

SEL WORKSHEETS - DECISION MAKING

keeping yourself safe

PERSONAL SAFETY

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

Keeping yourself safe

Avoiding unsafe situations

What to do when something is unsafe

Personal/body safety

Reflection

PERSONAL SAFETY

Sometimes you will have to handle a situation that feels unsafe. When something doesn't feel right, you can leave, find a trusted adult, or say no.

You can keep yourself safe when something doesn't feel right.

When you feel unsafe or uncomfortable, it's time to leave the situation or say no. It's okay! Staying safe is important and responsible.

When something doesn't feel safe, find a trusted adult like a parent or teacher. They can help you decide if a situation is safe or not.



Not all adults are trustworthy and might make you feel unsafe. Sometimes they will ask you for help or to keep secrets. Trust yourself — no one should ask you to keep secrets from your parents.



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Each Worksheet

FRONT

BACK

PERSONAL SAFETY

Everyone has the right to know how to avoid unsafe situations and keep themselves safe.

intro to topic

DAY 1

You can learn ways to keep yourself and others safe.

You can handle a situation that feels unsafe. When something doesn't feel right, leave or find a trusted adult.

If someone touches you in a way that is unsafe or unwanted, say no. You don't have to be polite. Never keep secrets about unwanted touches.



You can try to avoid unsafe situations. Let your parents know where you will be. Take precautions to make sure an activity is as safe as can be, like wearing a helmet when you ride your bike.

STOP!

Do you know how to keep yourself safe?

PERSONAL SAFETY

Day 2

Why is it hard to say no or leave even if a situation is unsafe?



THINK ABOUT IT

personal reflection

LET'S TRY IT!



Are these situations safe or not? Sometimes you might not be sure, you can write that.

Your friend wants you to come over. Her parents aren't home.

Safe — Not Sure — Not Safe

You are going hiking with your cousin and Aunt.

Safe — Not Sure — Not Safe

Your neighbor gives you medicine to take.

Safe — Not Sure — Not Safe

An adult at the park asks you to help him get something from his car.

Safe — Not Sure — Not Safe

You go bike riding with your friend and tell your babysitter where you are going.

Safe — Not Sure — Not Safe

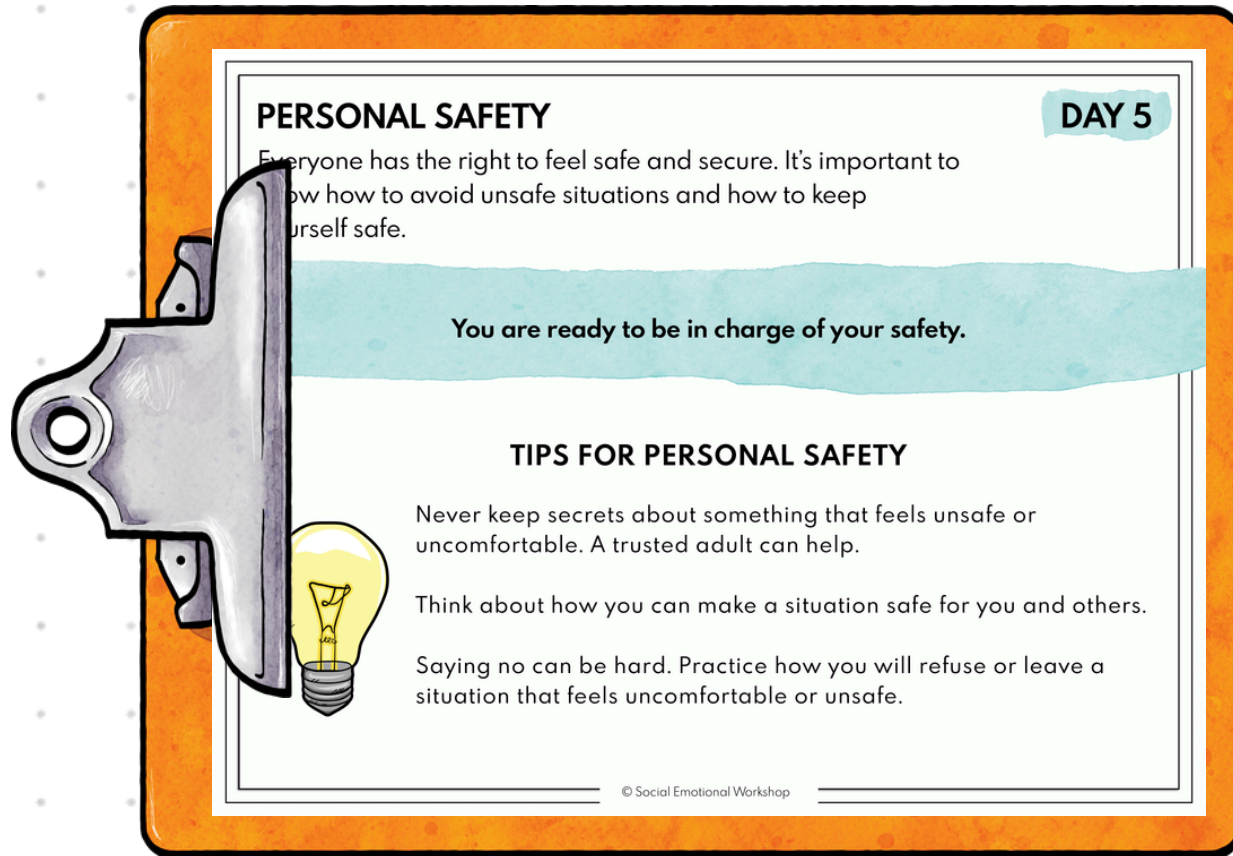
Your neighbor comes over.

Safe — Not Sure — Not Safe

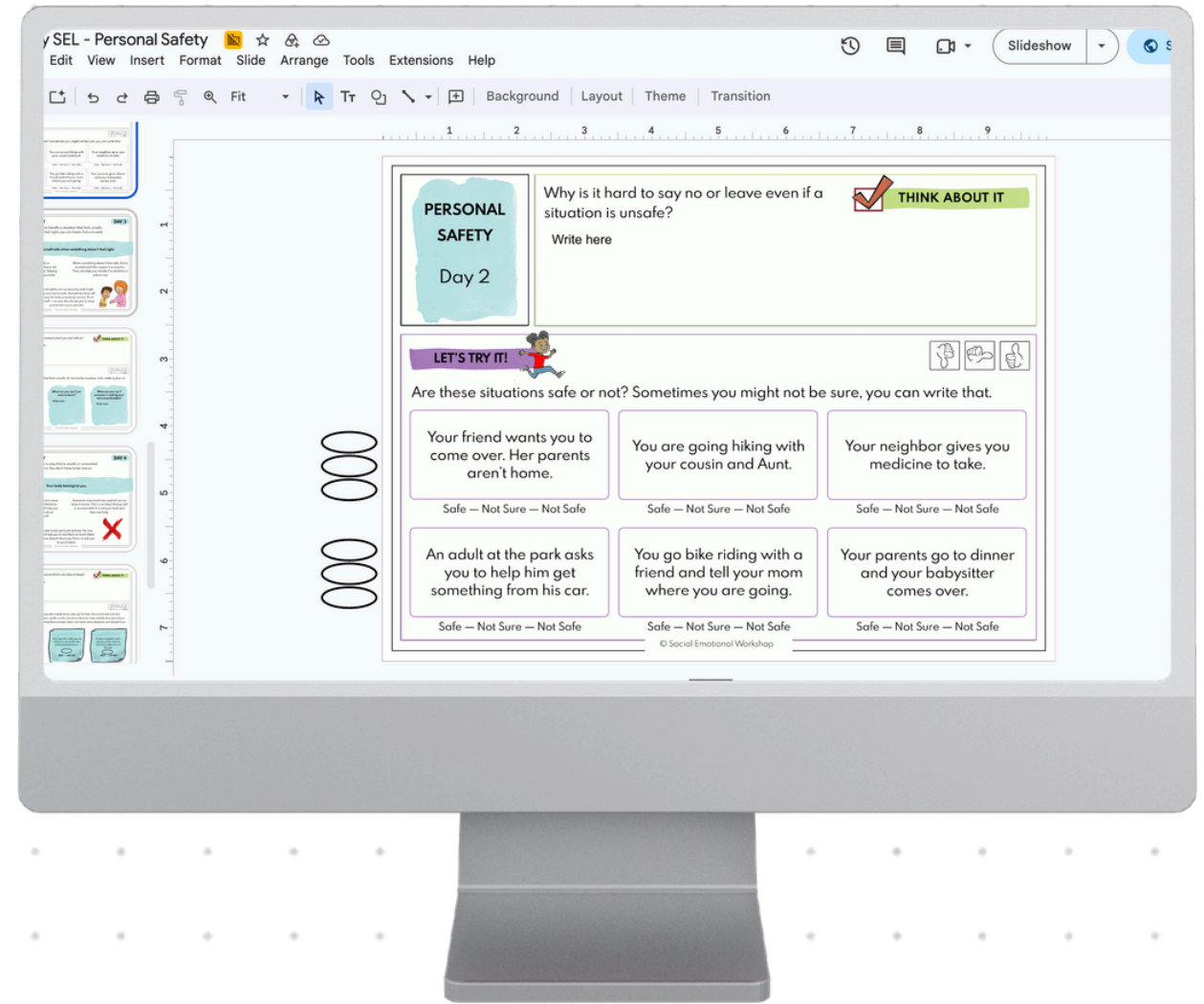
brief exercise

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Details



Grade Level

3rd to 5th



Made For

Classroom and counseling



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Printing

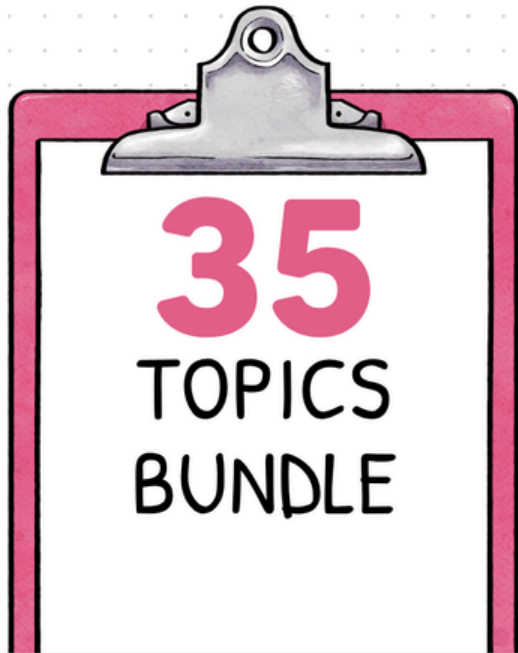
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GRADES 3-5

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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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