

7 topics

SEL WORKSHEETS

SOCIAL AWARENESS

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

Perspective Taking: Everyone has unique thoughts and feelings.

Social Cues: How to recognize and respond to social cues.

Differences: Accepting & celebrating similarities and differences.

Relationships: Your family, friends, and community.

Impact & Intentions: Our actions affect others, peer pressure.

Empathy: Understanding someone's feelings and perspective.

Citizenship: Being a good citizen.

Across 5 Worksheets

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

RELATIONSHIPS

DAY 1

We have relationships with the people around us. You have relationships with the people in your family, with your friends, and with the people in your community.

You have different kinds of relationships with everyone around you.

Families come in all different shapes and sizes. The most important thing is that a family is group of people who love and take care of each other.



Friends are people who care about each other, enjoy spending time together, and treat each other with respect.



Your **community** is your school and your neighborhood. You have trusted people in your communities, like a helpful neighbor or your teacher.



Who do you have a close relationship with?

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DAY 2

Family is group of people who love and care for each other. Someone else's family might not look like yours. Families are all unique.

All families are different and unique.

Some families live together and some families live in different houses. Some families live close and some families live far away.



Families are all unique. Someone else's family might not look like yours and that's okay. Love and care is what makes you a family.

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DAY 3

Friends are people who care about each other, enjoy spending time together, and treat each other with respect.

Friends care about, include, and respect each other.

Friends **include** each other. They enjoy spending time together. Friends include each other and make sure someone isn't left out.



Friends treat each other with respect. They never try to make a friend feel bad.



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DAY 4

Communities are safe places to play and learn.

Communities support you by giving you a safe place to play and learn. Everyone in the community looks out for each other.

There are people in your community who aren't family or friends, but they are people you trust. It might be your neighbor, teacher, or coach.



Communities are safe places to play and learn.

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DAY 5

TIPS FOR RELATIONSHIPS

Remember to treat all your friends and with respect.

How can you be a positive part of your community?

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Relationships

Day 1

Who is someone at school that you trust?

LET'S TRY IT!

Write down someone in your family, someone you are friends with in your community.

Family Member

Friend

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Relationships

Day 2

How does your family show they care about each other?

LET'S TRY IT!

Draw a picture of (or write down) who is in your family and who the mom, brother, grandfather. What is something about your family that is something about your family that is like other families?

Unique

Like Others

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Relationships

Day 3

What's something you do to show a friend you care about them?

LET'S TRY IT!

Sometimes being a good friend is hard. Your friend, Penny, was left out at recess. She is sitting by herself on the bench and looks sad. play kickball and some other friends are playing. What should you do to be a good friend to Penny?

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Relationships

Day 4

What communities do you belong to?

LET'S TRY IT!

Circle two members of your community and write down how they community better in the boxes below.

Teacher
Neighbor
Police Officer
Fireman
Coach

Grocery Store
Doctor
Dentist
Garbage Collector
Crossing Guard

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Relationships

Day 5

YOUR THOUGHTS

What else do you want to know about relationships?

Did you like learning about relationships?

THINK ABOUT IT

What's something you learned about your relationships?

What's a way you can be a good friend?

How can you show you love and care about a family member?

What help do you need with your relationships with your family, friends, and community?

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Perspective Taking

Perspective taking

Different people have different feelings

Social cues

Signs of how someone feels

Reflection

UNDERSTANDING OTHERS

DAY

Two people can feel and think differently in the same situation. Understanding others helps us know how to act and how to be a good friend.

You can understand why someone feels, thinks, and acts a certain way.

Understanding
Others

Day 3

Why would someone hide how they feel?



THINK ABOUT IT

LET'S TRY IT!



Phillip is starting on your baseball team today. He has never played before, but most of the other kids on the team played last year. Phillip asked you a lot of questions about the team and you think he might be nervous even though he doesn't look like it.

How can you help Phillip at his first baseball practice?



Different Thoughts

People can think differently. I think football is boring. You think it's really exciting.

Different Actions

You can act differently. I hope when I find out we can act differently. You might cheer.

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Social Cues

Using social cues

Body language, voice, expressions

Reading between the lines

Hidden social rules and messages

Reflection

Social Cues

Day 4

If you figured out that someone was frustrated with you, how can you respond?

LET'S TRY IT!



You are working in a group and everyone is focused on reading talking and Jenny looks at you and rolls her eyes before going

How does Jenny feel or what does she think?

SOCIAL CUES

DAY 4

There are lots of hidden rules and messages to find when you are with other people. Part of being socially smart is using the hidden clues you find.

You can discover the hidden rules when you are around others.

Using clues you find, take a guess at what people feel and think. What does their body language tell you? What do their words tell you? Remember people aren't always showing you exactly what



Accepting & Celebrating Differences

Similarities & differences

Differences make things interesting

Celebrate similarities & differences

Standing up for others

Reflection

**Understand
Differences**
Day 2

Is there anything that is the same as
every person?

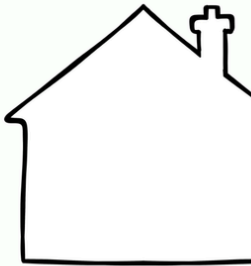
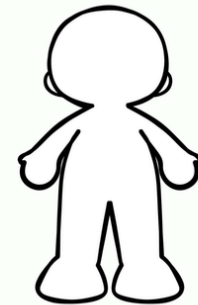
LET'S TRY IT!



What makes you unique? It can be the same as others,

Something about how you
look or your personality.

Something about where
you live or the food you eat.



UNDERSTANDING DIFFERENCES

People have lots of similarities and differences. Differences are okay, actually they are great!

We are all unique and all have things in common.

We can look and act the same and different. Our skin, eyes, and hair comes in different colors. We can be shy or outgoing or silly or serious.



Where we live and what we eat can also be the same and different. We live in cities or the country. We live in houses or apartments.



How we feel, what we think, and what we believe can be the same and different. We can be excited or nervous before school starts. We may think we

Your Relationships

Different relationships

What makes a family

What makes a friend

Relationships in the community

Reflection

RELATIONSHIPS

DAY

What is a friend? Friends are people who care about each other, enjoy spending time together, and treat each other with respect.

Friends care about, include, and respect each other.

Friends are people who **care** about each other. Friends share with each other and remember things that are important, like birthdays. Friends think about each other's feelings.

Friends treat each other with **respect**. They never try to make a friend feel bad.



Friends **include** each other. They enjoy spending time together. Friends include each other and



Relationships

Day 4

What communities do you belong to?



LET'S TRY IT!



Circle two members of your community and write down how they make your community better in the boxes below.

Teacher
Neighbor
Police Officer
Fireman
Coach

Grocery Store Clerk
Doctor
Dentist
Garbage Collector
Crossing Guard

Impact & Intentions

What we say and do affects others

Our impact versus our intentions

Peer pressure

Reflections

IMPACT AND INTENTIONS

What you do or say affects the people around you. What they do or do can affect you! Being a good friend and citizen means being thoughtful about your impact on others.

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 couldn'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.



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

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

How can you fix things with your friend?

Your actions impact others.

What you do and say affects the people around you. What they do or do can affect you! Being a good friend and citizen means being thoughtful about your impact on others.



Rules and expectations can make others feel supported with our words and actions. Rules that you experience can affect you too. So, think about the rules that you experience and how they affect you.



What you mean isn't always the impact it has on others. Like when you make a joke and the other person is upset rather than laughing.

How do your actions affect others?

Empathy Compassion

About empathy

Perspective taking

Understanding another's feelings

Ways to be empathetic

Reflection

Empathy

Day 2

What clues can you see that tell you that someone is feeling excited?



LET'S TRY IT!



Picture this, we are in line for a super topsy-turvy roller coaster. I'm so nervous, my stomach is shaking. You are filled with excitement, smiling ear to ear. We are doing the same thing, but feel different. What are different ways that people might feel in the same situation?

1. We are playing kickball in gym today.

I would feel _____. Someone else might feel _____.

2. Your friend came in first in the race.

I would feel _____. Someone else might feel _____.

3. You are starting at a new school.

I would feel _____. Someone else might feel _____.

EMPATHY

DAY 2

You can tell how someone else feels, even if it's different from how you feel. To figure out how someone else feels you have to search for clues. Pretend you are a feelings detective. What clues does their face, body and voice give?

When someone has strong feelings, you can see and hear it.

When we are happy, we might laugh and smile. Our bodies stay relaxed.



When we are sad, our bodies slump. Our voice gets quiet. We might frown or cry.



Sometimes we hide how we feel. Maybe someone is disappointed with losing, but tries to smile and act happy. You can always ask someone how they feel.



Citizenship

What is a citizen

Communities and citizens

What makes a good citizen

Acts of citizenship

Reflection

CITIZENSHIP & COMMUNITY

DAY 2

What is a community? Communities are groups of people who live close together. They share common goals, interests, or values. You are a member or citizen of small and big communities.

We are members of lots of different communities.

There are communities you are in everyday, like your home, school, and neighborhood. Your communities take care of you and support you.



There are big communities like the city, state, and country you live in.

Citizenship

Day 3

What would your school be like if students and teachers were not good citizens?



THINK ABOUT IT

LET'S TRY IT!



What makes a good citizen? Pick four behaviors you think are **most** important. Add any others in the box.

stands up for others

supports others

cleans up

follows rules

takes responsibility

volunteers to help

communicates with others

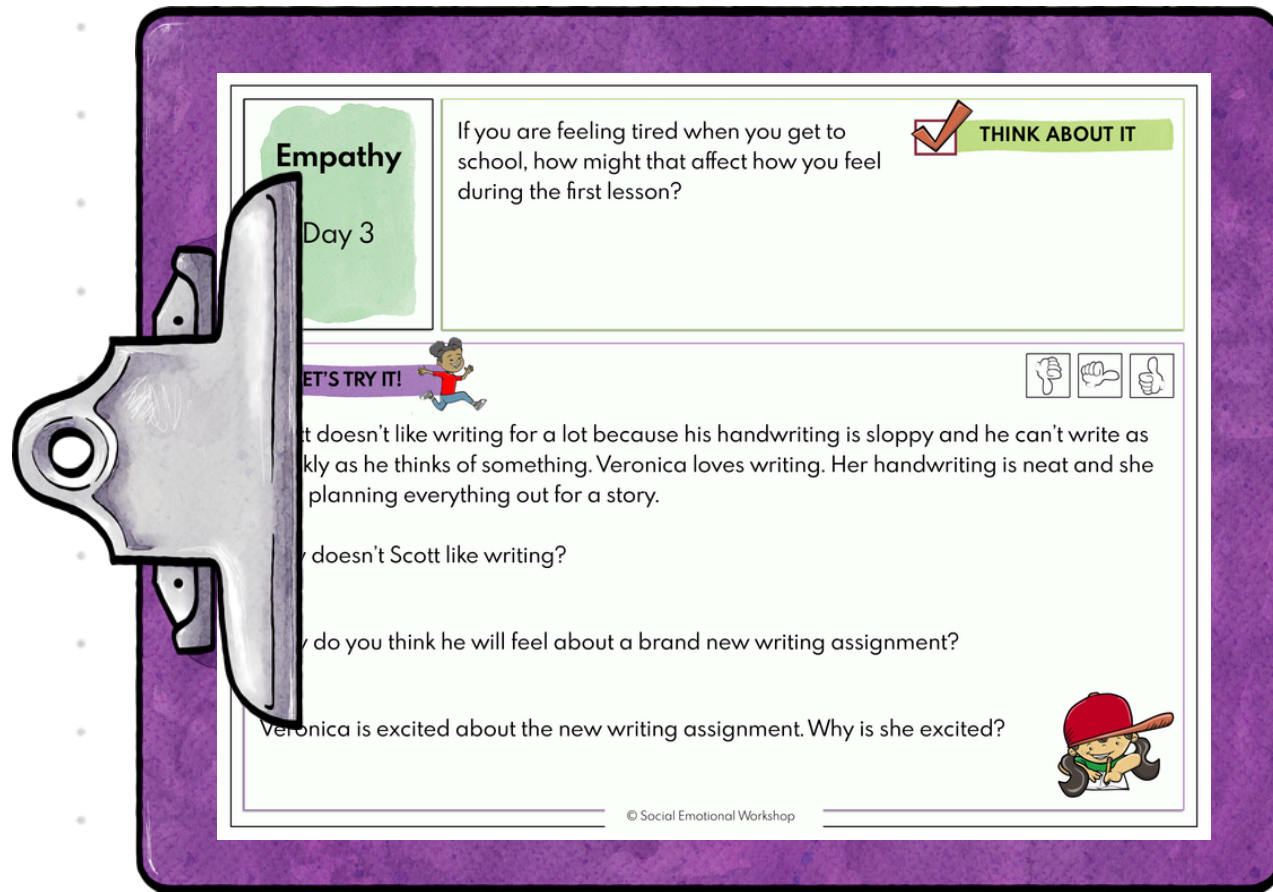
shares opinion

tries to make things better

listens to others

Print and Digital Options

PDF in Color or BW



Empathy
Day 3

If you are feeling tired when you get to school, how might that affect how you feel during the first lesson?  **THINK ABOUT IT**

LET'S TRY IT! 

It doesn't like writing for a lot because his handwriting is sloppy and he can't write as quickly as he thinks of something. Veronica loves writing. Her handwriting is neat and she is planning everything out for a story.

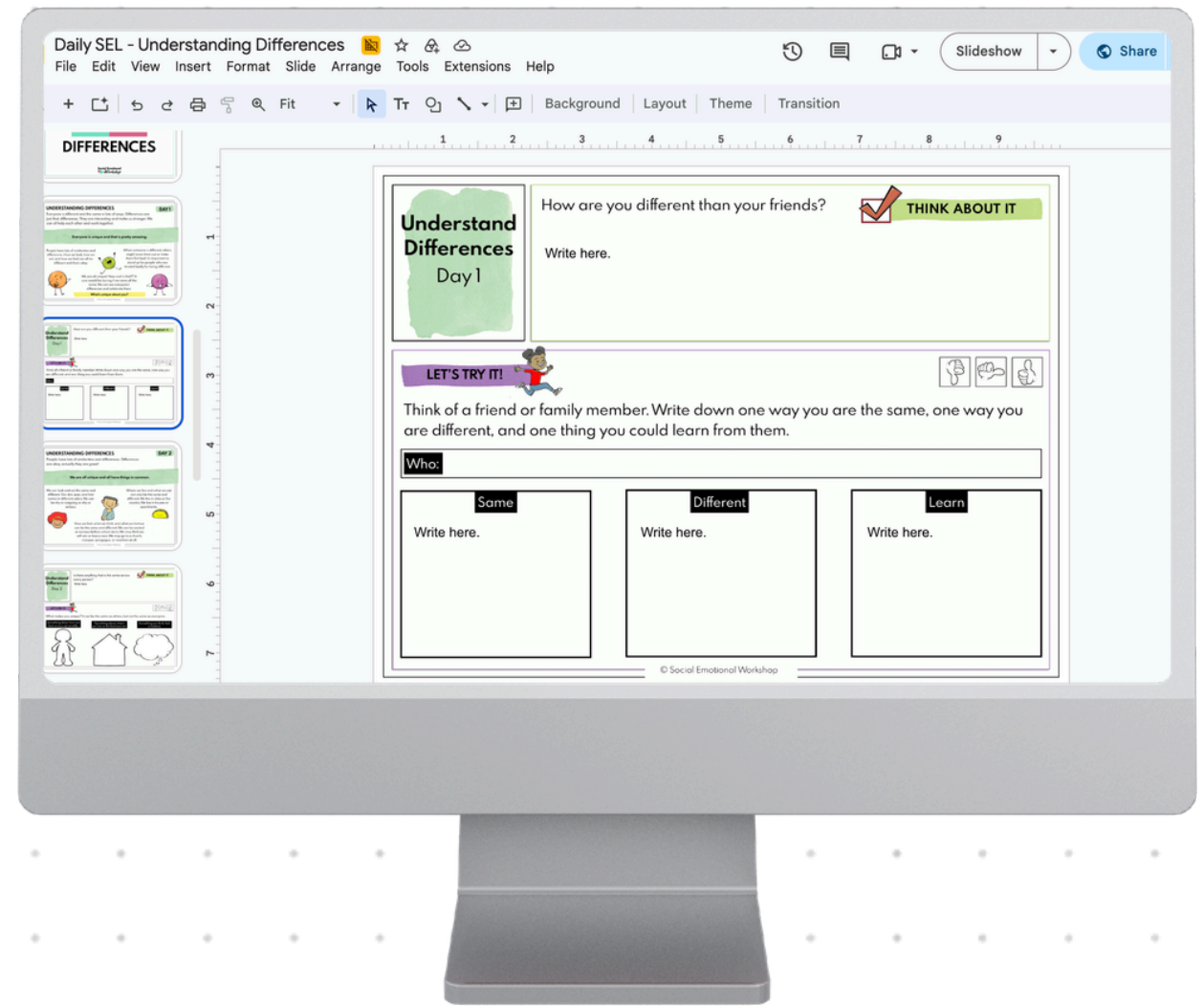
Why doesn't Scott like writing?

How do you think he will feel about a brand new writing assignment?

Veronica is excited about the new writing assignment. Why is she excited? 

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Daily SEL - Understanding Differences   

File Edit View Insert Format Slide Arrange Tools Extensions Help

+      Fit  Tr   Background Layout Theme Transition

DIFFERENCES

1 2 3 4 5 6 7 8 9

Understand Differences
Day 1

How are you different than your friends?  **THINK ABOUT IT**

Write here.

LET'S TRY IT! 

Think of a friend or family member. Write down one way you are the same, one way you are different, and one thing you could learn from them.

Who: _____

Same	Different	Learn
Write here.	Write here.	Write here.

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Details



Grade Level

3rd to 5th



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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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