

7 topics

SEL WORKSHEETS

SELF-MANAGEMENT

Self Management 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

Self Care: Taking care of our bodies, minds, and hearts.

Managing Feelings: using strategies, problem solving, & reframing.

Using Strategies: Find the strategies that work best for you.

Resilience: Handling setback, positive mindset, support systems.

Everyday Problems: making mistakes, being left out, & losing a game.

Making Good Choices: Think through your actions.

Goals: Set meaningful goals and make a plan.

Across 5 Worksheets

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

GOALS

Goals are something we wish to happen and we are willing to work on. Goals should be important to you. They work best when we describe them well and break them up into mini-goals.

DAY 1

You can set goals and make plans to achieve something.

Important to You

It is best to work on improving or learning something you care about. This will keep you motivated to meet your goal.



Broken Down

Sometimes goals feel really big and out of reach. We can break our goals up into easy to achieve mini-goals.



SMART

You are more likely to meet goals that are specific, measurable, attainable, relevant, and time-based.

Are you ready to learn about setting goals?

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ur goals are something that you want to something other people want you to

DAY 2

goal is something you try to achieve.

things you want want to learn / to make new



Improve

You can set goals for things you want to get better at. This can be getting better grades, being a good friend, scoring more goals, or staying organized.

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feel really big. It helps to break them down you can see your progress and celebrate when goal.

DAY 3

are the benchmarks on the way to your big goal.

goal aren't ss. e each d.



Celebrate

As you achieve each mini-goal, celebrate! Give yourself a small treat for your progress on your way to your big goal.



1% better

Sometimes it is hard to work on your goals when they seem so big or hard to achieve. Try focusing on just getting 1% better every day.

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to achieve we have to really describe what we say exactly what we want to do, we will know als.

DAY 4

Goals should be S.M.A.R.T.

MEASURABLE

How can you tell that you met your goal? You might say that you will get a 90 on your next test.



ATTAINABLE

Can you do this? Running as fast as a cheetah wouldn't be attainable.

TIME-BASED

How long will it take to meet your goal? Give yourself a deadline.

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we wish to happen and we are willing to work important to you. They should be SMART. They wn into small goals you can work towards little

DAY 5

Are you ready to work on your goal?

TIPS FOR CREATING GOALS

re your goals are something you want to work on and not ing someone else wants you to work on.

ill goals and celebrate small improvements. Don't get age by slow progress.

e your goals well so you know when you achieve them.

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GOALS

Day 1

What's something you want to get better at? ☒ **THINK ABOUT IT**

LET'S TRY IT!

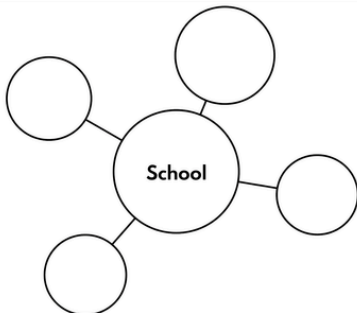
We are all good at something. Maybe you run fast or you snap your fingers. What are some things you are already good at or something you are proud of?



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it's something your family thinks you ld work on? ☒ **THINK ABOUT IT**

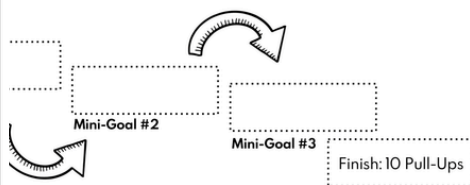
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it's a way you can celebrate achieving first mini-goal? ☒ **THINK ABOUT IT**

do 10 pull-ups. Right now he can only do one. Break down his mini-goals.



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other day you wrote down a goal you ted to achieve. Why do you want to c on that goal? ☒ **THINK ABOUT IT**

T or not?

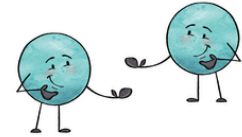
ecific? I will get good grades.

eamurable? I will score four goals this season.

tainable? I will follow directions the first time every single time.

levant? I will learn to ride a bike.

ne-based? I will study on Tuesday after school.



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YOUR THOUGHTS

t else do you want to know about goals?



arned about goals? ☒ **THINK ABOUT IT**

want to work on next week?

f you meet your small goal?

with creating goals?

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Self Care

Self care is important
Taking care of our body
Taking care of our mind
Taking care of our hearts
Reflection

SELF CARE

DAY 4

Self care is an activity we do to take care of our bodies, minds, and hearts.

Today, we are going to explore some self care activities to take care of our hearts:
Quality Time, Helping, and Talk/Write.

QUALITY TIME

Spend time with people you care about doing something you like or just chatting. Maybe a



TALK OR WRITE ABOUT IT

Talk to someone or write about your feelings, your day or a problem you are having.

SELF CARE

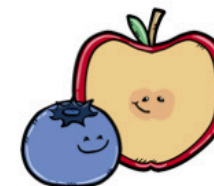
DAY 2

Self care is an activity we do to take care of our bodies, minds, and hearts.

Today, we are going to explore some self care activities to take care of our bodies:
Healthy Eating, Exercise, & Sleep.

HEALTHY MEALS & SNACKS

Good food keeps your body healthy. It can help you stay focused and in control of your feelings.



A GOOD NIGHT SLEEP

Getting enough sleep is important. Waking up rested will help you feel good all day.

PHYSICAL ACTIVITY & EXERCISE

You can walk, dance, play tag, or stretch. Getting moving can lift your mood!



Managing Feelings

Managing big feelings
Signs of strong feelings
Using strategies
Reframing problems
Reflection

HANDLING FEELINGS
Day 2

When you are happy, what signs can other people see?

✓ THINK ABOUT IT

LET'S TRY IT!



Draw a line from the sign over to the correct box.



Signs Others Can See

lots of thoughts

fists

heart racing

Signs Others Can't See

HANDLING FEELINGS

DAY 4

Your thinking brain helps you think differently about problems and figure out how to solve them. You can think positively about a situation and find the best solution.

Your thinking brain helps you handle big feelings.

REFRAME

You can use your thinking brain to find positive thoughts and push negative thoughts away.
What's another way that you could think about not coming in first in a race?





POSITIVE SELF TALK

Use your thinking brain to remind you that you are capable of handling your feelings. You can say something like: I can do this! I'm in charge of my feelings!

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Using Strategies

Using strategies to handle feelings

Distraction strategies

Movement strategies

Calming strategies

Reflection

USING STRATEGIES
Day 3

When could you use a movement strategy? ☒ **THINK ABOUT IT**

LET'S TRY IT! 

Some movement strategies work better in certain places. Let's match movement strategies to where you can do them. Write down other strategies you could go there.

At Home

At School

Wall push-ups

Chair push-ups

Hand squeezes

Yoga poses

Dancing

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USING STRATEGIES

Calming strategies help you take some quiet minutes to down your body and your brain.

Let's explore some calming strategies.

NAME THE RAINBOW

Sometimes it helps to be aware of what's happening around you. Look around. Name 5 things that are red, 4 things that are green, 3 things that



COOKIE BREATHS

Resilience

Handling setbacks

Resilience through goal setting

Resilience through positive mindset

Strategies to handle small setbacks

Your support people and places

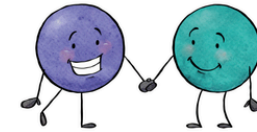
Reflection

Being resilient doesn't mean doing everything all on your own. Having a safe place with people who support you helps you be more resilient.

Having a safe place and supportive people helps you be resilient

CONNECTIONS

There are people in your life who support you, help you try new things, and make you feel safe. That might be your family or your friends or even a teacher.



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SAFETY

To be resilient, you have to feel safe. Make safe choices. What are the places where you feel safe? Who are the people you feel safe with?

RESILIENCE
Day 3

Have you ever felt like something was really important in the moment, but later realized it wasn't a big deal?



THINK ABOUT IT

LET'S TRY IT!



You forgot your homework. Again. You used to forget it all the time, but you started writing it down and packing your backpack the night before. You are really frustrated that you messed up and worry what your teacher will think and if you will get in trouble.

Stop & Think

Reframe

Accept

Handling Everyday Problems

Handling common problems

When you make mistakes

When you lose a game

When you are left out

Reflection

EVERY DAY PROBLEMS
Day 3

What's something someone does when they lose?  **THINK ABOUT IT**

LET'S TRY IT! 

What are some good things to say when you lose? Circle three "good sport" things

EVERY DAY PROBLEMS **DAY 4**

You might get left out sometimes. It doesn't feel good. Sometimes this is a problem you can fix and sometimes it is out of your control.

Being left out happens to everyone.

WHY DOES THIS HAPPEN?
There are different reasons why someone gets left out. Maybe only so many people can play a game, maybe it was something they did, or maybe someone is being mean on purpose.



WHAT CAN YOU DO?
When you have been left out, you can do three things: Ask to join, find someone else to play with, or do something you enjoy on your own.



ACCEPTING IT
When you are left out, tell yourself that it happens to everyone. You can talk to the person about it or you can move on.



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Making Good Choices

Making good choices

The impact of our choices

Thinking through decisions

Stop, Think, and Choose

Reflection

CHOICES CONSEQUENCES Day 4

What are some consequences for not keeping your room clean?



LET'S TRY IT!



Your friend invites you to the movies on Saturday, but you already have plans with another friend. What choices can you make? What are the consequences? What would you choose?

1

Choice

2

Choice

3

Choice

What is the best choice for this problem?

CHOICES & CONSEQUENCES

DAY 4

When you have to make a choice, there are some simple steps you can use to make a good choice. You are going to Stop, Think, and Choose.

You can make good choices when you think it through.

1. Stop

Your first step is slow down. This will help you think through the next best step. What is the problem and what choices do you have?



3. Choose

It's time to decide which choice is best for you and for others. No matter what you choose, you have to take responsibility for your choice.



STOP!

2. Think

Now that you have a few choices, it's time to think through the possible consequences of each choice.

Setting Goals

What goals are
Picking meaningful goals
Breaking goals down
Writing clear goals
Reflection

GOALS

DAY 4

To make goals easier to achieve we have to really describe what we want to do. When we say exactly what we want to do, we will know when we meet our goals.

Goals should be S.M.A.R.T.

SPECIFIC

What exactly will you do?
Instead of I'll get better grades, say I'll study after school each day before my next test.

MEASURABLE

How can you tell that you met your goal? You might say that you will get a 90 on your next test.

ATTAINABLE

Can you do this? Running as fast as a cheetah wouldn't be attainable.

RELEVANT

Why
th
impo
are e

GOALS

Day 3

What's a way you can celebrate achieving your first mini-goal?



THINK ABOUT IT

LET'S TRY IT!



Kyle wants to be able to do 10 pull-ups. Right now he can only do one. Break down his goal into three smaller mini-goals.

Start: 1 Pull-Up

Mini-Goal #1

Mini-Goal #2

Mini-Goal #3

Finish: 10 Pull-Ups

Print and Digital Options

PDF in Color or BW

GOALS
Day 4

The other day you wrote down a goal you wanted to achieve. Why do you want to work on that goal? **THINK ABOUT IT**

LET'S TRY IT!

Are these goals SMART or not?

Yes - No	Is it specific?	I will get good grades.
Yes - No	Is it measurable?	I will score four goals this season.
Yes - No	Is it attainable?	I will follow directions the first time every single time.
Yes - No	Is it relevant?	I will learn to ride a bike.
Yes - No	Is it time-based?	I will study on Tuesday after school.

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SEL - Resilience

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RESILIENCE
Day 3

Have you ever felt like something was really important in the moment, but later realized it wasn't a big deal? **THINK ABOUT IT**

Write here

LET'S TRY IT!

You forgot your homework. Again. You used to forget it all the time, but you started writing it down and packing your backpack the night before. You are really frustrated that you messed up and worry what your teacher will think and if you will get in trouble.

Stop & Think	Reframe	Accept
Write here.	Write here.	Write here.
Is this in your control? How can you change it?	What is a positive part of this situation?	What can you say to yourself to accept what happened?

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Details



Grade Level

3rd to 5th



Made For

Classroom and counseling



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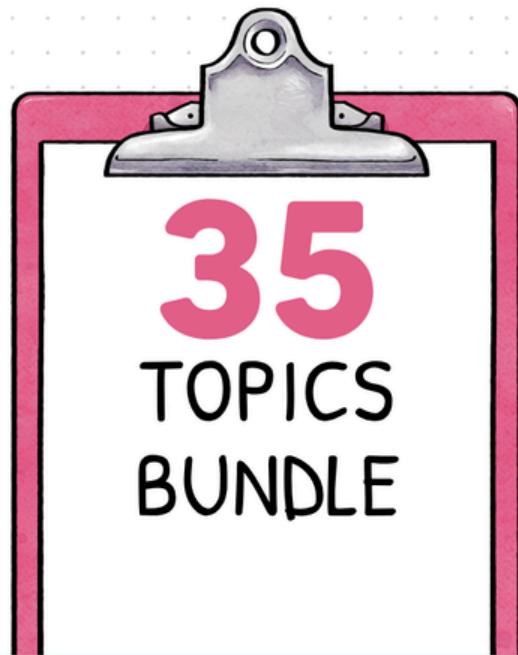


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I create research-driven, uncomplicated tools and resources that help students build social and emotional skills in the classroom and counseling.

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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contact: support@socialemotionalworkshop.com



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