

Today, we are going to explore ways to be responsible at home.

RESPONSIBILITIES AT HOME

At home, you can be responsible for activities like cleaning your room, feeding a pet, brushing your teeth, or packing your lunch, or following house rules.



TAKING RESPONSIBILITY

Sometimes we make mistakes and it is important to take responsibility for those mistakes. If you break a glass or leave your toy

7 topics

SEL WORKSHEETS SELF AWARENESS



or draw how you could show one of the
school.

SCHOOL SUCCESS

There are skills students can learn to help them be successful in school. These skills will help you learn, get along with others, and feel good about yourself.

**Social Emotional
Workshop** 

grades 3-5

Bundle at a Glance

- ✨ 7 topics
- ✨ 5 two-page worksheets per topic
- ✨ PDF in color & BW
- ✨ Fill-in Google Slides version

7 Topics

School Success: Skills like listening, respect, and asking for help.

Responsibility: Being responsible at home and at school.

Feelings: Spotting and understanding emotions.

Anger: Recognizing anger and choosing how to respond

Worry: Understanding worried feelings and ways to respond.

Triggers: Recognizing stressful situations and how to handle them.

Helpers: Asking for help and being a helper to others.

How Each Topic Works

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

MY FEELINGS	MY FEELINGS	MY FEELINGS	MY FEELINGS	MY FEELINGS DAY 5
We all have lots of different feelings. All our feelings are natural and okay. Even big, uncomfortable feelings like anger or sadness.	Everyone has different thoughts and experiences. These thoughts and experiences will effect how they feel.	Feelings change. You can feel different in the morning than in the afternoon. Something that bothered you last year might not bother you anymore.	You can have more than one feeling at the same time! You can feel happy and jealous. You can feel sad and angry.	We all have lots of feelings and different ones. Our feelings change and they get mixed up. It can be really helpful to better understand our feelings.
We all have different feelings .	Today we will explore how we all don't always share the same feelings.	Today we will explore changing feelings .	Today we will explore mixed feelings .	All feelings are okay.
Two people can have different feelings. We could both be reading and you could feel calm while I feel frustrated.  What do you know about feeling?	OUR EXPERIENCES We all have different experiences and these can change how we feel.  FEELING DIFFERENT People can be in the same situation and feel different. I could feel nervous riding a bike and you could feel excited. 	DAILY FEELINGS During the day, we will feel different feelings. The things that happen around us will change how we feel.  HERE TODAY, GO Feelings aren't forever. Feelings can change. Sometimes we feel bored doing something that we like. Sometimes we feel something that we don't like.	GO TOGETHER Some feelings go together like being grouchy and being hungry or being brave and scared at the same time.  ALL FEELINGS ARE OKAY Even mixed feelings are okay. 	FEELINGS TIPS Keep track of your feelings for a week and see how many different ones you have. Think about how the people around you feel and how it might be different than how you feel. When you are feeling sad or angry, just remember that feelings don't last forever. 

MY FEELINGS Day 1	MY FEELINGS Day 2	MY FEELINGS Day 3	MY FEELINGS Day 4	MY FEELINGS Day 5
How are you feeling right now?	Do you and a friend always feel the same way?	What is something that used to frustrate you but now it doesn't bother you?	Have you ever felt two feelings at the same time?	YOUR THOUGHTS What else do you want to know about feelings? 
LET'S TRY IT! Circle the feelings you had this week.  calm tired annoyed angry worried curious calm happy sad bored confused shy Write about the feelings you had this week.	LET'S TRY IT! We know that people can feel different even when they are doing the same thing. Think about how two people might feel. It is the night before the first day of school. These two friends feel different. How do you think they would feel and why? Kylie feels _____. Farrah feels _____. Why does she feel this way? Why does she feel that way?	LET'S TRY IT! Let's take a look at how someone's feelings might change during the day. At breakfast, I dropped my bowl of cereal on the floor. I felt _____. I got to school and found out we had an assembly. I felt _____. I forgot my homework for math. I felt _____.	LET'S TRY IT! Sometimes we have feelings that are completely different at the same time. Think about why we would have those feelings. My friend's baseball team beat my baseball team. She scored the winning run. I felt proud, disappointed, and jealous. Why do I feel proud? Why do I feel disappointed?	THINK ABOUT IT What's one thing you learned about feelings? What feelings have you had this week? What feelings do you have at the same time? Does everyone always feel the same way?

School Success

Listening + focusing

Following directions

Respecting others

Sharing + participating

Asking for help

SCHOOL SUCCESS

DAY 1

There are skills students can learn to help them be successful in school. These skills will help you learn, get along with others, and feel good about yourself.

Successful students listen, focus their attention, treat others with respect, participate, and ask for help.

Listening, focusing, and following directions helps you understand what to do and work with classmates.

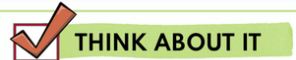


Treating others with

Participating and asking for help is important for learning and feeling confident.

School
Success
Day 1

How can you ask for help in class?



LET'S TRY IT!



Circle 3 traits you think help make a student successful in school?

kind	enthusiastic
hardworking	thoughtful
confident	smart
organized	happy
friendly	popular

Write or draw how you could show one of the traits you picked in school.

Responsibility

What makes someone responsible

Being responsible at school and home

Taking ownership of your choices

Reflection

RESPONSIBILITY

Being responsible means people can count on you and trust you. A responsibility is something you should do or a way you should act.

When you are responsible, you do what you say you will, make good choices, and own your actions.

RESPONSIBILITY IS

Making sure you do something you said you would do, like helping a friend with their math.





Making good choices on your own like doing your homework before you go out to play.

Taking ownership of your choices, like when you make a mistake.

Responsibility Day 1

How do you act responsibly in school?  **THINK ABOUT IT**

LET'S TRY IT! 

Read the scenarios and decide if the person is being responsible or not.

- After school, Jim watches TV instead of doing his homework.
Responsible **Not Responsible**
- Gina loses her brother's hat and tells him right away and offers to buy him a new one.
Responsible **Not Responsible**
- Terrence goes to visit his grandpa like he promised instead of going bike riding.
Responsible **Not Responsible**

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Helpers

All about helpers

Knowing when you need help

Asking for help

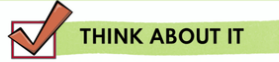
Being a helper

Reflection

HELPERS

Day 1

How do people help each other at your school?



LET'S TRY IT!



Naomi went to the grocery store with her mom to pick up ingredients to make a cupcakes. At the store, Naomi asked her mom to make sure they didn't forget anything. When they got home, Naomi asked her mom to show her how to measure the flour and sugar. Naomi iced the cupcakes and asked her mom how to spell Happy Birthday.

Name one way Naomi needed help.

HELPERS

DAY 1

Helpers are people who do things for others, take care of others and teach others. Helpers are at home, at school, and in our community.

Everyone can be a helper.

We can learn when we need help and how to ask for it.

You can be a helper.

Helpers take care of others. Helpers do things for us. Helpers can be doctors or mailmen or a neighbor.



Everyone needs help. We can learn how to ask for help, who can help us, and when we need help.

You can help others. You can help a neighbor with their groceries or help our family get dinner ready.



Can you find the helpers around you?

Feelings

All feelings are okay

People have different feelings

Feelings change

Mixed feelings

Reflection

MY FEELINGS
Day 1

How are you feeling right now?
 **THINK ABOUT IT**

LET'S TRY IT!


Circle the feelings you had this week.
 calm  tired  annoyed  angry
   

Write about or draw when you felt one of the feelings this week.

MY FEELINGS

DAY 1

We all have lots of different feelings.
All our feelings are natural and okay.
Even big, uncomfortable feelings like anger or sadness.

We all have different feelings.

Our feelings change all the time.

You can feel **more than one feeling** at the same time.

Two people can have different feelings. We could both be reading and you could feel calm while I feel frustrated.
 


Feelings change all the time. You can be disappointed in the morning and feel happy in the afternoon.

You can feel more than one feeling at the time, like feeling sad and angry when someone leaves you out.


What do you know about feelings?

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Anger

What anger looks like and feels like

Signs you or someone else is angry

What makes you angry

Ways to handle anger

Reflection

ANGER
Everyone gets angry. Anger can be good, like when something is unfair. Anger can be unhelpful when we don't stay in charge of it.

DAY 1

We can learn about our anger. What it looks like, feels like, and when it happens. When we understand it, then we can be in charge of it.

When we get angry, our bodies tighten up. Our face might get red and our voice might get loud. What does it look like when you get angry?



We get angry for different

When we know about what makes us angry, we can be the boss of it.



ANGER
Day 1

What's something kids get angry about?  **THINK ABOUT IT**

LET'S TRY IT! 

angry about different kinds of things. Circle which ones bother you.

ng is hard to do.	When something is unfair.
et what I want.	When I try hard and it doesn't work out.
ngs get hurt.	When I get in trouble.
arrassed.	

Worry

What worries look like and feel like

How to tell when someone is worried

What you worry about

Ways to handle worries

Reflection

WORRY

Day 1

What's something lots of kids worry about?  T

LET'S TRY IT!



Sometimes we get worried about things we can't control. Circle things you can control and underline things you can't control.

the weather

how others act

how

the school schedule

how I feel

how

my grades

other people's grades

who

WORRY

DAY 1

Everyone has worries. Each of us have different worries. Worries can be helpful and they can also take over.

We can learn about our worries. What they look like, feel like, and when they happen. When we know our worries, we can be in charge of them.

When we worry our bodies can get tense. Our stomachs may hurt or our breath might get quick. What does it look like when you get worried?



Worries happens for lots of reasons. You might worry what will happen or what someone will think.

When we know about our worries, we can be in charge of them. We can learn ways to manage them and keep them small.



What makes you worry?



Triggers

All about triggers

Not everyone reacts the same way

Knowing your triggers

Stopping or avoiding triggers

Making a plan to handle them

TRIGGERS
Day 1

Have you ever gotten angry quickly and acted without thinking? What got you angry?

THINK ABOUT IT

LET'S TRY IT!



Read the triggers below. Circle the ones that would cause negative thoughts, feelings, or actions for you.

Losing a game.	Losing my favorite pen	Being told no.
Being hungry.	Someone cheated.	Not being called on.
Being left out.	Schedule changes.	Boring math lessons.
Bossy work partner.	Cleaning my room.	Bad grade on a test.

TRIGGERS

DAY 1

Triggers cause us to think, feel, and act quickly. Sometimes those triggers are unhelpful, like when negative thoughts, feelings and actions come too fast to control.

We can learn about our triggers and prepare for them.

Triggers are different for everyone. Something might make me feel angry, but it wouldn't bother you.



We learn about our triggers, we can either avoid them or stop them. If I am scared of the dark, I can start using a night light.



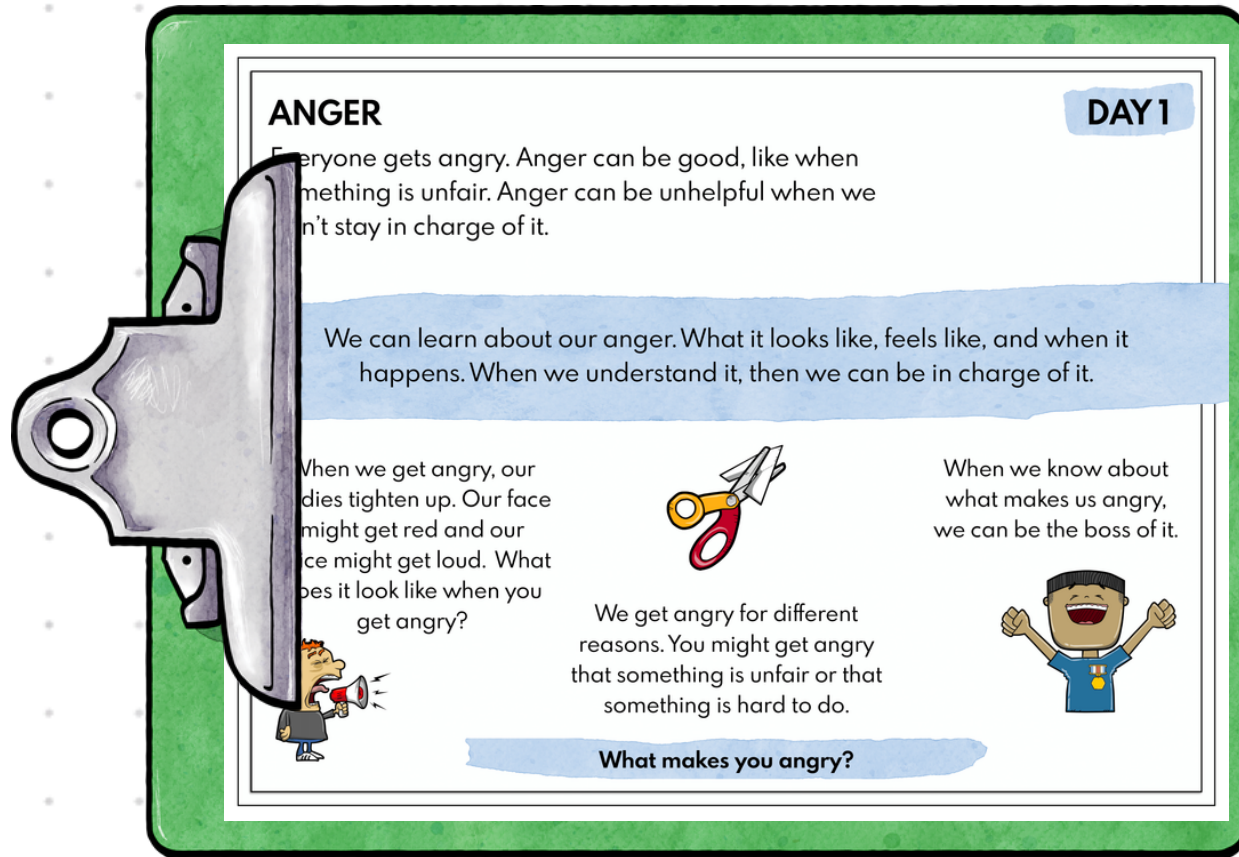
We can also make a plan to handle our triggers. If I get frustrated when I lose a game, I can make a plan and practice losing before playing.

Do you know what your triggers are?

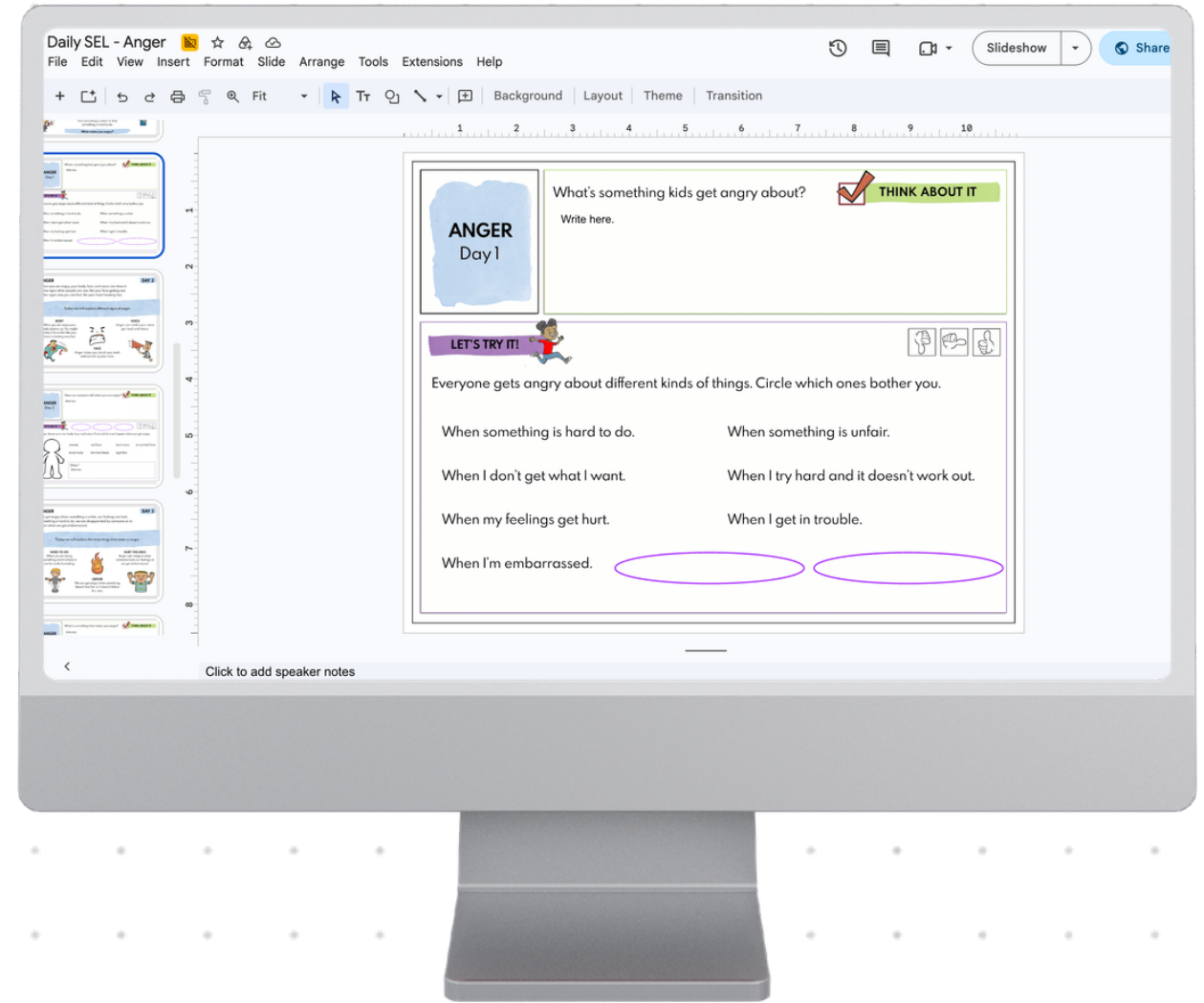
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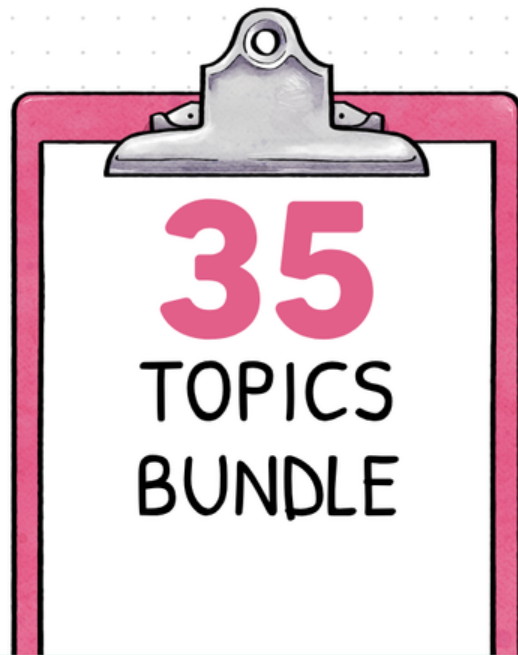


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Hi! I'm Laura

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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