

SEL WORKSHEETS - SELF-MANAGEMENT

Creating Healthy Habits

SELF CARE

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
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What's Covered

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

SELF CARE

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
Quality Time, Helping, and Talk/Write.

QUALITY TIME

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



TALK OR WRITE

Talk to someone about your feelings, your problem, or your thoughts.

HELP SOMEONE

Doing something kind for others can also make you feel good. Kind acts make others feel supported.

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Each Worksheet

FRONT

BACK

SELF CARE

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

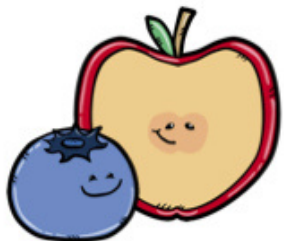
intro to topic

DAY 2

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!

SELF CARE Day 2

What's a healthy snack you can have?



THINK ABOUT IT

What's a physical activity you can do?

personal reflection

LET'S TRY IT!



Let's make a plan to **get a good night sleep.**

We want to make sure we get enough sleep (7-9 hours) and have an easy time falling to sleep.

Let's pick our bedtime, a calming activity before bed, and an activity we should avoid.

Bedtime (7 to 9 hours before you wake up)

Calming Activity

Activity to Avoid

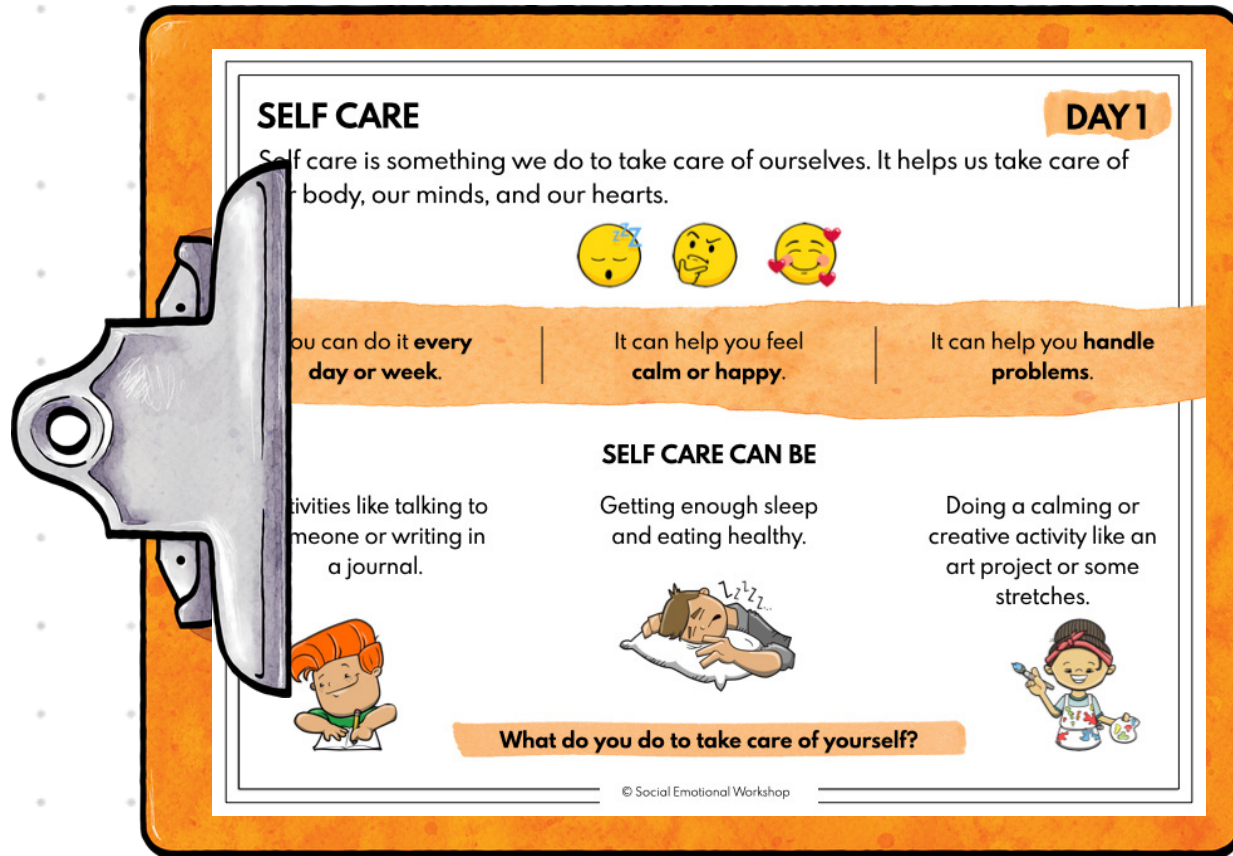


brief
exercise

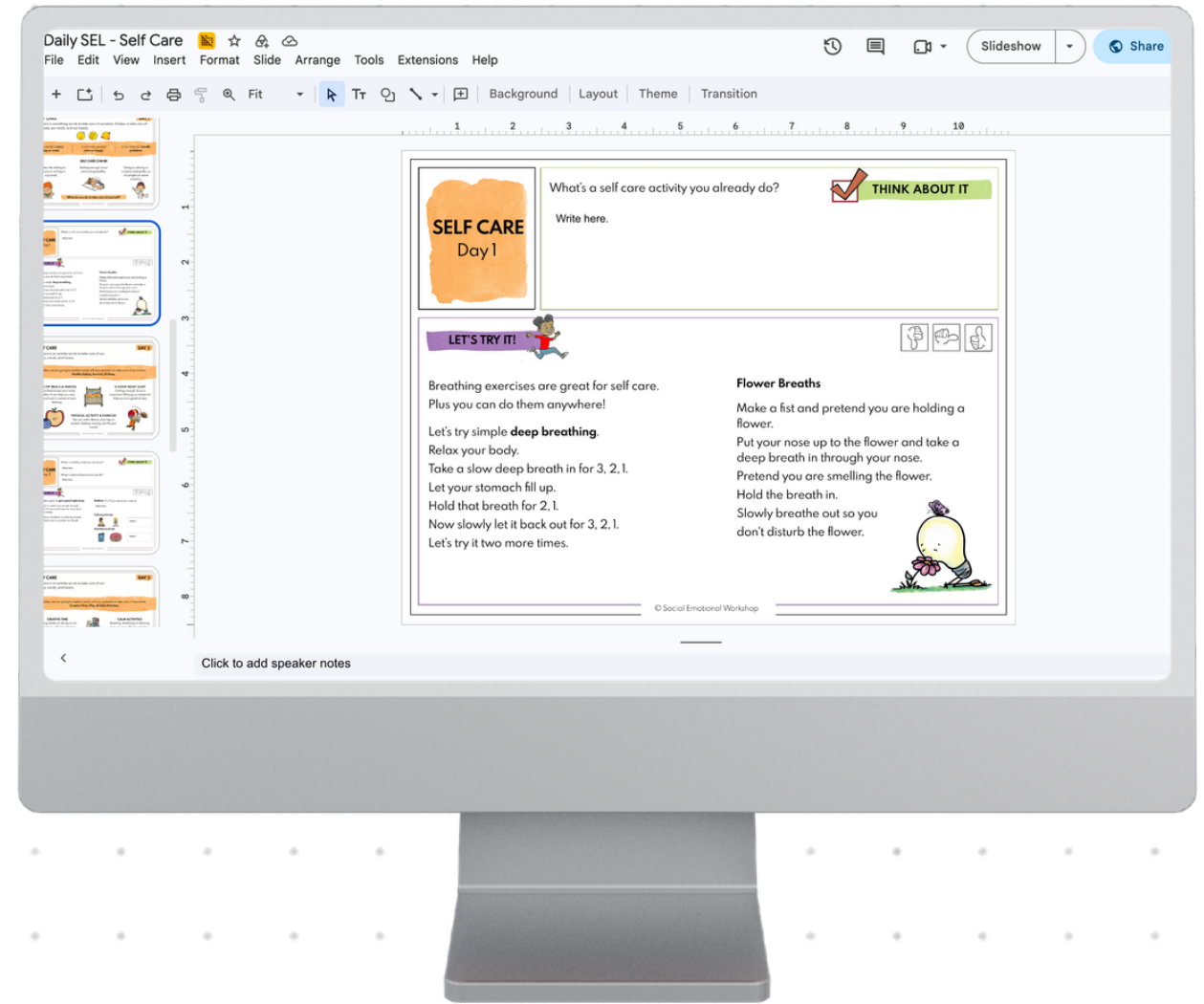


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Grade Level

3rd to 5th



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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.

Visit [my blog](#) for more ideas and [subscribe](#) for exclusive resources!

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