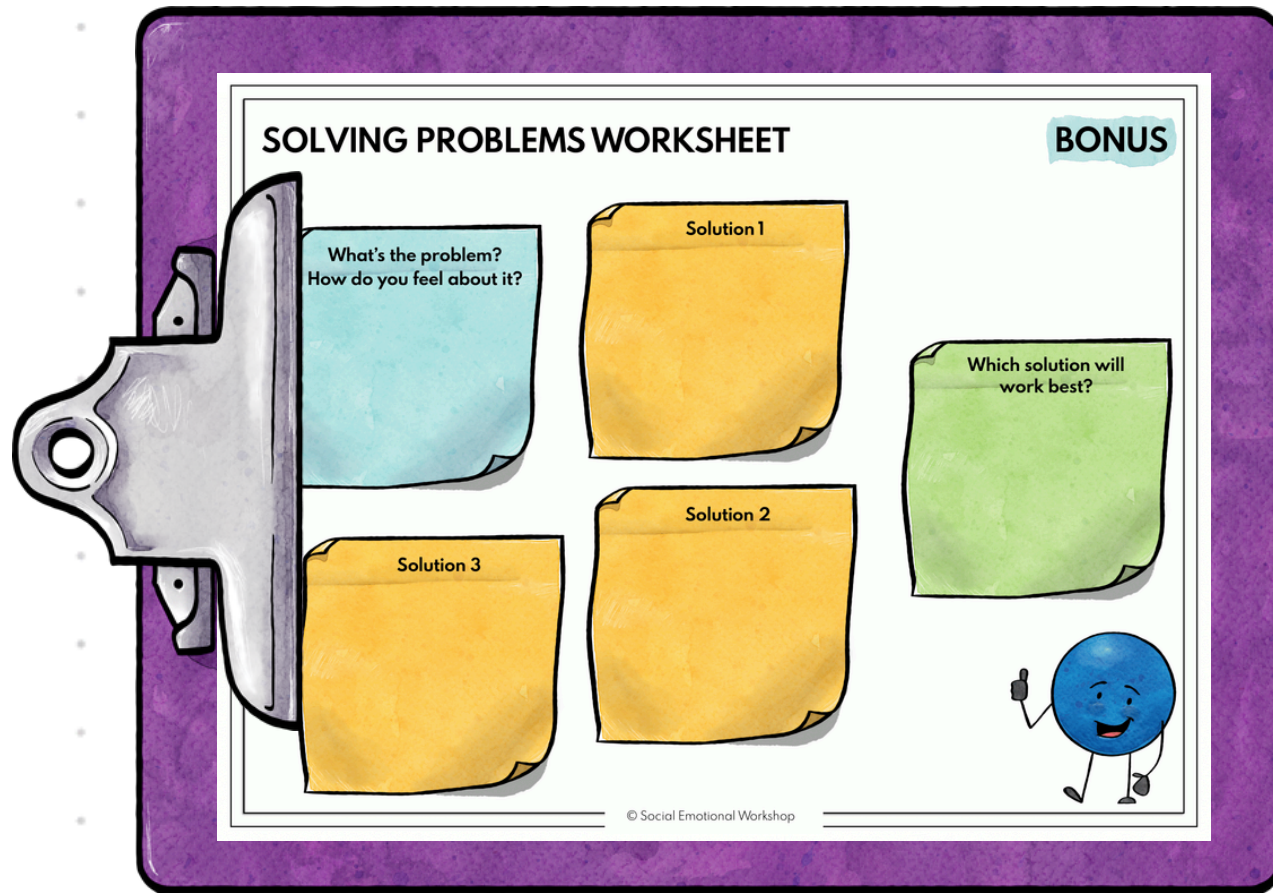
Solution 1

Solution 2

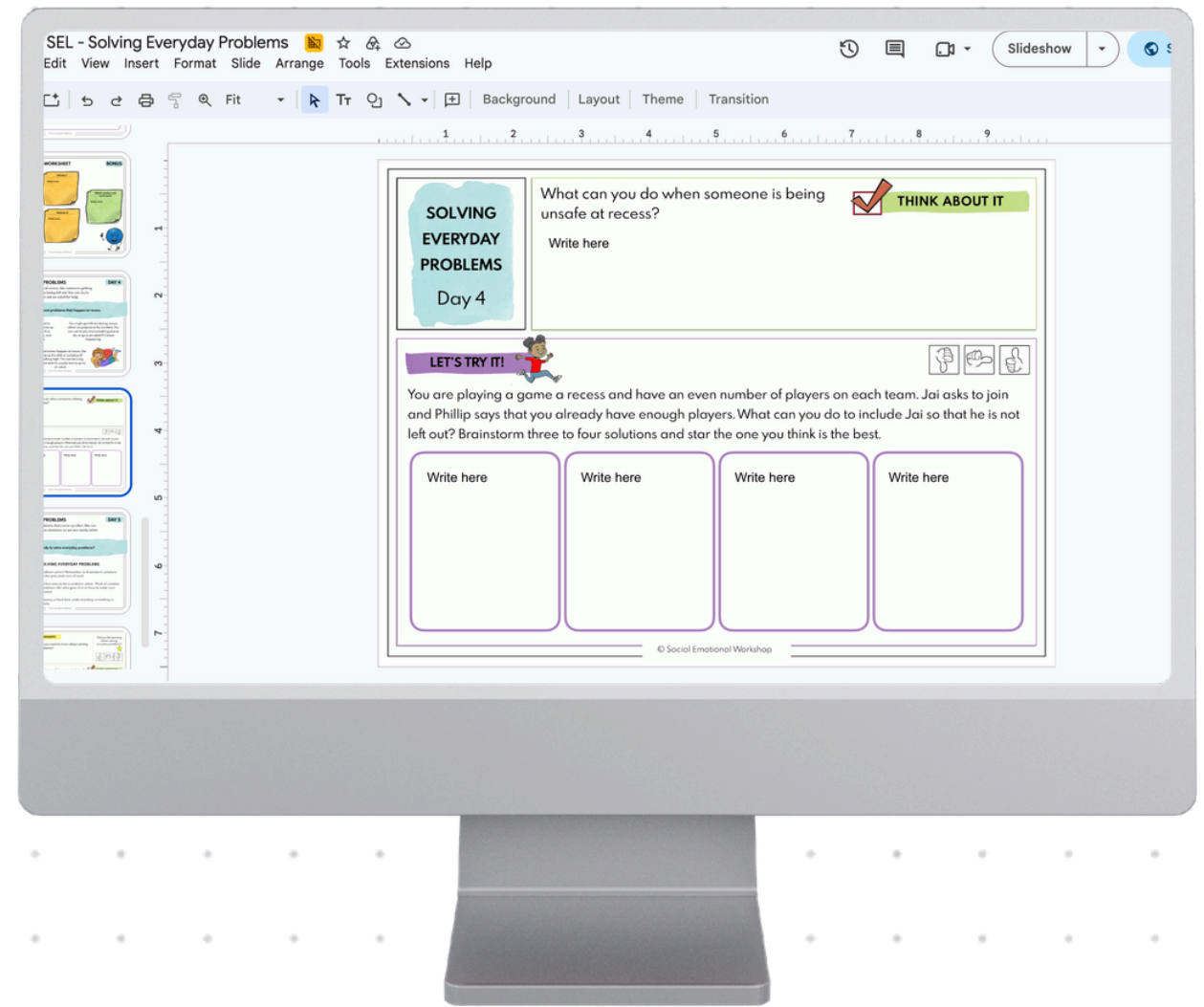
Solution 3

Print and Digital Options

PDF in Color or BW



Fill-In Google Slides



Details



Grade Level

3rd to 5th



Made For

Classroom and counseling



File Format

PDF

Google Slides



AND

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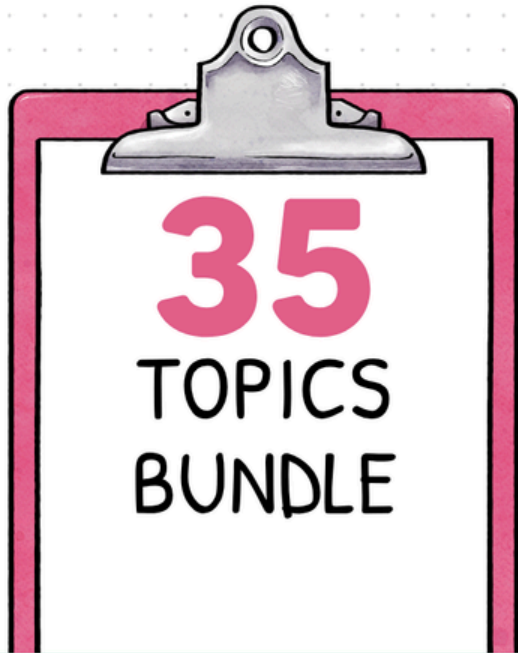


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Hi! I'm Laura

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.

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