

7 topics

SEL WORKSHEETS

RELATIONSHIP SKILLS

Social Awareness 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

Cooperation: Learning to listen, encourage, share, & play fair.

Listening Skills: Active listening skills to show people you care.

Including Others: Ways to include others, experiences with exclusion

Making & Keeping Friends: starting conversations, being a good friend.

Bullying: What it is/isn't, prevention, and how to respond.

Communication: effective styles, speaking up, disagreeing

Conflict resolution: step by step, sharing/listening, brainstorming.

Across 5 Worksheets

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

COMMUNICATION

DAY 1

Communication is an important part of our relationships. In relationships, it is important to share what you think and feel.

Good relationships need good communication.

There are 3 ways to communicate: passive, aggressive, and assertive. Assertive communication helps you share what you feel clearly and respectfully.

Sometimes it can be hard to know how to say what you want to. I-Messages are really useful when you want to tell someone how you feel.

Part of good communication is not sharing everything you think. You consider others and how sharing would impact them.

Do you use good communication skills?

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COMMUNICATION

DAY 2

When people can communicate with each other passively, aggressively, or assertively. Most people use all three times.

Assertive communication is usually best.

Communicate assertively when you are honest, kind and constructive. You try to be honest without hurting someone's feelings.

When you communicate aggressively, you might hurt others, argue, or put someone down. You say something without thinking about others' feelings.

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COMMUNICATION

DAY 3

It is hard to know how to say what you want in 3 ways to speak up, disagree respectfully, and feel.

Statements to communicate what you feel, think, and want.

Somebody in a handy argument with 't blame them, your side and that way.

I need/want statements help you speak up for yourself. You share what would be helpful for you.

"I need an extra snack because I get hungry in the afternoon."

"I want to quit playing the piano because I don't like it anymore."

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COMMUNICATION

DAY 4

Good communication is not sharing everything. Decide whether you should just think something or say it.

Of others before deciding whether to say something.

Something you don't want to share with anyone else feel free. We can decide if it's okay to say.

Lots of things we think are great to share. They might make some feel good. When we think of others first, we know it's okay to say something.

Thoughtful questions
Respectful comments
Relevant comments

Sincere questions
Helpful comments
Compliments

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COMMUNICATION

DAY 5

Communication is an important part of our relationships. It is important to share what you think and feel. Communicate that are honest and respectful.

Are you ready to use good communication skills?

TIPS FOR COMMUNICATION

When you think about the person you are talking to, it helps you decide if you should say something or keep it to yourself.

Sometimes it can be hard to stand up for yourself. Practice saying "I need" statement to yourself before you say it out loud.

Effective communication can sometimes seem like you are being assertive. Try to communicate more assertively by being honest and respectful.

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COMMUNICATION

Day 1

Describe a time that you and a friend had a miscommunication.

LET'S TRY IT!

Decide if responses are passive, aggressive, or assertive.

Situation: Your friends got out to recess early and are playing basketball.

I'd like to play basketball too. Can four people play?

I never get to play! You are unfair. I'm telling.

I just won't play today. It's okay.

Situation: Fiona wanted to read.

I can join you.

I love to read when you are.

Give me a book to read.

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COMMUNICATION

Day 2

Describe when you have used more passive communication. Why?

LET'S TRY IT!

Write how to respond to Miriam using passive, aggressive, and assertive communication.

Situation: Miriam took some of your snack without asking. How do you respond?

Passive

Aggressive

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COMMUNICATION

Day 3

Why does how you say something matter?

LET'S TRY IT!

Situation: Your friend always decides what to play at recess and never asks anything you suggest.

I feel

when

because

Could you

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COMMUNICATION

Day 4

Describe a time someone said something to you that you wish they didn't.

LET'S TRY IT!

Think It or Say It?

Circle ones you should only think to yourself.

Underline things you would say out loud.

Put a question mark next to ones you aren't sure about.

I saw the best movie this weekend.

I heard that Jenna failed the math test.

I hope Kiki doesn't throw up on the bus again.

I can't wait to go to your birthday party.

I love your new haircut.

This substitute is the worst.

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COMMUNICATION

Day 5

YOUR THOUGHTS

What else do you want to know about communication?

Did you like learning about communication?

THINK ABOUT IT

When might you decide to not say something you think?

What's something you learned about communication?

What communication style do you use most often?

What questions do you have about communication?

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Cooperation

What is cooperation

Active listening

Playing fair

Sharing

Reflection

COOPERATION

DAY 1

Throughout your day, you often have to cooperate with others.
Cooperate means that you work together to do something.

How do we cooperate with others?

Listen: When you work together, you have to listen. This means you hear what someone says AND you think about it.



Play Fair: When you work together, you have to play fair. This means you follow the rules and you are a



COOPERATION

Day 2

What makes someone a good listener?



LET'S TRY IT!



You are working on a science assignment and Bert is in your group. He isn't talking much and when he does, Rebecca talks over him. How can you help Bert feel comfortable participating?



Listening Skills

What is good listening

Paying attention when others are talking

Showing you are interested

Think, ask questions, wait

Reflection

LISTENING SKILLS

Day 3

What's something that shows someone you **are not** listening?



THINK ABOUT IT

LET'S TRY IT!



LISTENING SKILLS

DAY 3

Good listeners show others that they are listening. Your body and face give them signs that you are listening.

Can someone tell you are listening?

Your body is relaxed and facing the person.



As they talk, you might nod or say "hmm hmm" to show them that you are listening.



What is she doing to show she is listening?

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Including Others

How to include others

Reasons someone is left out

Experience with exclusion

Reflection

INCLUDING OTHERS

Day 2

Have you ever seen someone else being left out? What happened?

 **THINK ABOUT IT**

LET'S TRY IT!



George, Kim, Lena, and Enrique are playing soccer. Derek asks to play but they tell him he can't because he's in a wheelchair. How could they try to include Derek?



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INCLUDING OTHERS

DAY 4

Everyone can do their part to include others. Be open to everyone, even if they are different. Including everyone makes our community stronger.

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 you can help.



Making & Keeping Friends

How to make friends

How to start conversations

How to be a good friend

Reflection

MAKING AND BEING FRIENDS

DAY 1

Friendship is harder than it looks and you aren't always friends with everyone. We can learn ways to make friends and also how to be a good friend.

Today we will explore how we can make and be friends.

To make friends, we need to be friendly and interested in others. You can introduce yourself and ask questions.

Part of making friends is talking with others. We can get better at starting conversations and keeping them going.



FRIENDS

Day 5

YOUR THOUGHTS

What else do you want to know about making and being friends?

Did you like learning about making and being friends?



What did you learn about making friends?



THINK ABOUT IT

What would someone think if you joined a conversation and changed the topic?

What friend quality is most important to you?

What questions do you have about making and being friends?

Bullying

What bullying is

What bullying isn't

Ways to prevent bullying

What to do when you see it

Reflection

BULLYING

DAY 5

Bullying can happen to anyone or anywhere. Bullying is never okay. We all deserve to feel safe and to be respected.

Are you ready to stop bullying?

TIPS FOR BULLYING



Anyone can bully. Sometimes someone is bullied one day and bullies someone else the next.

When you see bullying, you have a lot of power to stop it if you speak up or reach out.

Including others and being kind is a great way to stop bullying from being the norm.

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LET'S TRY IT!



Situation: At recess, Lori tells all the girls that they shouldn't play with Amelia. She tells Amelia that they already have enough players. This is the second time that Amelia is sitting by herself at recess.

How could you help?

What would you say?

What's some
make

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Communication

Good communication

Communication styles

Speaking up & disagreeing respectfully

When to share your opinion

Reflections

COMMUNICATION Day 2	Describe when you have used more passive communication. Why? 
LET'S TRY IT!  Write how to respond to Miriam using passive, aggressive, and assertive. Situation: Miriam took some of your snack without asking. How do you respond? Passive Aggressive Assertive	

COMMUNICATION

DAY 1

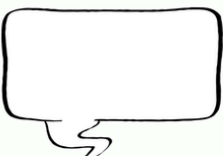
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Conflict Resolution

Step by step way to resolve conflicts

Share and listen

Brainstorm solutions

Resolving the conflict

Reflection

CONFLICT RESOLUTION

DAY 4

After you choose a solution, you are going **thank, affirm or forgive** the other person. This is a positive way to end and lets each person know the problem is resolved.

You can

Thank
You can thank the
working this prc
with you



CONFLICT RESOLUTION

Day 3

What makes a solution to solve a problem between two people a good solution?



THINK ABOUT IT

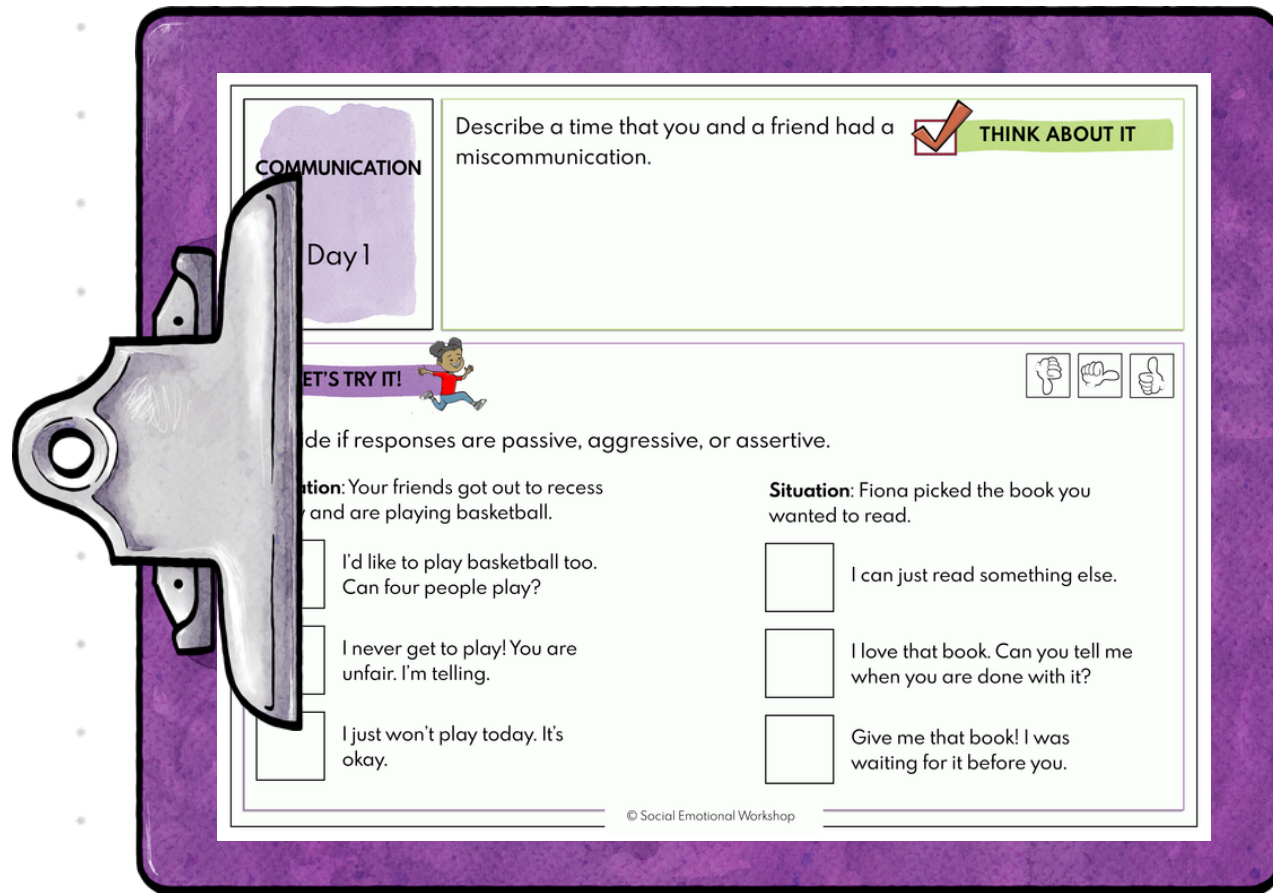
LET'S TRY IT!



Brainstorm 3-5 solutions to the following problem: Carly jokes that Penelope always forgets her homework. Penelope gets angry because Carly always teases her for being forgetful. She calls Carly a name and walks off. Carly tells the teacher. Penelope is upset that Carly always teases her and doesn't know how to tell her to stop. Carly is upset that Penelope called her a name and walked away.

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PDF in Color or BW



COMMUNICATION
Day 1

Describe a time that you and a friend had a miscommunication.  **THINK ABOUT IT**

LET'S TRY IT! 

Write if responses are passive, aggressive, or assertive.

Situation: Your friends got out to recess and are playing basketball.

☐ I'd like to play basketball too. Can four people play?

☐ I never get to play! You are unfair. I'm telling.

☐ I just won't play today. It's okay.

Situation: Fiona picked the book you wanted to read.

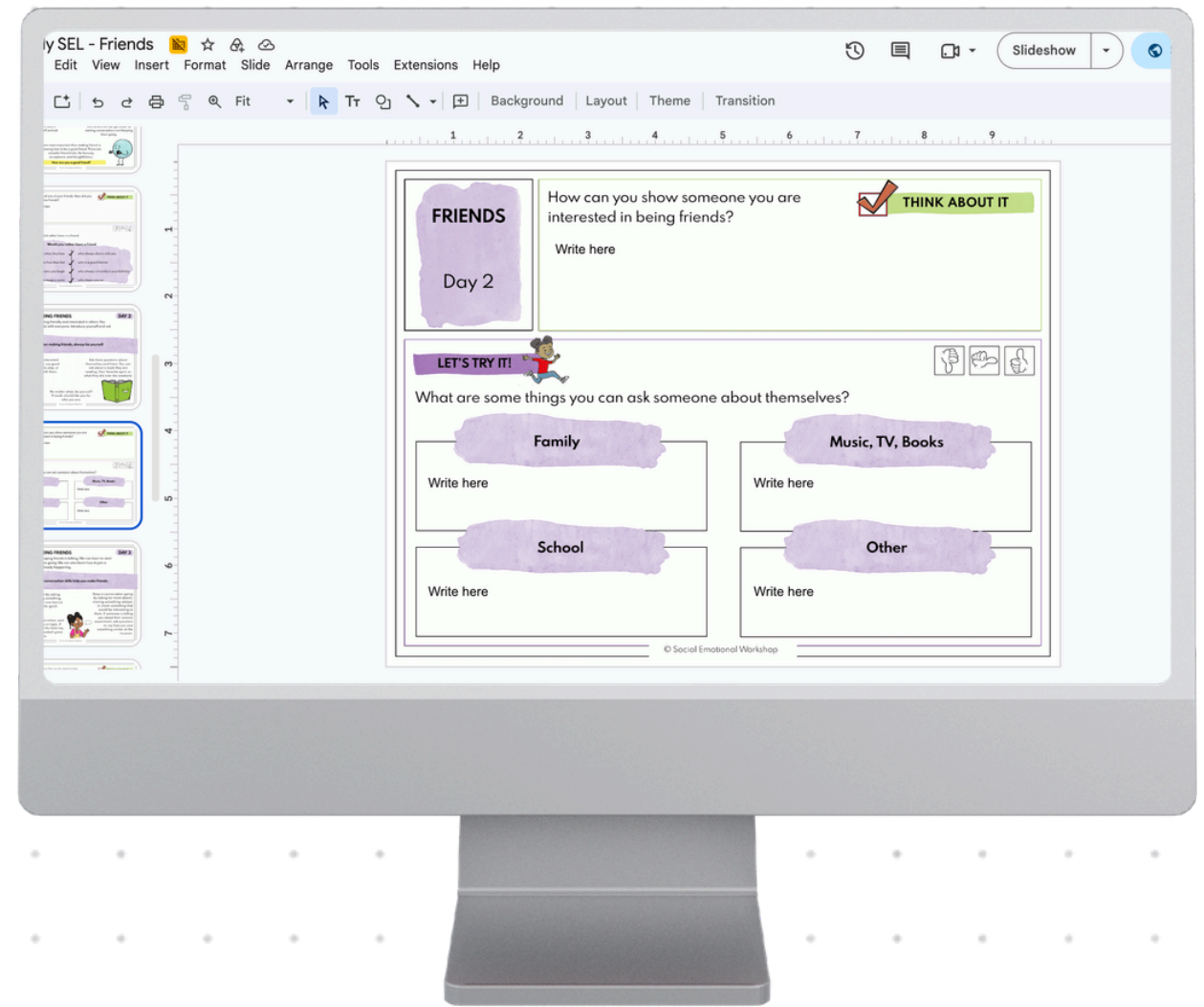
☐ I can just read something else.

☐ I love that book. Can you tell me when you are done with it?

☐ Give me that book! I was waiting for it before you.

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SEL - Friends

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FRIENDS
Day 2

How can you show someone you are interested in being friends?  **THINK ABOUT IT**

Write here

LET'S TRY IT! 

What are some things you can ask someone about themselves?

Family
Write here

Music, TV, Books
Write here

School
Write here

Other
Write here

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Details



Grade Level

3rd to 5th



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Classroom and counseling



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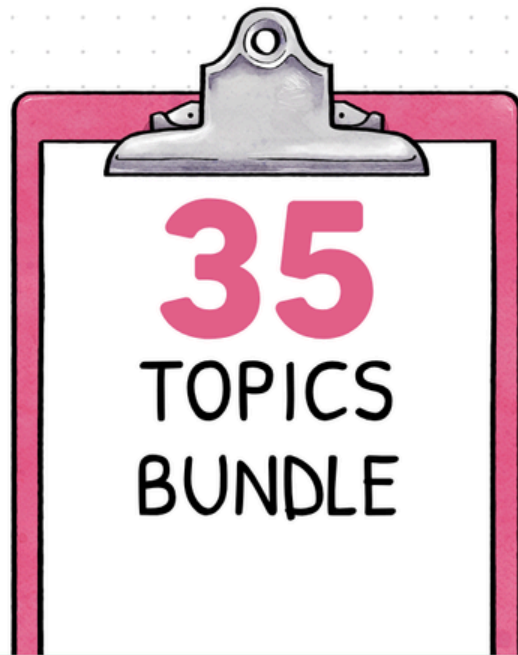


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Hi! I'm Laura

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.

Visit [my blog](#) for more ideas and [subscribe](#) for exclusive resources!

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