

SEL WORKSHEETS - SELF MANAGEMENT

Become More
RESILIENT

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



Handling challenges and setbacks

Resilience through goal setting

Resilience through believing in yourself

Strategies to handle small setbacks

Your support people and places

Reflection

Each Worksheet

FRONT

BACK

RESILIENCE

A part of being resilient is being able to handle difficult situations. You can learn to be resilient and find the positive in many situations.

intro to topic

DAY 2

Let's find ways to think a little differently.



GOALS

One way to be resilient is to **set goals** for yourself. When you have goals, you can stay focused and ignore the small setbacks. Goals help you keep going when something is challenging.



BELIEVE IN YOU

It's important to believe in yourself and that you can handle challenges. **Believing in yourself** helps when you want to give up.



POSTIVE OUTLOOK

Another part of being resilient is **believing things will get better**. Even when times are hard, you can remind yourself that things won't always be like this.

RESILIENCE

Day 2

It rained on your birthday. How disappointing! What can you do to stay positive?



THINK ABOUT IT

personal reflection

LET'S TRY IT!



Part of being resilient is believing in yourself. What are three positive traits you have that help you handle challenges? Type three words in the box. Use the word bank or write your own.

Funny

Persistent

Honest

Kind

Friendly

Patient

Intelligent

Creative

Trustworthy

Hard-Working

Helpful

Responsible

Brave

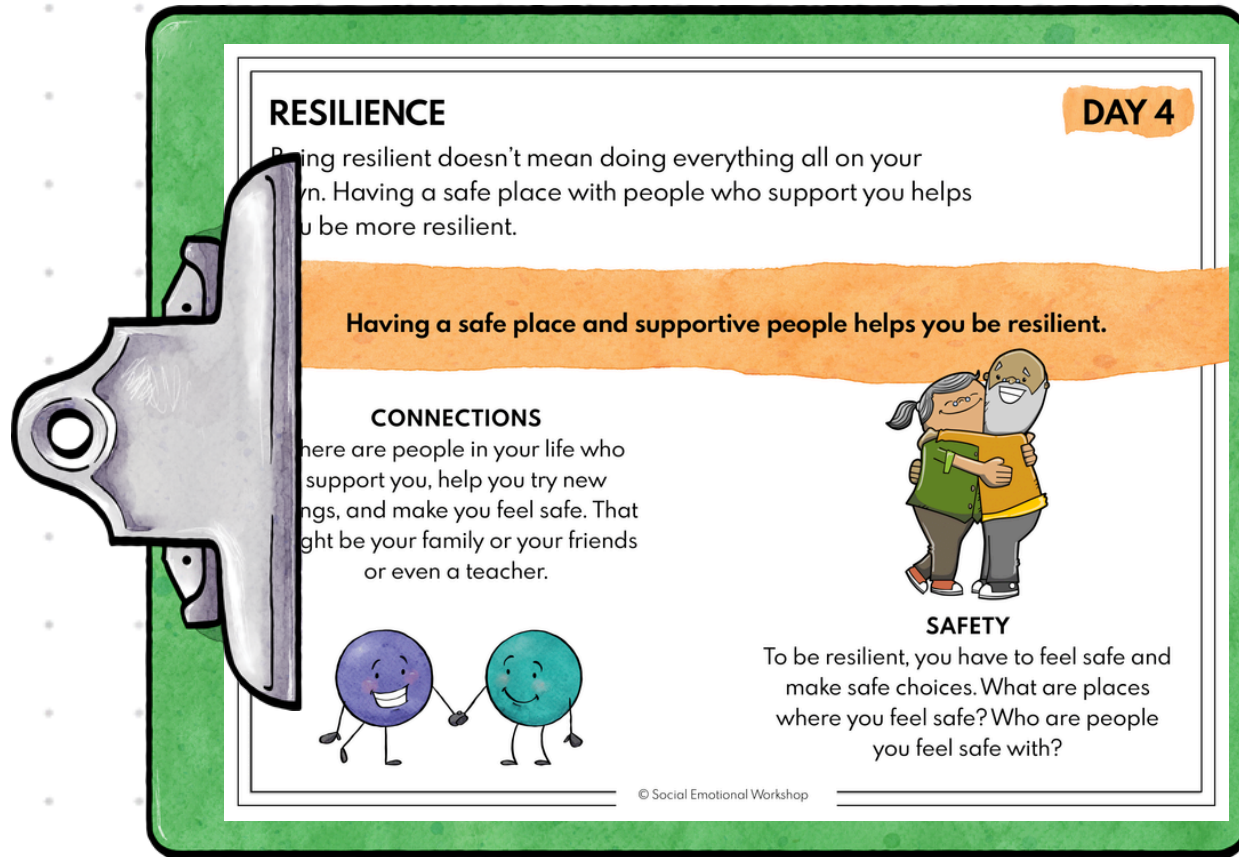
Thoughtful

Loyal

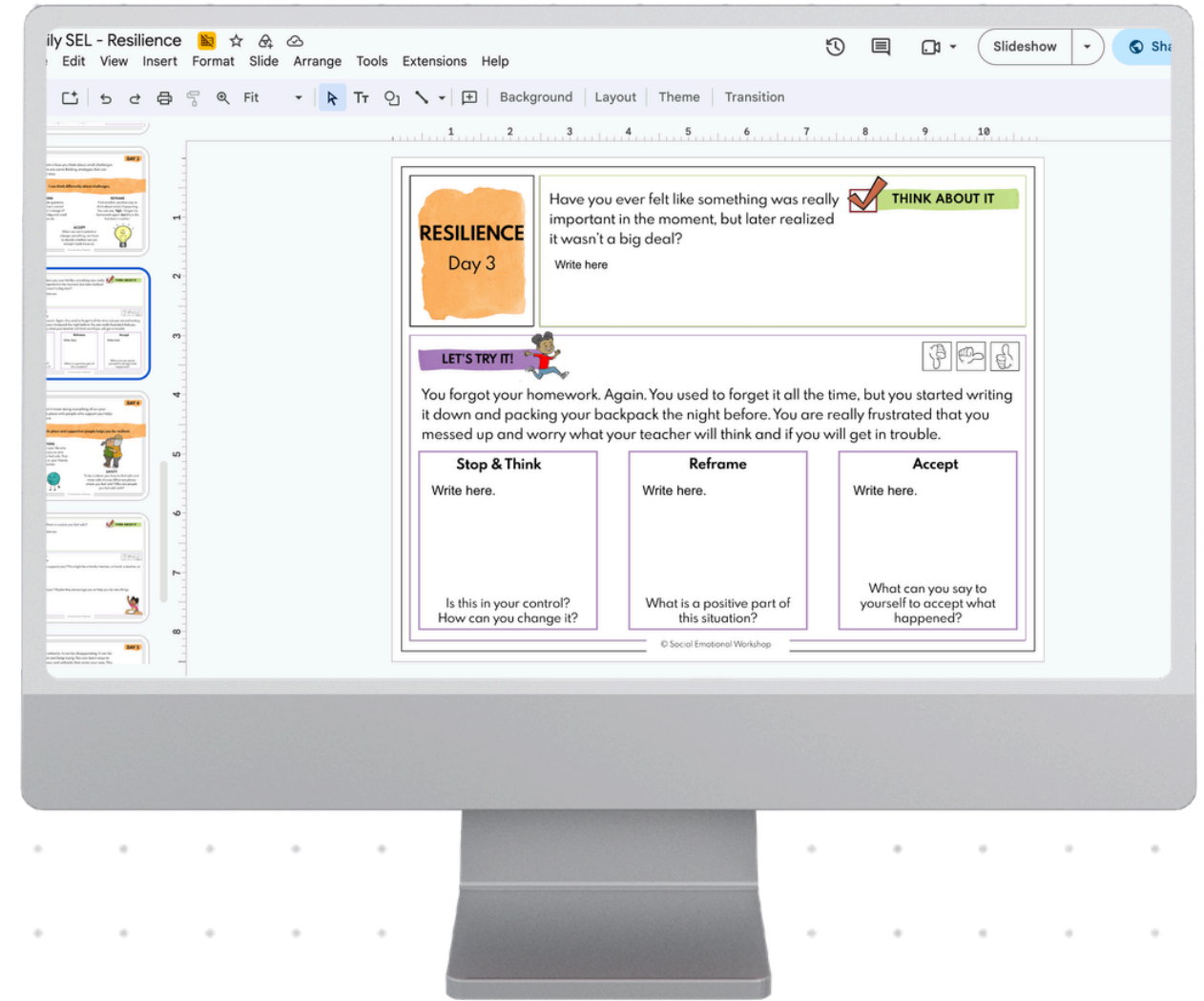
brief
exercise

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Details



Grade Level

3rd to 5th



Made For

Classroom and counseling



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Social Emotional
Workshop 

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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