

SEL WORKSHEETS – SOCIAL AWARENESS

understanding **OTHERS**

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



Perspective taking

Different people have different feelings

Social cues

Signs of how someone feels

Reflection

Each Worksheet

FRONT

BACK

UNDERSTANDING

You can understand how different than what you think and how our voices sound or what our faces look like.

intro to topic

DAY 1

You can know what others think and feel.

Two people can think and feel different. Some might feel sad when they have indoor recess and some might be excited.



People's actions and words tell you how they feel and think. You can tell by a grumble or a big smile how someone is feeling.



When you know how someone feels and thinks, **you can start to understand why.** Things that have happened to us change how we think and feel.



Can you tell how someone feels?

Understanding
Others

Day 1

What are two feelings someone might have if their friend didn't invite them to their party?



THINK ABOUT IT

personal reflection

LET'S TRY IT!



Read the scenario and **give two different feelings** someone might feel.

1. Your mom is starting a new job.
2. Your friends keep playing jokes on you at recess.
3. Tonight is your school play and your whole family
4. You forget your science project at home.

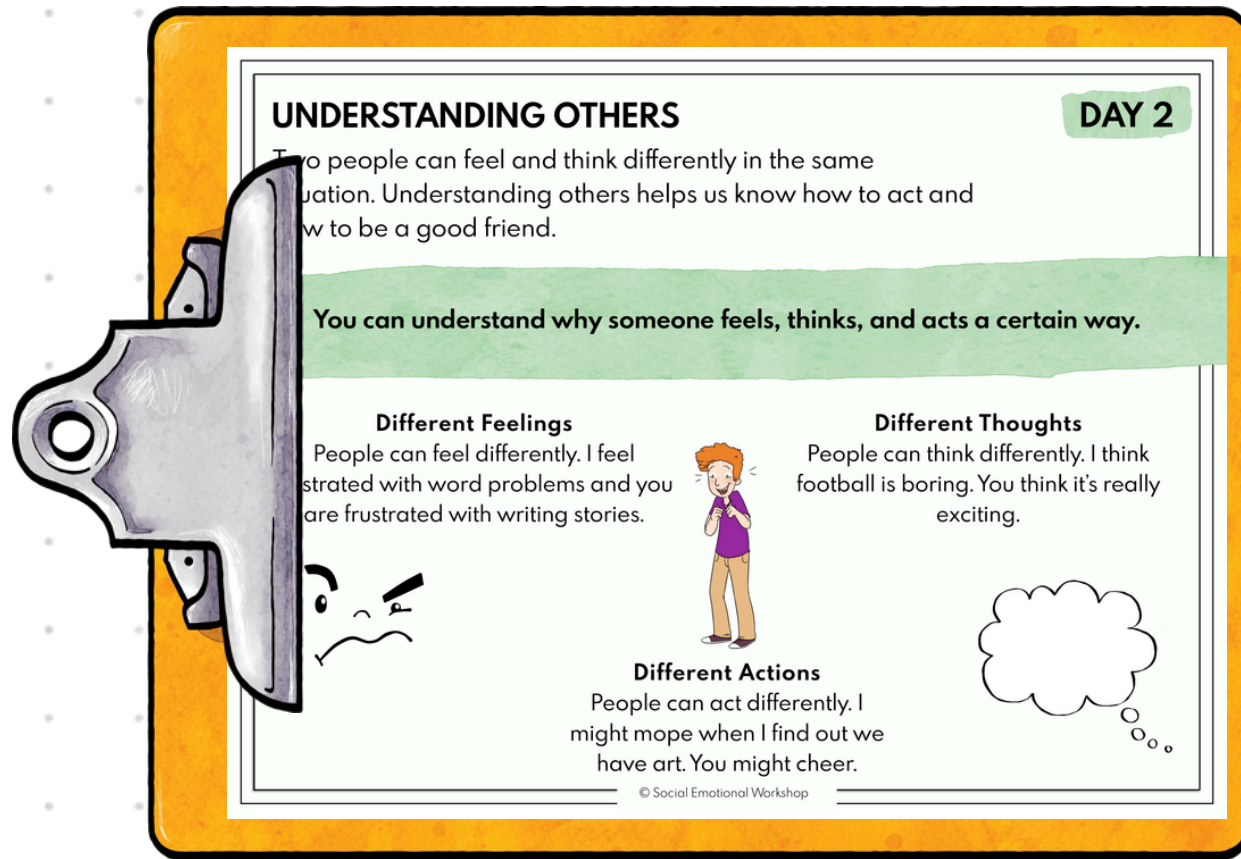


brief
exercise

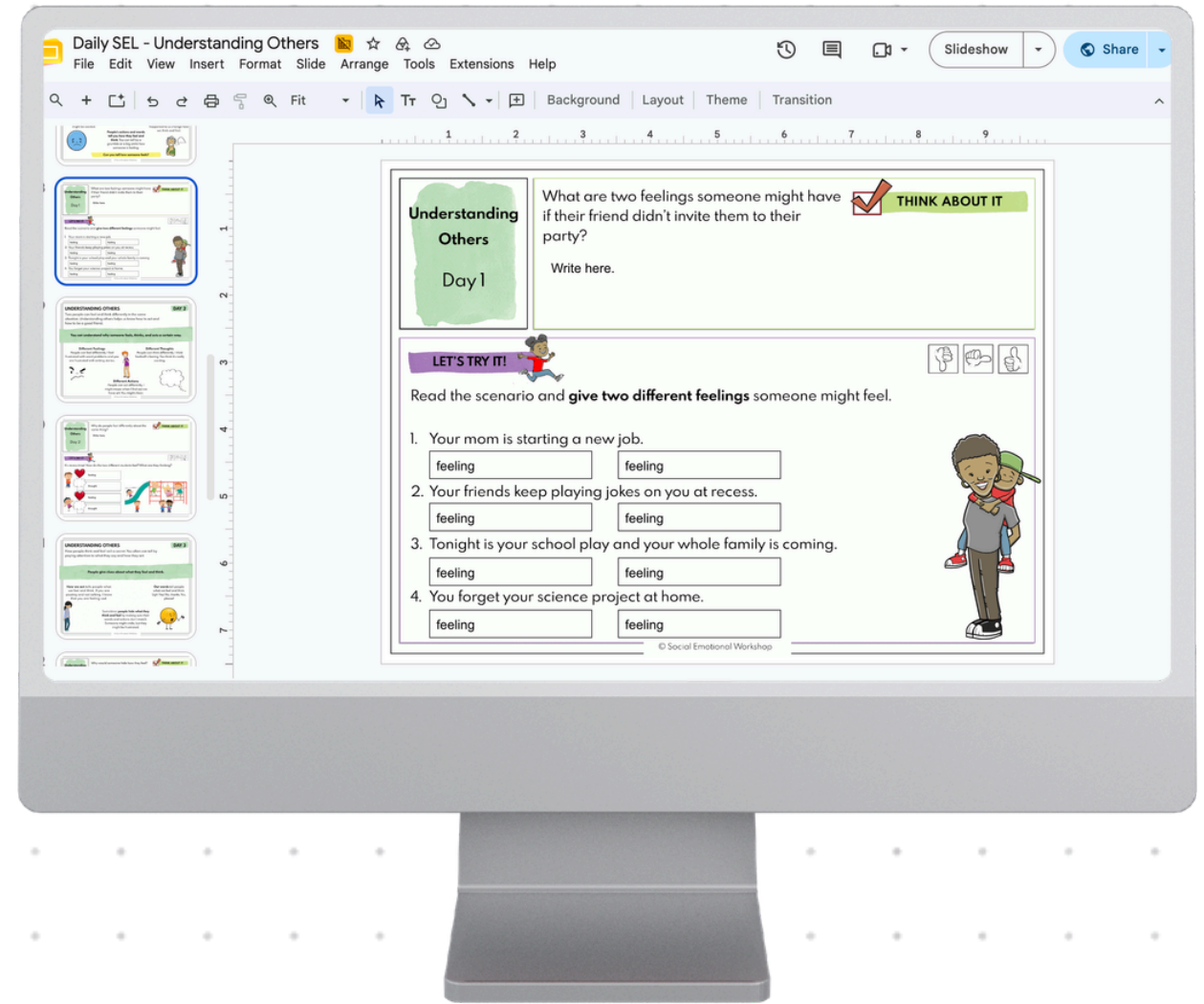


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3rd to 5th



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Social Emotional
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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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