

Social Emotional Learning and Mindfulness

Self-Awareness

Self-Management

Responsible
Decision-
Making

Mindfulness

Relationship
Skills

Social
Awareness

Name:

Student Resource Book
Elementary

Catapult Learning™

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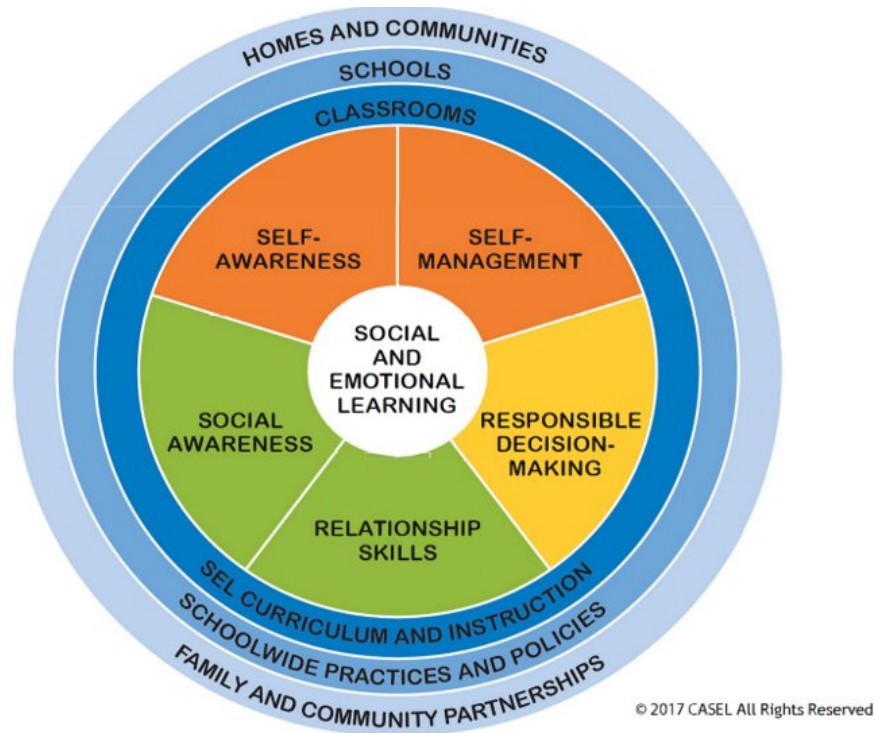
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THE FEEL WHEEL



SELF AWARENESS

- Recognizing your own emotions, thoughts, and values and how they affect your behavior
- Understanding your strengths and the things that are difficult for you, so you can work on them

SELF MANAGEMENT

- Controlling your emotions, thoughts, and behaviors in different situations — effectively managing stress, controlling impulses (the urge to do something), and motivating yourself
- Setting personal and academic goals and working toward them

RESPONSIBLE DECISION-MAKING

- Making good choices about personal behavior and social interactions based
- Understanding the consequences of your actions and how they affect you / others

RELATIONSHIP SKILLS

- Having healthy and rewarding relationships with people from different backgrounds
- Communicating clearly, listening and working well with others, not giving into social pressure, and knowing when to ask for help

SOCIAL AWARENESS

- Understanding others and putting yourself in their shoes, as well as recognizing how to behave at home, school, with your family, and in the community

SEL Lesson 1: Self Awareness – Identifying Emotions

We all experience emotions like sadness, happiness, and even frustration and anger. We may think of some of these emotions, like sadness, as bad, but they are a part of life. The important thing is to be able to identify an emotion and work through it. Think about these emotions and how they make you feel. List your ideas in the tables below.

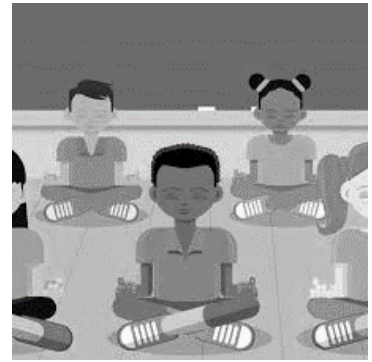
What makes you feel angry?	How do you know you are feeling this way?
What thoughts do you have?	How does your body react?

<p>What makes you feel happy?</p>	<p>How do you know you are feeling this way?</p>
<p>What thoughts do you have?</p>	<p>How does your body react?</p>

Mindfulness Lesson 1: Mindful Breathing

You can sit or stand for this breathing exercise.

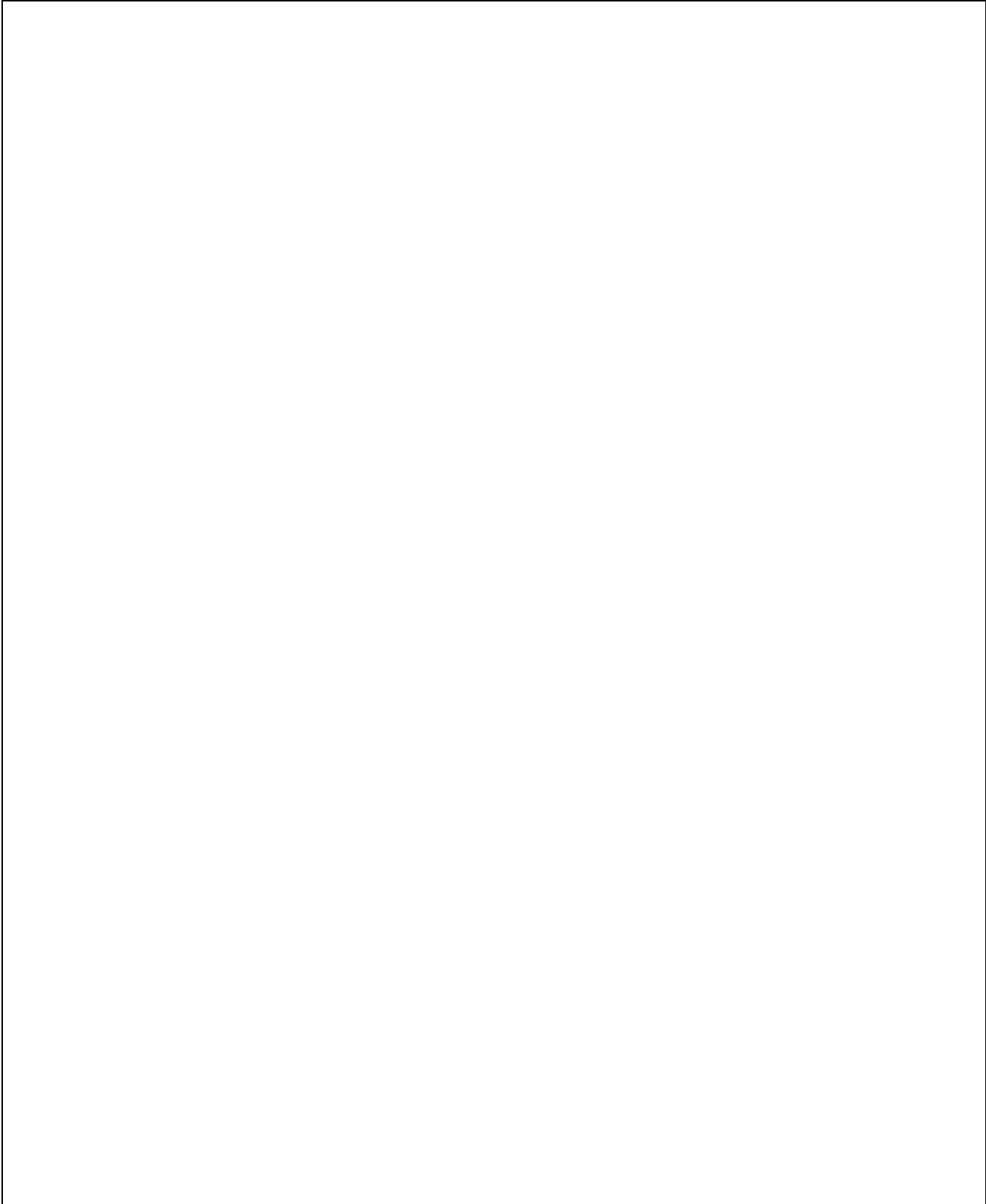
1. Find a comfortable and quiet space.
2. Sit or stand up tall.
3. Put both hands on your belly.
4. Close your eyes or look down to your hands.
5. Take three slow deep breaths in and out to see if you can feel your hands moving. You can count 1 – 2 – 3 for each breath in and 1 – 2 – 3 for each breath out. After you breathe out, take a few seconds to be still before you start breathing in again.



As you are taking your breaths, pay attention to the following:




- What is moving your hands? Is it the air filling your lungs?
- Can you feel the air moving in through your nose?
- Can you feel it moving out through your nose?
- Does the air feel a little colder on the way in and warmer on the way out?
- Can you hear your breath?
- What does it sound like?

After you have repeated this exercise a few times, respond to the questions in the space below. You can use words, pictures, or anything else to help you explain how you feel.

A large, empty rectangular box with a thin black border, intended for a student to write or draw their response to the exercise.

Reflection

How did this exercise feel?

 <p>Your Body</p>	
 <p>Your Mind</p>	
 <p>Your Heart</p>	

SEL Lesson 2: Self-Management – Managing Emotions

Have you ever heard the phrase *emotion management*? What do you think this means?

Emotion management is the thoughts and actions we use to feel more, less, or the same amount of an emotion. It is helpful to have strategies or ways for dealing with strong emotions. Let's review a few.

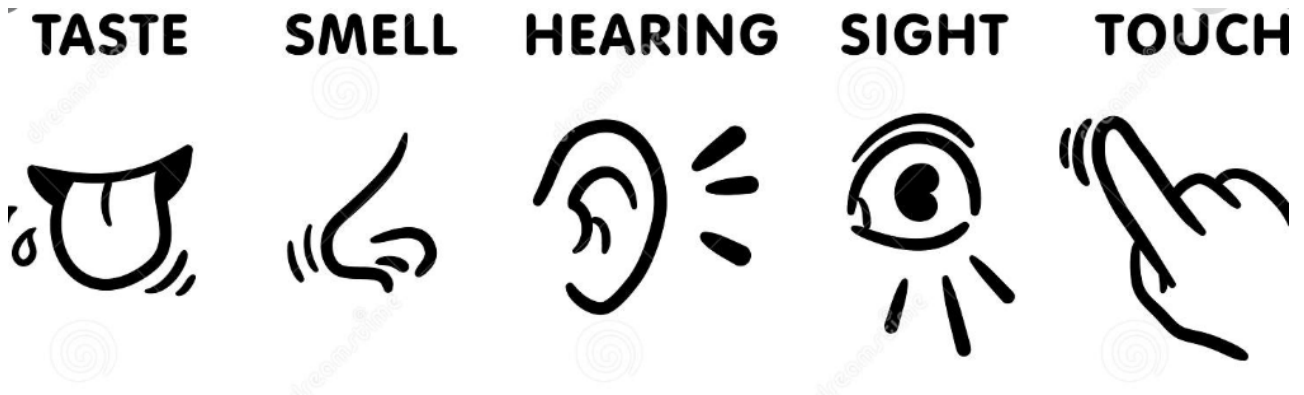
- Mindful Breathing - Sit comfortably with your left hand on your heart and your right hand on your stomach. Close your eyes if you wish to. Breathe in and out normally and pay attention to your breath. Notice any changes in your body.
- Body Scan - Sit comfortably and close your eyes if you choose. Notice how each of your body parts feel, starting with your toes and moving up to your head.
- Talking to someone

Have you ever used any of these strategies? How did they help you?

What other strategies do you use to manage strong emotions? List and describe three.

Mindfulness Lesson 2: Sense Countdown

There are lots of things that can make us feel tired, nervous, or even a little worried. This activity is a great way to calm yourself and your mind down.



Sit in a quiet place. Think of:

- 5 things you can see
- 4 things you can touch
- 3 things you can hear
- 2 things you can smell
- 1 thing you can taste

You can write down or draw these things in the space below. Repeat this exercise until you feel calm. Each time try to notice different things.

A large, empty rectangular box with a thin black border, occupying most of the page below the text. It is intended for the user to write down or draw things to help them feel calm.

Reflection

How did this exercise feel?

 <p>Your Body</p>	
 <p>Your Mind</p>	
 <p>Your Heart</p>	

SEL Lesson 3: Decision Making – What Would You Do?

Responsible decision-making is an important part of being an adult. We all have to make difficult choices about our behaviors and relationships at some point, so we have to continuously work on those skills.

Here are a few problem-solving scenarios. What would you do?

- While playing with your sibling, s/he accidentally breaks your favorite toy or gift. What do you do next?

- You see someone sitting alone at lunch or playing alone at recess. What do you say or do?

- You're eating your favorite snack and a friend asks for a bite. How do you respond?

In each of the situations, do you think your response was the right choice to make? Why or why not?

How else could you have gone about each situation?

How do you feel when you know you have made the right decision?

Mindfulness Lesson 3: Heartbeat

Our heartbeat is always with us, so we can use it to measure how we are feeling. During difficult times, our heartbeat can help us to overcome stress and to be mindful of what is happening around us.

1. Find a comfortable and quiet place to sit.
2. Before you begin this exercise, take three deep breaths in and out.
3. Place your fingers or hands on the part of your body where you can feel your pulse the best. Your pulse is the speed of your heartrate. You can usually feel it on the side of your neck, under your jaw, inside your wrist, or over your heart.
4. Close your eyes and notice how quickly or slowly your heart is beating. Think about how you are feeling right now. How might your feelings be related to how quickly or slowly your heart is beating?
5. Stand and jump up and down on the spot ten times.
6. Sit down again and feel your heartbeat. What changes do you notice?
7. Close your eyes and pay attention to your heartbeat until it slows back down.



Use words, pictures, or anything else to help you explain how it felt to do this exercise?
What did you learn about yourself?

A large, empty rectangular box with a thin black border, intended for a student to draw or write their response to the questions above.

Reflection

How did this exercise feel?

 <p>Your Body</p>	
 <p>Your Mind</p>	
 <p>Your Heart</p>	

SEL Lesson 4: Relationship Skills – Resolving Conflicts

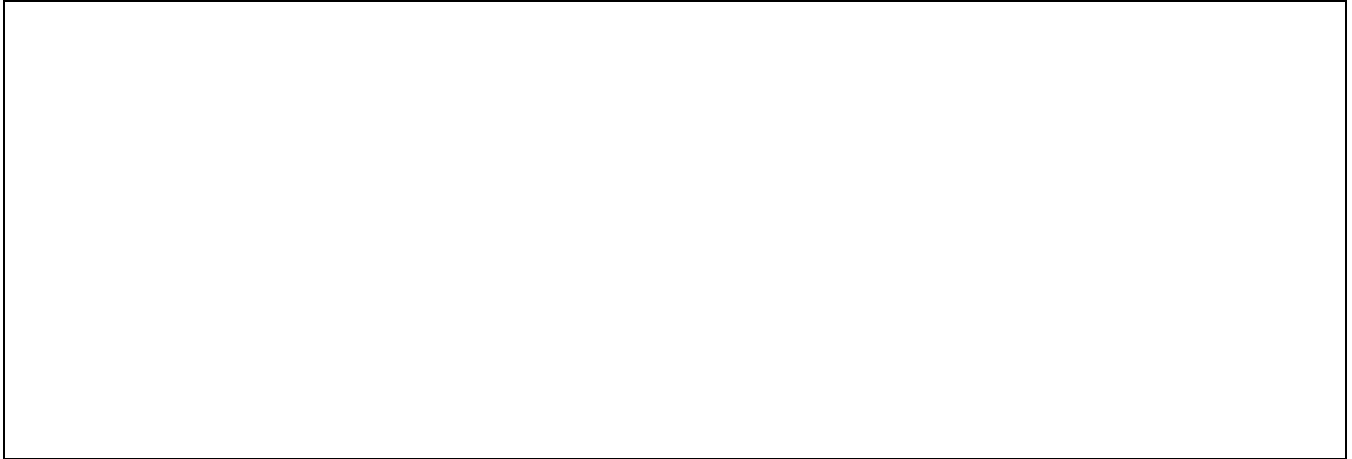
Today, we are going to look at steps you can take when you are in a conflict with someone. A conflict is a serious argument or disagreement.

How do you usually handle a conflict?

When you have a conflict with someone you care about, like a friend, you can talk to them about it. You don't want to stay upset forever, and you probably don't want to lose a friend, right? Here are different ways to handle the conflict.



Which of these strategies would you want to try out? Why do you want to try these strategies?



Now, try out one of these tips with someone at home. How did it go?



What did you learn about yourself? What did you learn about the other person?



Mindfulness Lesson 4: Body Scan

This activity is a great way to relax and feel present in the moment.

1. Lay on the floor with your eyes closed if you are comfortable. You may also look at the ceiling.
2. For about 10 seconds, pay attention to your feet and think about these questions:
 - How does this body part feel?
 - Is it cold or warm?
 - Does it feel tight or relaxed?
 - Is all or part of that body part touching the floor or any clothing?
 - What does that feel like?
3. Now, move on to your toes and think about the same questions.
4. Then move to your ankles, calves, knees and other body parts until you reach your head.
5. If you feel tired or stressed after you have completed each body part, imagine breathing out the stress and breathing in new things that make you happy.



Use words, pictures, or anything else to help you explain how each body part felt as you did this activity.

What did you learn about yourself?

A large, empty rectangular box with a thin black border, intended for the user to write their response to the question above.

Reflection

How did this exercise feel?

 <p>Your Body</p>	
 <p>Your Mind</p>	
 <p>Your Heart</p>	

SEL Lesson 5: Social Awareness – Being Empathetic – Putting Yourself in Others’ Shoes

When something happens, thinking about how you would feel in that situation can give you an idea about how someone else might feel. It’s important to think about how other people might be feeling and what you can say and do to help them.

How would you feel if a friend stepped on your toes?	How do you think a friend would feel if you stepped on their toes?
How would you want someone to help you?	How would you help your friend?

How do you think others want to be treated? Is this similar to or different from how you want to be treated?

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How can you be a better friend? List and describe three ways.

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Mindfulness Lesson 5: Gratitude Jar

There are lots of things that upset us and make us feel stressed. But there are also lots of things that make us feel good. Do you know what gratitude means? Gratitude is being thankful or grateful for something.


Today, keep a list of all the things you are grateful for throughout the day. Here are some ideas:

- Something that someone else did for you
- A person in your life that you appreciate
- An activity or hobby you are grateful to be able to do
- A positive quality of someone that can sometimes be hard to get along with
- A skill or ability you have
- An item you love
- Something that made you laugh
- What you have learned from something that was hard
- Something you like about yourself

If you enjoy this activity, consider asking your family and friends to join you. You can also keep a gratitude journal every day or keep the list of things you are grateful for in a gratitude jar or container.



Use words, pictures, or anything else to explain how this activity made you feel.






What did you learn about yourself?



Reflection

How did this exercise feel?

 Your Body	
 Your Mind	
 Your Heart	

SEL Lesson 6: Self Awareness – Dealing with Fear and Anxiety

There are lots of things going on that frighten us or make us feel nervous and anxious. You should never pretend that you are not worried or scared.

Write about a few things that make you feel nervous, anxious, or scared.

Look at the scale. Think about what you wrote above. Where do they fall on the scale?



1 – Not that bad

2 – A little scary or makes me a little worried

3 – Very scary or worries me a lot

One way you can deal with fear or anxiety is to talk to an adult. Can you think of other ways to deal with things that make you feel scared or anxious? List them here.

--

When we talk about our fears and anxieties, we are able to create a plan to deal with it, move past it, and hopefully, feel better. A plan can also help us overcome the fear, or it will move down that worry scale for us. Choose one thing that makes you feel scared or anxious. What are three specific steps you can take to work through this problem?

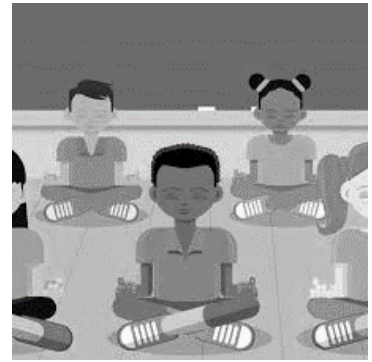
Thing that scares or worries me: _____

1.
2.
3.

Mindfulness Lesson 6: Mindful Breathing

You can sit or stand for this breathing exercise.

1. Find a comfortable and quiet space.
2. Sit or stand up tall.
3. Put both hands on your belly.
4. Close your eyes or look down to your hands.
5. Take three slow deep breaths in and out to see if you can feel your hands moving. You can count 1 – 2 – 3 for each breath in and 1 – 2 – 3 for each breath out. After you breathe out, take a few seconds to be still before you start breathing in again.



As you are taking your breaths, pay attention to the following:




- What is moving your hands? Is it the air filling your lungs?
- Can you feel the air moving in through your nose?
- Can you feel it moving out through your nose?
- Does the air feel a little colder on the way in and warmer on the way out?
- Can you hear your breath?
- What does it sound like?

After you have repeated this exercise a few times, respond to the questions in the space below. You can use words, pictures, or anything else to help you explain how you feel.

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Reflection

How did this exercise feel?

 <p>Your Body</p>	
 <p>Your Mind</p>	
 <p>Your Heart</p>	

SEL Lesson 7: Self-Management – Self-Talk

Do you know what self-talk is? Self-talk is when you talk to your self silently or aloud. Think of it as the little voice in your head. Self-talk can be positive or negative.

What we think to ourselves when we feel bad can discourage or hurt us, or it can make us feel better. For example, if you found out you didn't get a desirable grade on a project you spent a lot of time on, how would that make you feel? You might be upset for a while and feel like a failure, but you can also remind yourself that next time, you will work harder or ask for help.

Activity

Review the examples of some negative feelings people sometimes have and the positive thoughts they can use to overcome them.

Feelings

When I feel nervous

When I feel frustrated

When I am disappointed

Positive Thoughts

"I am going to get better at this."

"I am a great student."

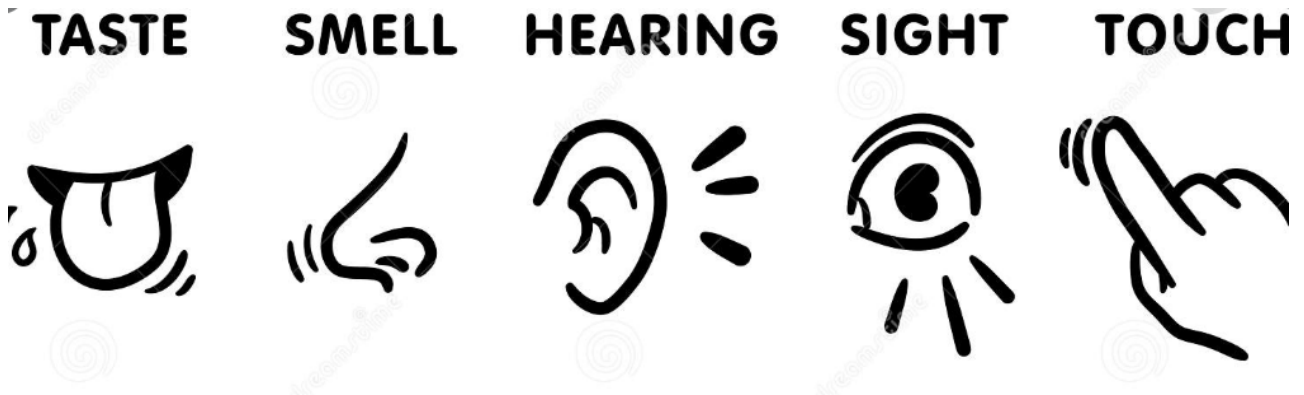
"I can get through anything."

Next, create a list of some of the negative things you say to yourself when you're not feeling great. In the second column, come up with a list of positive things you can say to yourself instead.

Negative Thoughts	What I can say instead

Mindfulness Lesson 7: Sense Countdown

There are lots of things that can make us feel tired, nervous, or even a little worried. This activity is a great way to calm yourself and your mind down.



Sit in a quiet place. Think of:

- 5 things you can see
- 4 things you can touch
- 3 things you can hear
- 2 things you can smell
- 1 thing you can taste

You can write down or draw these things in the space below. Repeat this exercise until you feel calm. Each time try to notice different things.

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Reflection

How did this exercise feel?

 <p>Your Body</p>	
 <p>Your Mind</p>	
 <p>Your Heart</p>	

SEL Lesson 8: Decision Making – Making Good Choices

We can all make choices on our own. Some choices are easier than others but aren't always right! Other choices require you to stop and think first, then use self-control to do the right thing even if it isn't what you want, or even if it's the harder choice to make.

What would you do in each situation?

Look at the situations. Read each sentence. Then, circle what you would do.

<p>Your mom asks you to wait until everyone has a snack before you eat.</p> <p>What would you do?</p> <ul style="list-style-type: none">a. Eat anywayb. Tell your mom you are hungryc. Wait until everyone has a snack	<p>Your teacher is helping another student, but you need help.</p> <p>What would you do?</p> <ul style="list-style-type: none">a. Raise your hand when the teacher is doneb. Yell for the teacher's attentionc. Talk to your friend until your teacher sees you
<p>An adult at home tells you not to eat a candy bar.</p> <p>What would you do?</p> <ul style="list-style-type: none">a. Eat the candy bar when the adult isn't lookingb. Cry because you are upsetc. Are okay with not eating the candy bar right now	<p>Your classmate pushes you.</p> <p>What would you do?</p> <ul style="list-style-type: none">a. Push your classmate backb. Tell your teacherc. Yell at the classmate

Was it easy to make the right choice each time? Why?

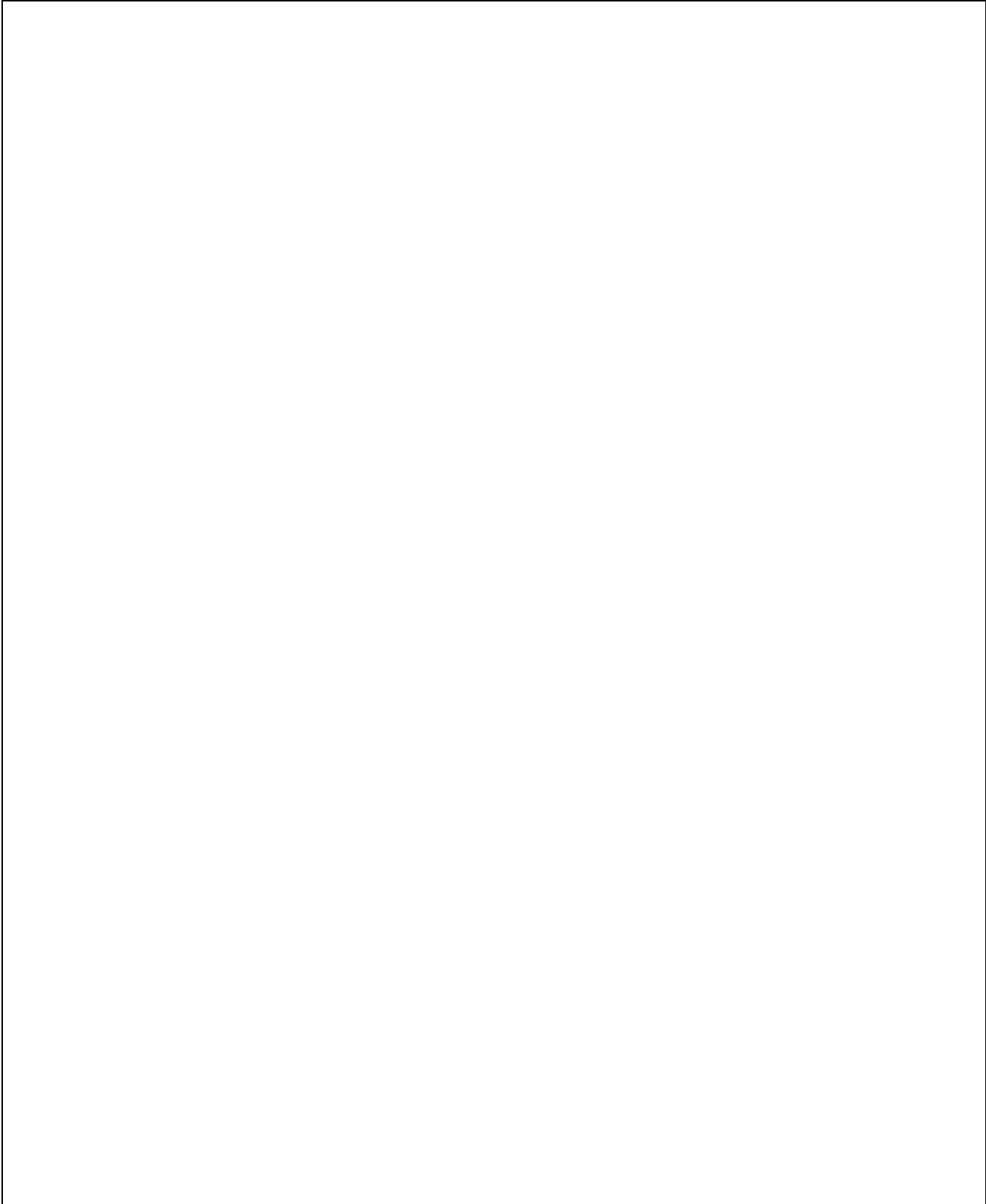
Mindfulness Lesson 8: Heartbeat

Our heartbeat is always with us, so we can use it to measure how we are feeling. During difficult times, our heartbeat can help us to overcome stress and to be mindful of what is happening around us.

1. Find a comfortable and quiet place to sit.
2. Before you begin this exercise, take three deep breaths in and out.
3. Place your fingers or hands on the part of your body where you can feel your pulse the best. Your pulse is the speed of your heartrate. You can usually feel it on the side of your neck, under your jaw, inside your wrist, or over your heart.
4. Close your eyes and notice how quickly or slowly your heart is beating. Think about how you are feeling right now. How might your feelings be related to how quickly or slowly your heart is beating?
5. Stand and jump up and down on the spot ten times.
6. Sit down again and feel your heartbeat. What changes do you notice?
7. Close your eyes and pay attention to your heartbeat until it slows back down.






Use words, pictures, or anything else to help you explain how it felt to do this exercise?
What did you learn about yourself?

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Reflection

How did this exercise feel?

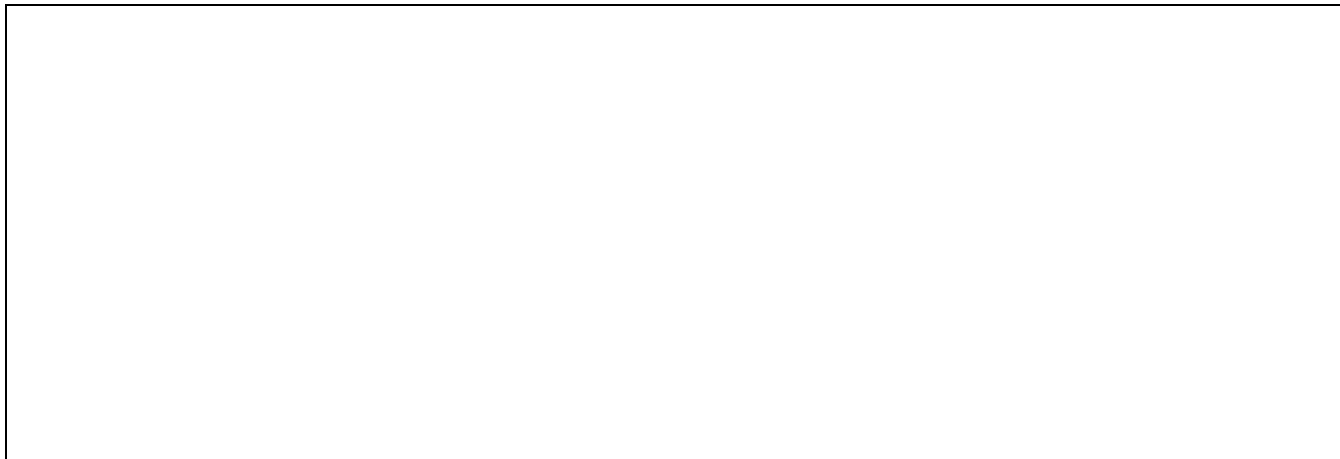
 <p>Your Body</p>	
 <p>Your Mind</p>	
 <p>Your Heart</p>	

SEL Lesson 9: Relationship Skills – Are You a Good Friend?

Have you ever thought about what makes you a good friend? How about the qualities you would want in a friend? Create a list of some qualities you think make you a good friend and those that you can work on.

GOOD	NEEDS WORK

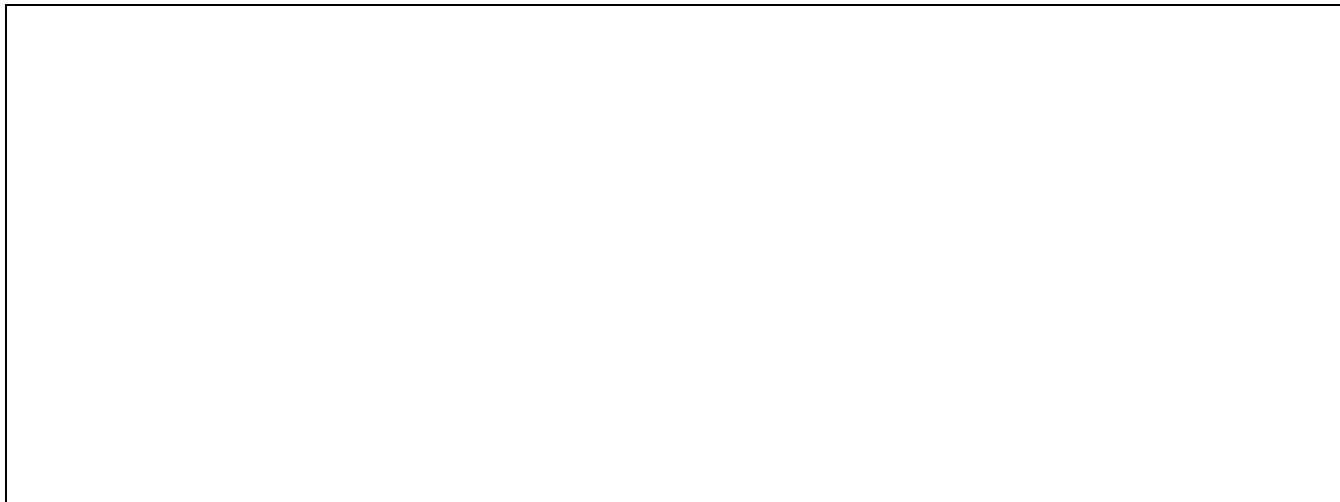
Of the qualities you listed as “Needs Work,” which would you like to work on immediately?



How will you work on these qualities?



What steps do you plan to take to become a better friend?



Mindfulness 9: Body Scan

This activity is a great way to relax and feel present in the moment.

1. Lay on the floor with your eyes closed if you choose. You may also look at the ceiling.
2. For about 10 seconds, pay attention to your feet and think about these questions:
 - a. How does this body part feel?
 - b. Is it cold or warm?
 - c. Does it feel tight or relaxed?
 - d. Is all or part of that body part touching the floor or any clothing?
 - e. What does that feel like?
3. Now, move on to your toes and think about the same questions.
4. Then move to your ankles, calves, knees and other body parts until you reach your head.
5. If you feel tired or stressed after you have completed each body part, imagine breathing out the stress and breathing in new things that make you happy.



Use words, pictures, or anything else to help you explain how each body part felt as you did this activity.

What did you learn about yourself?

A large, empty rectangular box with a thin black border, intended for a user to write their response to the question above.

Reflection


How did this exercise feel?

 Your Body	
 Your Mind	
 Your Heart	

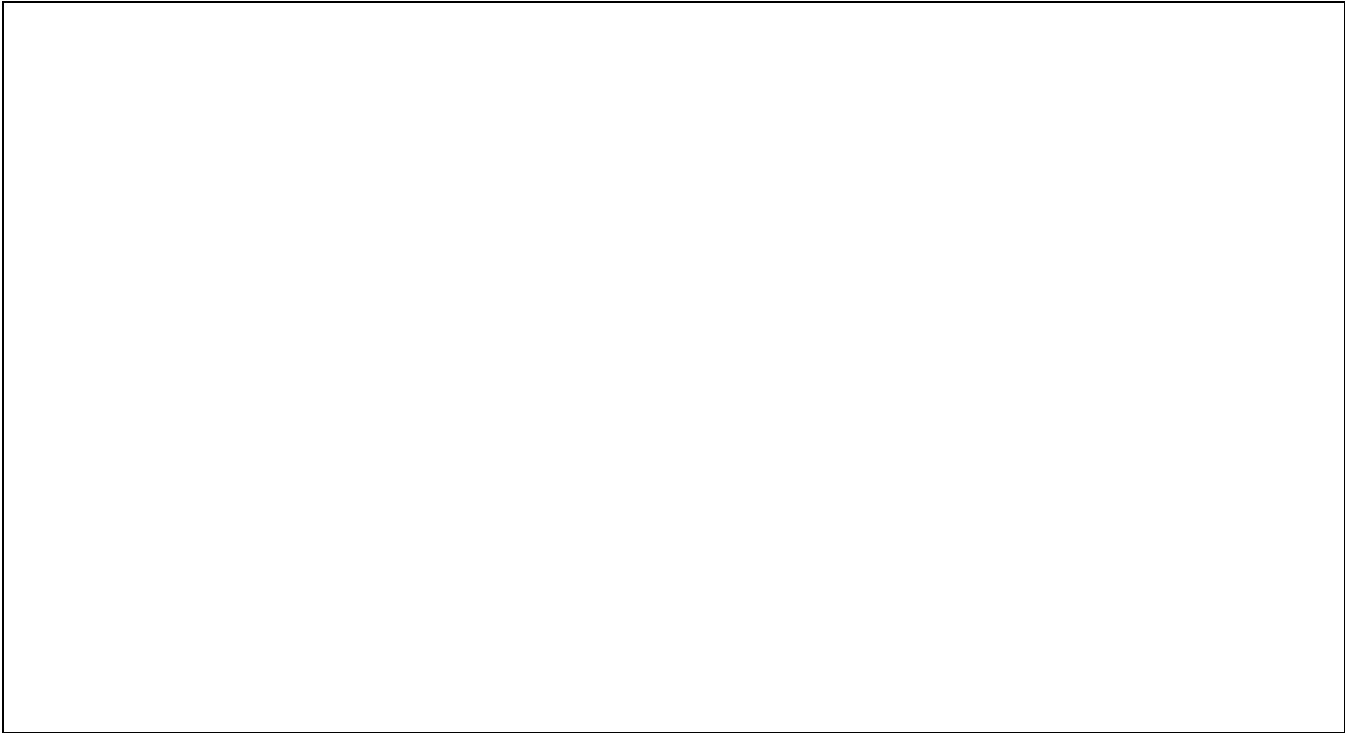
SEL Lesson 10: Social Awareness – Role Models

A role model is someone you look up to and model yourself after. For example, when you are thinking about what to do or how to behave, you might think about your role model and ask, “What would my role model do in this situation?”

Think about one of your role models. Draw this person and describe the qualities you admire about this person.

A large, empty rectangular box with a thin black border, intended for a student to draw a role model and describe their qualities.

How does your role model inspire you to be a better person?



List some ways you inspire people around you.



Mindfulness Lesson 10: Gratitude Jar

There are lots of things that upset us and make us feel stressed. But there are also lots of things that make us feel good. Do you know what gratitude means? Gratitude is being thankful or grateful for something.


Today, keep a list of all the things you are grateful for throughout the day. Here are some ideas:

- Something that someone else did for you
- A person in your life that you appreciate
- An activity or hobby you are grateful to be able to do
- A positive quality of someone that can sometimes be hard to get along with
- A skill or ability you have
- An item you love
- Something that made you laugh
- What you have learned from something that was hard
- Something you like about yourself

If you enjoy this activity, consider asking your family and friends to join you. You can also keep a gratitude journal every day or keep the list of things you are grateful for in a gratitude jar or container.



Use words, pictures, or anything else to explain how this activity made you feel.






What did you learn about yourself?



Reflection

How did this exercise feel?

 <p>Your Body</p>	
 <p>Your Mind</p>	
 <p>Your Heart</p>	


SEL Lesson 11: Self Awareness – Strengths and Challenges

It is important to know what you are good at and where you need a little help. Knowing your strengths is important because you know where you can excel or do well. You also know how to help a friend who might not be as strong at those things. When you are aware of the areas where you need to improve, you can create a plan for practicing and getting better at those things.

List your strengths and areas for improvement below.

Strengths	Areas for Improvement

Think about your strengths. How did they become your strengths? Did you practice? Did someone help you?

A large, empty rectangular box with a thin black border, intended for the user to write their response to the question above.

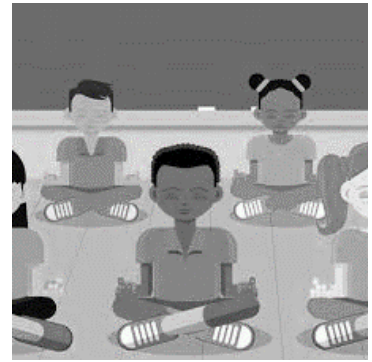
Pick two of the things you listed under areas for improvement. How will you get better at those things?

A large, empty rectangular box with a thin black border, intended for the user to write their response to the question above.

Mindfulness Lesson 11: Mindful Breathing

You can sit or stand for this breathing exercise.

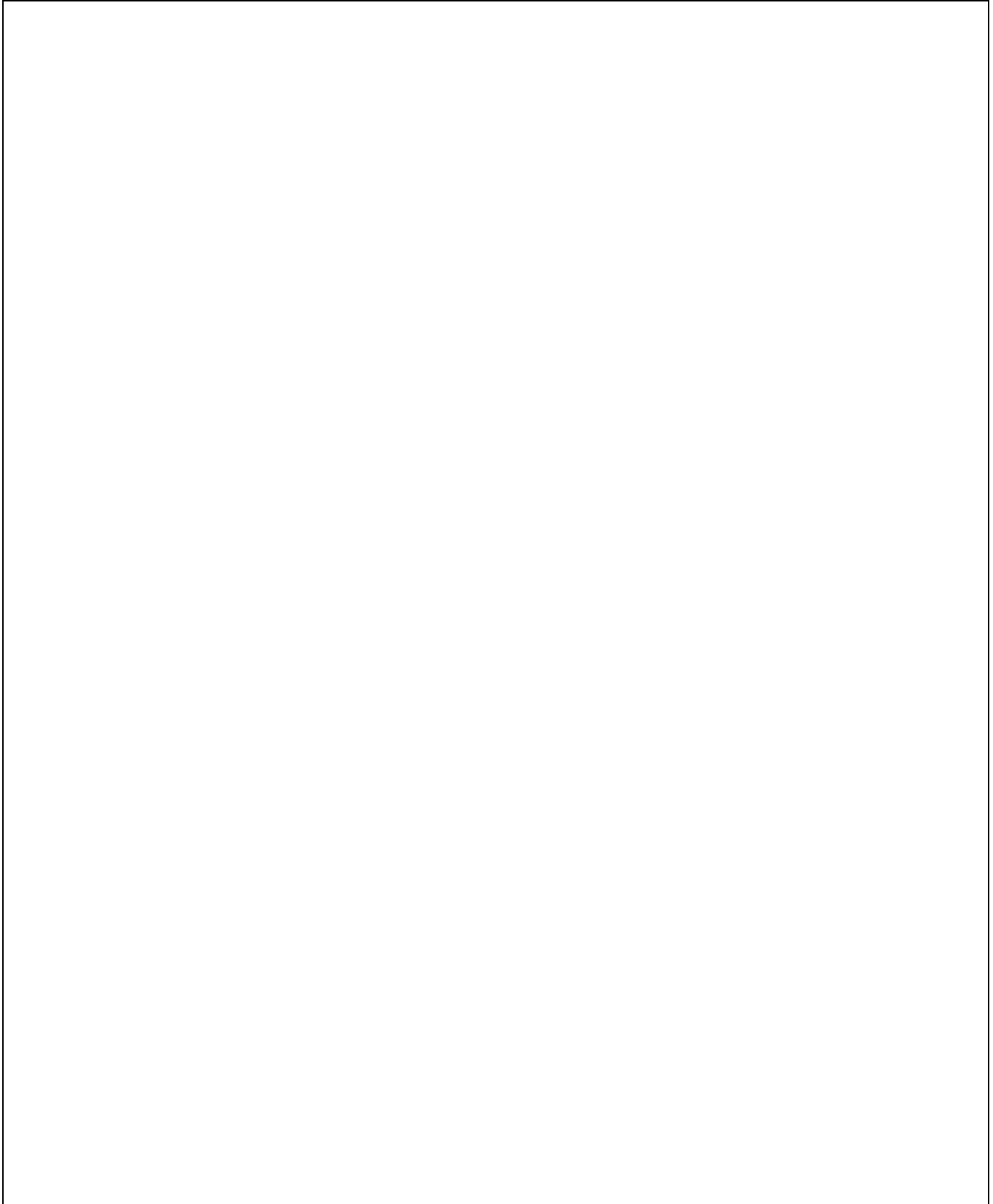
1. Find a comfortable and quiet space.
2. Sit or stand up tall.
3. Put both hands on your belly.
4. Close your eyes or look down to your hands.
5. Take three slow deep breaths in and out to see if you can feel your hands moving. You can count 1 – 2 – 3 for each breath in and 1 – 2 – 3 for each breath out. After you breathe out, take a few seconds to be still before you start breathing in again.



As you are taking your breaths, pay attention to the following:

- What is moving your hands? Is it the air filling your lungs?
- Can you feel the air moving in through your nose?
- Can you feel it moving out through your nose?
- Does the air feel a little colder on the way in and warmer on the way out?
- Can you hear your breath?
- What does it sound like?

After you have repeated this exercise a few times, respond to the questions in the space below. You can use words, pictures, or anything else to help you explain how you feel.

A large, empty rectangular box with a thin black border, intended for a student to write or draw their response to the exercise.

Reflection

How did this exercise feel?

 <p>Your Body</p>	
 <p>Your Mind</p>	
 <p>Your Heart</p>	

SEL Lesson 12: Self-Management – Setting SMART Goals

Self-motivation is important for all of us. Sometimes, we have to rely on ourselves for courage to do the things we need and want when we can't rely on anyone or anything else. One way to stay motivated is to create goals. To make sure you can track your goals, they have to be SMART. SMART stands for:

- Specific – having clear, focused goals
- Measurable – having goals that you can track over time
- Attainable – having goals you can actually accomplish
- Relevant – having goals that makes sense
- Time-bound – having goals that are linked to timelines and deadlines

Example:

I want to exercise 3 times a week for the next 3 months.

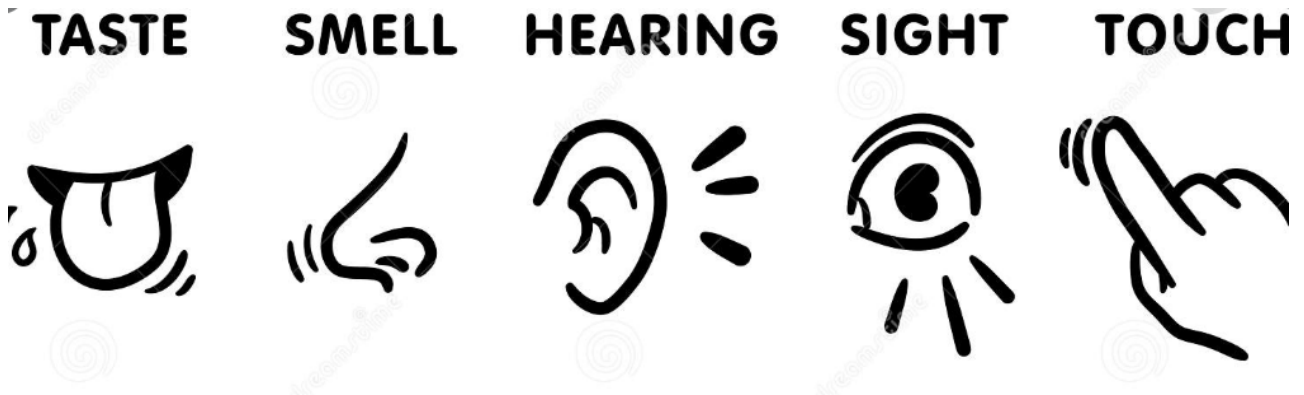
Create 3 goals for yourself. They can be personal, related to school, a skill you want to learn, or anything else you want. Just make sure they are SMART! Explain how each goal meets the criteria of being SMART.

Goal 1:	How is your goal: S M A R T
---------	--

Goal 2:	How is your goal: S M A R T
Goal 3:	How is your goal: S M A R T

Mindfulness Lesson 12: Sense Countdown

There are lots of things that can make us feel tired, nervous, or even a little worried. This activity is a great way to calm yourself and your mind down.



Sit in a quiet place. Think of:




- 5 things you can see
- 4 things you can touch
- 3 things you can hear
- 2 things you can smell
- 1 thing you can taste

You can write down or draw these things in the space below. Repeat this exercise until you feel calm. Each time try to notice different things.

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Reflection

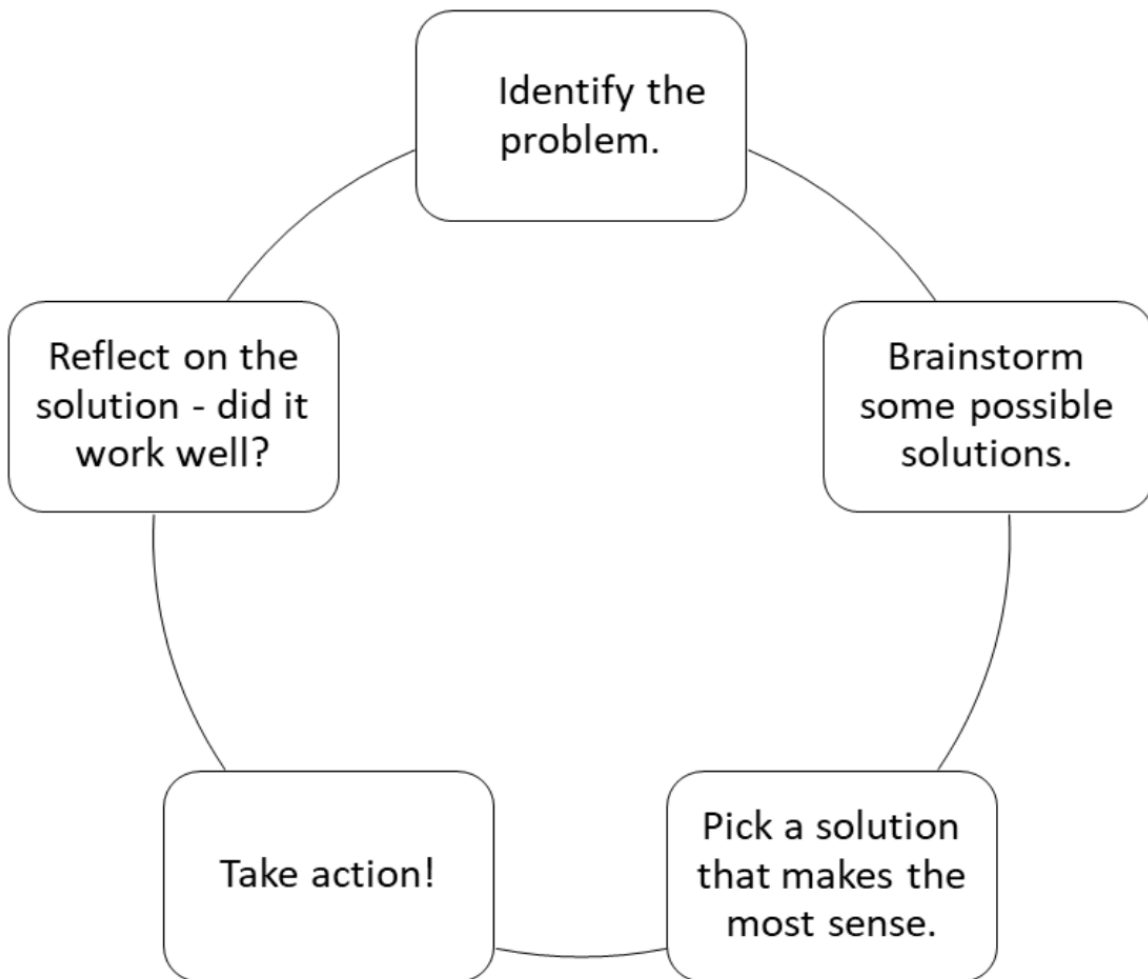
How did this exercise feel?

 <p>Your Body</p>	
 <p>Your Mind</p>	
 <p>Your Heart</p>	

SEL Lesson 13: Decision Making – Steps for Problem Solving

Learning how to solve a problem is an important skill in life. Sometimes, it may look like adults solve their problems without thinking about them too much, but that’s not true. Before adults make a decision, they follow the steps for problem solving. You can follow the same steps when you run into a problem.

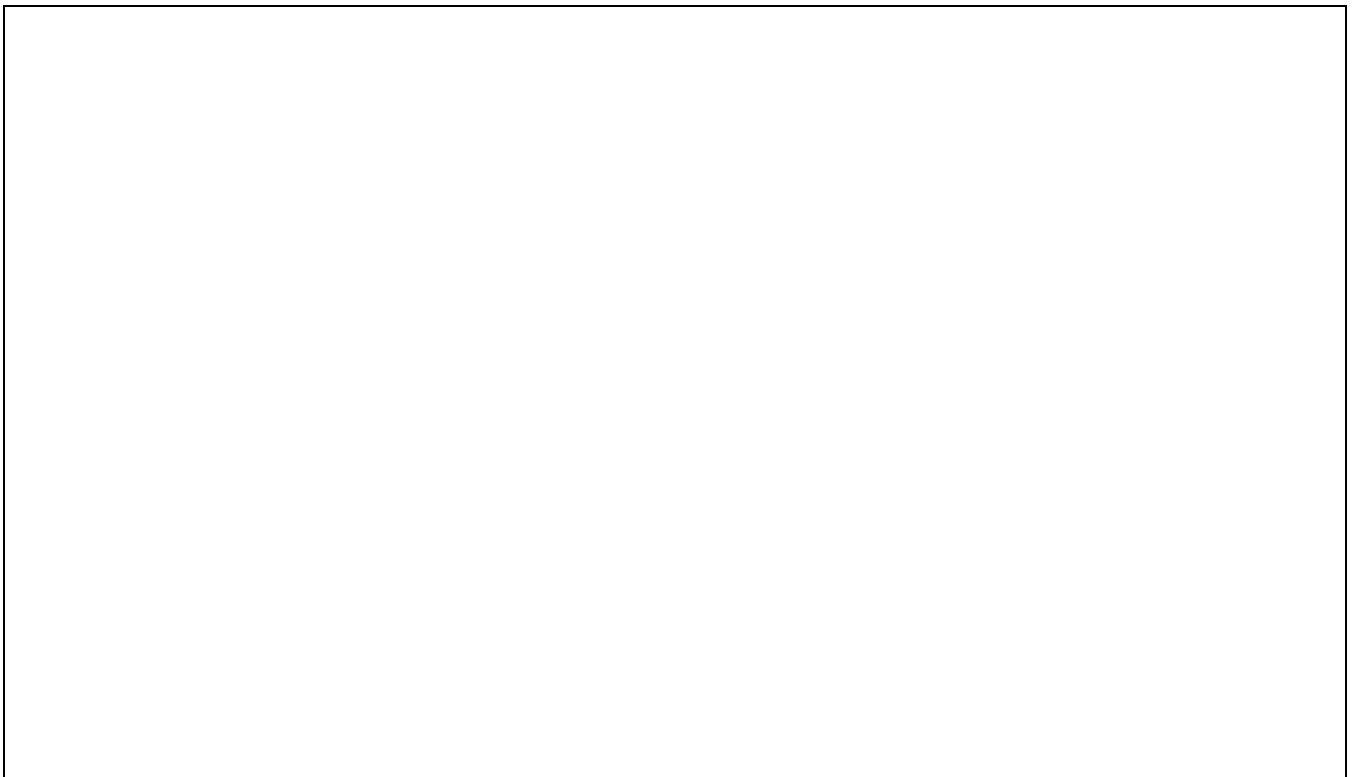
Look at the steps for problem solving. What icons or images can you draw to help you remember each step?



Think about a problem you have had or are having right now. How can you use the steps to solve your problem?

A large, empty rectangular box with a thin black border, intended for the student to write their response to the first question.

Try out the steps. How did it go? Did you solve the problem? What did you learn?

A large, empty rectangular box with a thin black border, intended for the student to write their response to the second question.

Mindfulness Lesson 13: Heartbeat

Our heartbeat is always with us, so we can use it to measure how we are feeling. During difficult times, our heartbeat can help us to overcome stress and to be mindful of what is happening around us.

1. Find a comfortable and quiet place to sit.
2. Before you begin this exercise, take three deep breaths in and out.
3. Place your fingers or hands on the part of your body where you can feel your pulse the best. Your pulse is the speed of your heartrate. You can usually feel it on the side of your neck, under your jaw, inside your wrist, or over your heart.
4. Close your eyes and notice how quickly or slowly your heart is beating. Think about how you are feeling right now. How might your feelings be related to how quickly or slowly your heart is beating?
5. Stand and jump up and down on the spot ten times.
6. Sit down again and feel your heartbeat. What changes do you notice?
7. Close your eyes and pay attention to your heartbeat until it slows back down.






Use words, pictures, or anything else to help you explain how it felt to do this exercise?
What did you learn about yourself?

A large, empty rectangular box with a thin black border, intended for a student to draw or write their response to the questions above.

Reflection

How did this exercise feel?

 <p>Your Body</p>	
 <p>Your Mind</p>	
 <p>Your Heart</p>	

SEL Lesson 14: Relationship Skills – Appreciation, Apology, Aha!

Learning to appreciate people and apologize when you make a mistake or hurt someone are important skills and will help you succeed in your relationships.

Write the names of two people in your life.

Person 1 Name:	Person 2 Name:
Appreciation: What is one thing you appreciate about this person?	Appreciation: What is one thing you appreciate about this person?
Apology: If you could apologize to this person for one thing you've maybe done, what would it be?	Apology: If you could apologize to this person for one thing you've maybe done, what would it be?
Aha: What is one question you would ask this person?	Aha: What is one question you would ask this person?

If possible, share your appreciation, apology, and aha with the people you listed!

Mindfulness Lesson 14: Body Scan

This activity is a great way to relax and feel present in the moment.

1. Lay on the floor with your eyes closed if you are comfortable. You may also look at the ceiling.
2. For about 10 seconds, pay attention to your feet and think about these questions:
 - a. How does this body part feel?
 - b. Is it cold or warm?
 - c. Does it feel tight or relaxed?
 - d. Is all or part of that body part touching the floor or any clothing?
 - e. What does that feel like?
3. Now, move on to your toes and think about the same questions.
4. Then move to your ankles, calves, knees and other body parts until you reach your head.
5. If you feel tired or stressed after you have completed each body part, imagine breathing out the stress and breathing in new things that make you happy.






Use words, pictures, or anything else to help you explain how each body part felt as you did this activity.

What did you learn about yourself?

A large, empty rectangular box with a thin black border, intended for a person to write their response to the question above. The box is currently blank.

Reflection

How did this exercise feel?

 Your Body	
 Your Mind	
 Your Heart	

SEL Lesson 15: Social Awareness – What’s Going On?

To be a responsible young person, you have to be aware of your environment and the things that are going on in the world. With an adult’s permission, watch the news or read an article about something interesting that has happened in your town, state, country, or the world.

Provide a summary about the event.

How does the event affect you or your community?

What is your opinion about this event?

What is one thing you can do to learn more about this piece of news?

Share this information with a family member or friend and describe their reaction here.

Mindfulness Lesson 15: Gratitude Jar

There are lots of things that upset us and make us feel stressed. But there are also lots of things that make us feel good. Do you know what gratitude means? Gratitude is being thankful or grateful for something.


Today, keep a list of all the things you are grateful for throughout the day. Here are some ideas:

- Something that someone else did for you
- A person in your life that you appreciate
- An activity or hobby you are grateful to be able to do
- A positive quality of someone that can sometimes be hard to get along with
- A skill or ability you have
- An item you love
- Something that made you laugh
- What you have learned from something that was hard
- Something you like about yourself

If you enjoy this activity, consider asking your family and friends to join you. You can also keep a gratitude journal every day or keep the list of things you are grateful for in a gratitude jar or container.



Use words, pictures, or anything else to explain how this activity made you feel.






What did you learn about yourself?



Reflection

How did this exercise feel?

 Your Body	
 Your Mind	
 Your Heart	

SEL Lesson 16: Self Awareness – Compliments

Sometimes, we forget how wonderful we are. Each and every one of us has things that make us beautiful and unique. This is a love letter to yourself. Make a list of 10 things that you like about yourself. When you are feeling down or disappointed in yourself, look at this list and remember that there is no one like you.

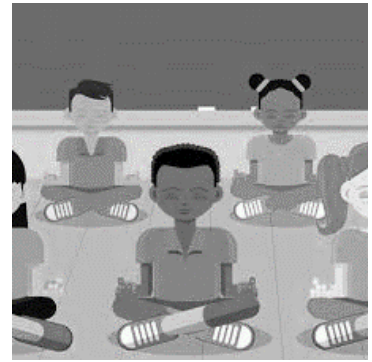
1	
2	
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10	

Mindfulness Lesson 16: Mindful Breathing

You can sit or stand for this breathing exercise.

1. Find a comfortable and quiet space.
2. Sit or stand up tall.
3. Put both hands on your belly.
4. Close your eyes or look down to your hands.
5. Take three slow deep breaths in and out to see if you can feel your hands moving. You can count 1 – 2 – 3 for each breath in and 1 – 2 – 3 for each breath out. After you breathe out, take a few seconds to be still before you start breathing in again.



As you are taking your breaths, pay attention to the following:




- What is moving your hands? Is it the air filling your lungs?
- Can you feel the air moving in through your nose?
- Can you feel it moving out through your nose?
- Does the air feel a little colder on the way in and warmer on the way out?
- Can you hear your breath?
- What does it sound like?

After you have repeated this exercise a few times, respond to the questions in the space below. You can use words, pictures, or anything else to help you explain how you feel.

A large, empty rectangular box with a thin black border, intended for a student to write or draw their response to the exercise.

Reflection

How did this exercise feel?

 Your Body	
 Your Mind	
 Your Heart	

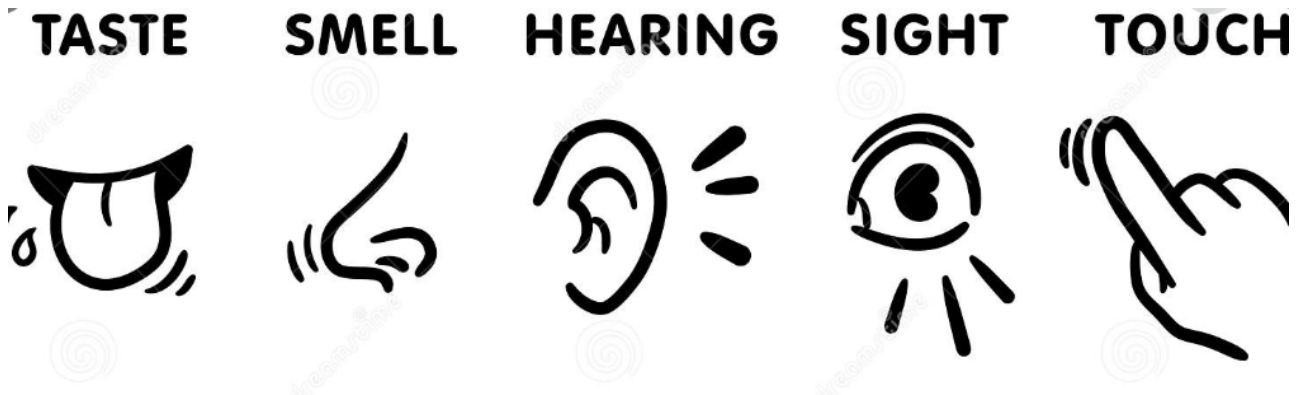
SEL Lesson 17: Self-Management – Accepting No

<p>I can accept being told no.</p> <p>I might not like being told no, but I have to stay calm and not get upset.</p> <p>When I am told no, I have choices I can make. I can respond in a mature way, or I can be upset and throw a tantrum. If I want to be mature, here is how I can respond when I am told no.</p> <ul style="list-style-type: none">✓ I can tell the person how I feel in a calm way.✓ I can write or draw about how I feel.✓ I can do something else.✓ I can ask the person in a nice way to do something else.✓ I can take a personal time out to calm myself.	<p>Write a promise to yourself on how you can behave when things aren't going your way.</p>
--	--

What else can you do when you are told no?

Mindfulness Lesson 17: Sense Countdown

There are lots of things that can make us feel tired, nervous, or even a little worried. This activity is a great way to calm yourself and your mind down.



Sit in a quiet place. Think of:

- 5 things you can see
- 4 things you can touch
- 3 things you can hear
- 2 things you can smell
- 1 thing you can taste

You can write down or draw these things in the space below. Repeat this exercise until you feel calm. Each time try to notice different things.

A large, empty rectangular box with a thin black border, occupying most of the page below the text. It is intended for the user to write down or draw things to help them feel calm.

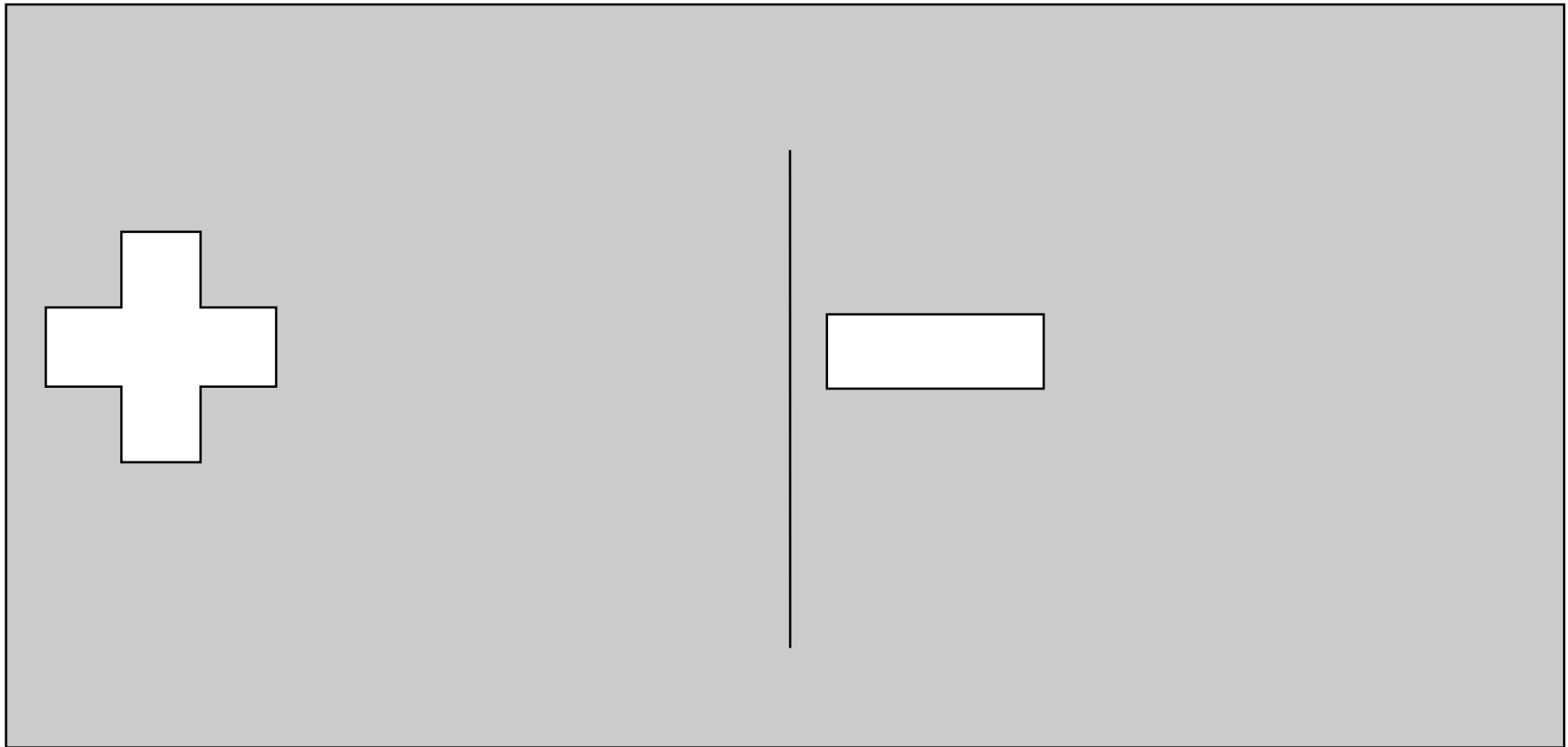
Reflection

How did this exercise feel?

 <p>Your Body</p>	
 <p>Your Mind</p>	
 <p>Your Heart</p>	

SEL Lesson 18: Decision Making – Reflection, Choice, and Possibilities

When something goes wrong, we sometimes react without thinking or weighing our choices. When you don't use the steps of problem solving to come up with a plan or solution, you can end up in more trouble. In the plus box, list some things that can happen when we stop and think before we act. In the minus box, list some things that can happen when we don't stop and think before we act.



The image shows a large gray rectangular area divided by a vertical line. On the left side of the line is a white plus sign (+), and on the right side is a white minus sign (-). This is a template for students to write their responses to the text above.

Think about some of the problems you have had. How would the situation have turned out had you done these things? Explain your thoughts below.

Took a breath	
Asked for help	
Were patient	
Took your time	
Were more loving	
Were kind	

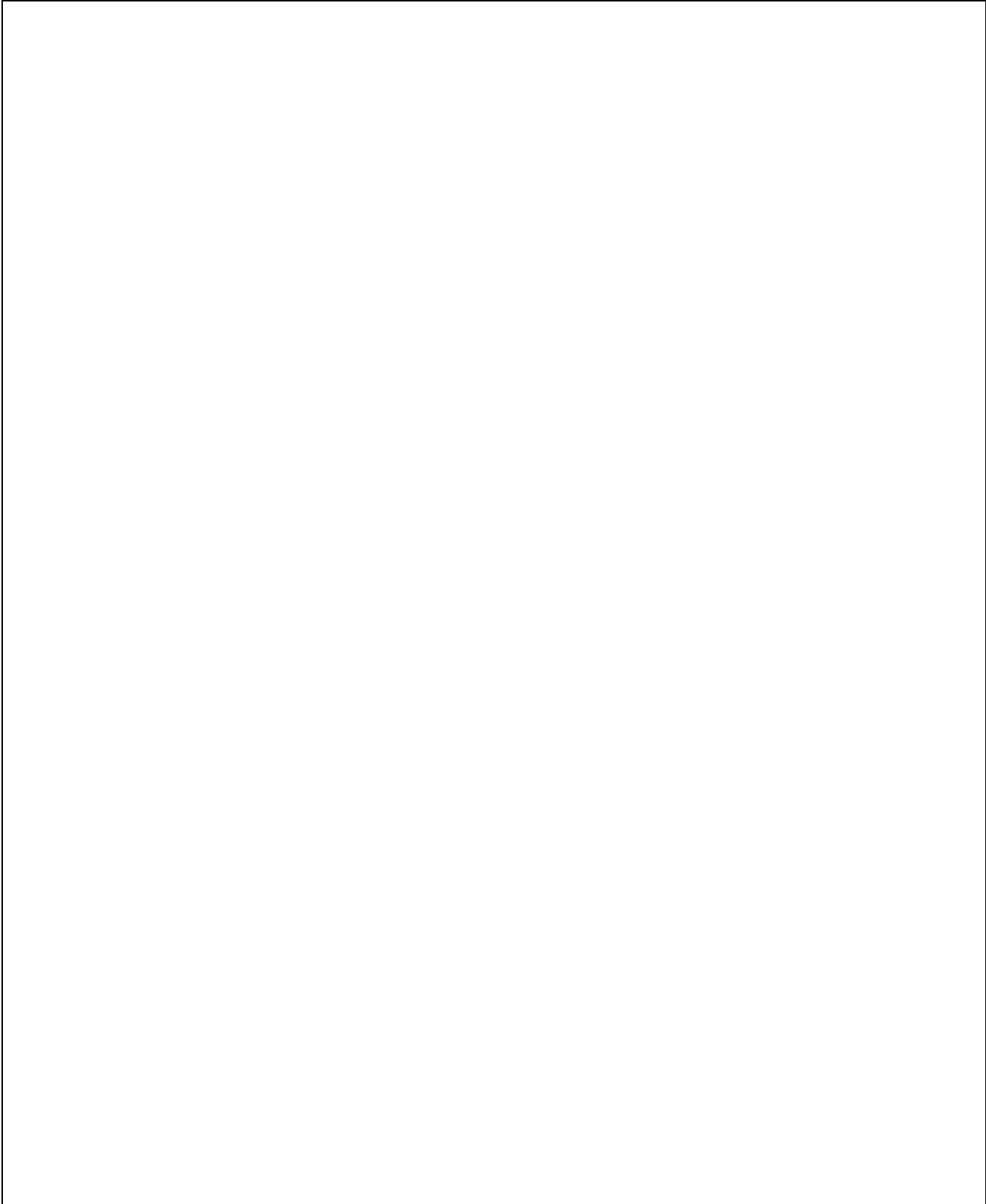
Mindfulness Lesson 18: Heartbeat

Our heartbeat is always with us, so we can use it to measure how we are feeling. During difficult times, our heartbeat can help us to overcome stress and to be mindful of what is happening around us.

1. Find a comfortable and quiet place to sit.
2. Before you begin this exercise, take three deep breaths in and out.
3. Place your fingers or hands on the part of your body where you can feel your pulse the best. Your pulse is the speed of your heartrate. You can usually feel it on the side of your neck, under your jaw, inside your wrist, or over your heart.
4. Close your eyes and notice how quickly or slowly your heart is beating. Think about how you are feeling right now. How might your feelings be related to how quickly or slowly your heart is beating?
5. Stand and jump up and down on the spot ten times.
6. Sit down again and feel your heartbeat. What changes do you notice?
7. Close your eyes and pay attention to your heartbeat until it slows back down.






Use words, pictures, or anything else to help you explain how it felt to do this exercise?
What did you learn about yourself?

A large, empty rectangular box with a thin black border, intended for a student to draw or write their response to the questions above.

Reflection

How did this exercise feel?

 <p>Your Body</p>	
 <p>Your Mind</p>	
 <p>Your Heart</p>	

SEL Lesson 19: Relationship Skills – Active Listening

A good friend has lots of great qualities. An example of a quality you want in a friend is a good listener. Here are some ways you can be a good listener. In the right column, write about a time when you used this skill to be a good listener.

Put yourself into the other person's shoes. Think, "How would I want to be treated?"	
Make good eye contact.	
Don't make funny faces.	
Do not interrupt.	

Don't take sides.	
Be attentive.	
Ask for more information if you don't understand.	

Next time you talk to a friend or family member, how can you be a good listener?

Mindfulness Lesson 19: Body Scan

This activity is a great way to relax and feel present in the moment.

1. Lay on the floor with your eyes closed if you are comfortable. You may also look at the ceiling.
2. For about 10 seconds, pay attention to your feet and think about these questions:
 - a. How does this body part feel?
 - b. Is it cold or warm?
 - c. Does it feel tight or relaxed?
 - d. Is all or part of that body part touching the floor or any clothing?
 - e. What does that feel like?
3. Now, move on to your toes and think about the same questions.
4. Then move to your ankles, calves, knees and other body parts until you reach your head.
5. If you feel tired or stressed after you have completed each body part, imagine breathing out the stress and breathing in new things that make you happy.





Use words, pictures, or anything else to help you explain how each body part felt as you did this activity.

What did you learn about yourself?

A large, empty rectangular box with a thin black border, intended for the user to write their response to the question above.

Reflection

How did this exercise feel?

 Your Body	
 Your Mind	
 Your Heart	

SEL Lesson 20: Social Awareness – No Words

In certain situations, it is important to communicate without using words. Eye contact, for example, is an important way to show someone that you care or are listening during a conversation.

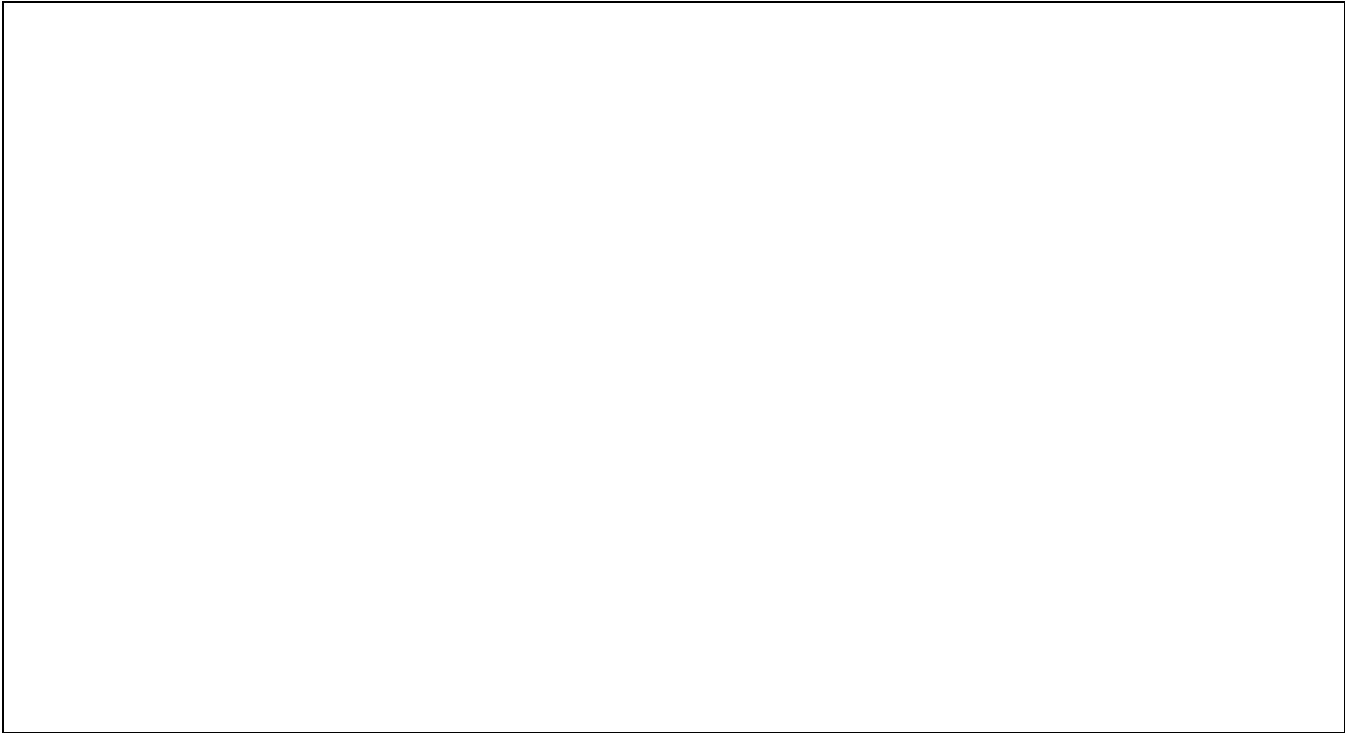
How do you usually communicate without words?



Think about a situation where it would be better to communicate without words. Describe it here.



Why would it better to communicate without words in this situation?



Mindfulness Lesson 20: Gratitude Jar

There are lots of things that upset us and make us feel stressed. But there are also lots of things that make us feel good. Do you know what gratitude means? Gratitude is being thankful or grateful for something.


Today, keep a list of all the things you are grateful for throughout the day. Here are some ideas:

- Something that someone else did for you
- A person in your life that you appreciate
- An activity or hobby you are grateful to be able to do
- A positive quality of someone that can sometimes be hard to get along with
- A skill or ability you have
- An item you love
- Something that made you laugh
- What you have learned from something that was hard
- Something you like about yourself

If you enjoy this activity, consider asking your family and friends to join you. You can also keep a gratitude journal every day or keep the list of things you are grateful for in a gratitude jar or container.



Use words, pictures, or anything else to explain how this activity made you feel.






What did you learn about yourself?



Reflection

How did this exercise feel?

 Your Body	
 Your Mind	
 Your Heart	

SEL Lesson 21: Self Awareness – Growth Mindset

Many people believe that we are just born good at something, but this is not always true. Some people develop strengths because they take time to practice, and they ask for help from experts. What we say to ourselves is also important. This can help us change our mindset, which is how we think about something.

There are two types of mindset: a fixed mindset and a growth mindset. What do you think are the differences between a fixed and growth mindset?

Fixed Mindset	Growth Mindset

A ***fixed mindset*** means you think you can't get better at things, even if you practice.

A ***growth mindset*** is believing in the power of yourself and your brain! It is when we know we will get better at something with practice.

Which of these mindsets do you think describes you? Why?

Review the table to learn more about each mindset.

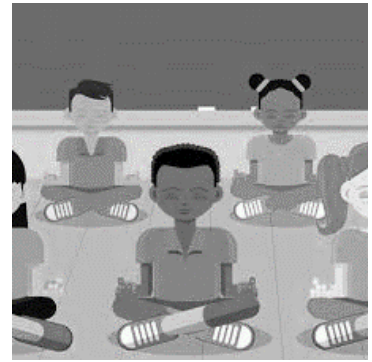
What a person with a fixed mindset might say	What a person with a growth mindset might say
I am not good at this.	I am not good at this yet, but I will learn.
I am great at this.	I practiced a lot so I could get good at this.
This is too hard for me.	This will take lots of work and practice.
This is too easy.	How can I make this more challenging?
I don't want to make a mistake.	I can learn and grow from my mistakes.
I give up.	I will succeed if I try harder.
I don't want to do this anymore.	I need help from other people.

How can you work on developing a growth mindset?

Mindfulness Lesson 21: Mindful Breathing

You can sit or stand for this breathing exercise.

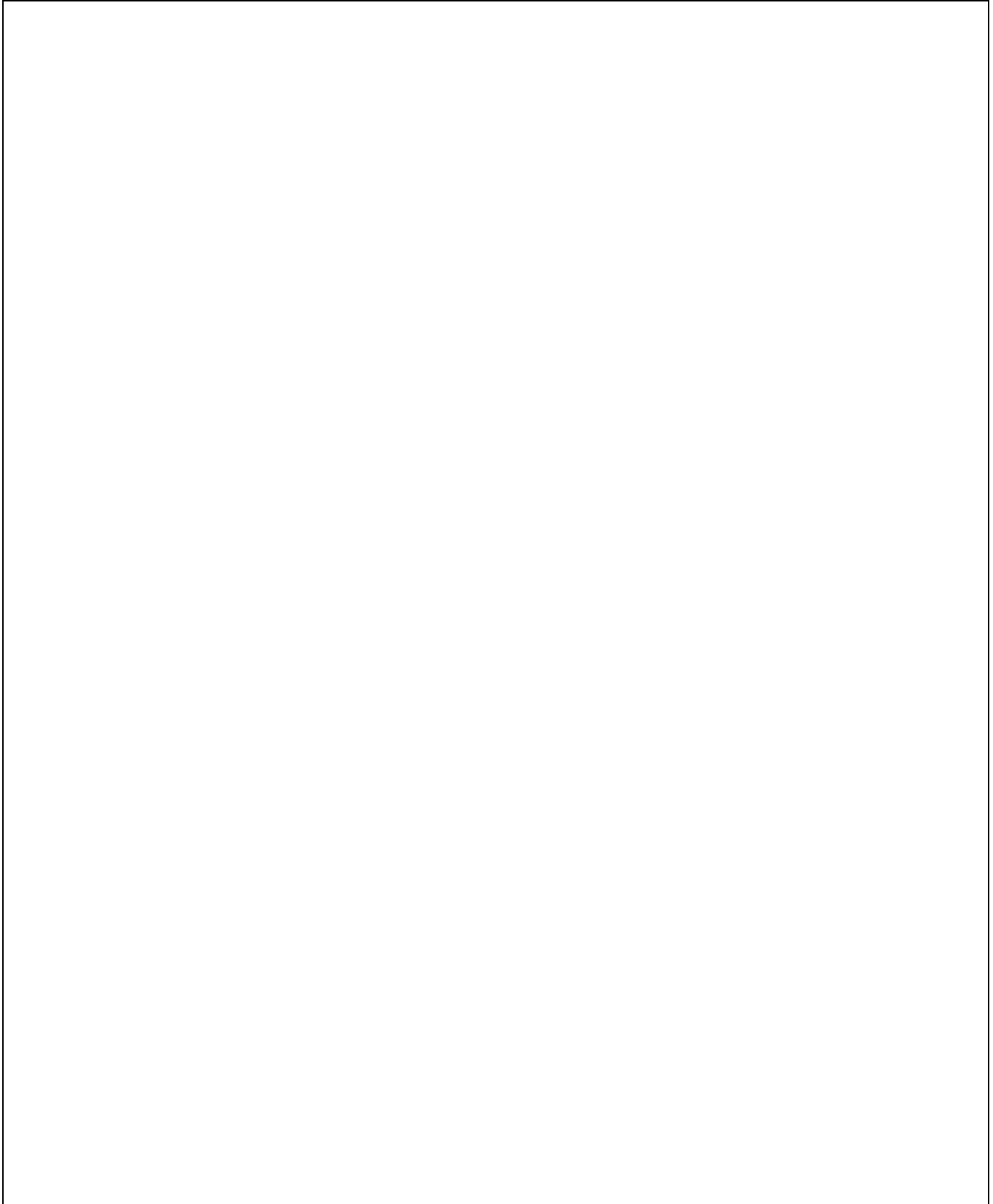
1. Find a comfortable and quiet space.
2. Sit or stand up tall.
3. Put both hands on your belly.
4. Close your eyes or look down to your hands.
5. Take three slow deep breaths in and out to see if you can feel your hands moving. You can count 1 – 2 – 3 for each breath in and 1 – 2 – 3 for each breath out. After you breathe out, take a few seconds to be still before you start breathing in again.



As you are taking your breaths, pay attention to the following:




- What is moving your hands? Is it the air filling your lungs?
- Can you feel the air moving in through your nose?
- Can you feel it moving out through your nose?
- Does the air feel a little colder on the way in and warmer on the way out?
- Can you hear your breath?
- What does it sound like?

After you have repeated this exercise a few times, respond to the questions in the space below. You can use words, pictures, or anything else to help you explain how you feel.

A large, empty rectangular box with a thin black border, intended for a student to write or draw their response to the exercise.

Reflection

How did this exercise feel?

 <p>Your Body</p>	
 <p>Your Mind</p>	
 <p>Your Heart</p>	

SEL Lesson 22: Self-Management – Weekly Schedule

Sometimes, our schedules get very busy. Balancing responsibilities at home and school, as well as other activities, can be challenging. One way to make sure you have time for all of your responsibilities is to create a weekly schedule.

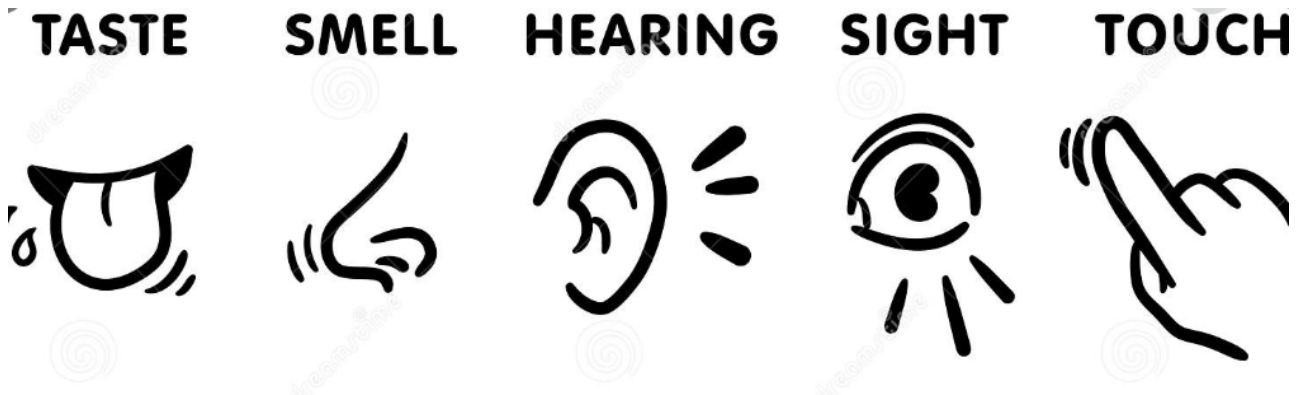
- Think about all of the things you have to do.
- Estimate the time needed to do each thing.
- Fill in as much of the schedule as possible and revise it as needed.

You may use this sample schedule or create your own!

	SUN	MON	TUES	WED	THUR	FRI	SAT
8AM							
9AM							
10AM							
11AM							
12PM							
1PM							
2PM							
3PM							
4PM							
5PM							
6PM							
7PM							
8PM							
9PM							

Mindfulness Lesson 22: Sense Countdown

There are lots of things that can make us feel tired, nervous, or even a little worried. This activity is a great way to calm yourself and your mind down.



Sit in a quiet place. Think of:

- 5 things you can see
- 4 things you can touch
- 3 things you can hear
- 2 things you can smell
- 1 thing you can taste

You can write down or draw these things in the space below. Repeat this exercise until you feel calm. Each time try to notice different things.

A large, empty rectangular box with a thin black border, occupying most of the page below the text. It is intended for the user to write down or draw things to help them feel calm.

Reflection

How did this exercise feel?

 <p>Your Body</p>	
 <p>Your Mind</p>	
 <p>Your Heart</p>	

SEL Lesson 23: Decision Making – Peer Pressure

Have you ever heard the phrase peer pressure? What do you know about peer pressure?

Peer Pressure or social pressure is when a group of people make you feel that you need to change yourself or do something you don't want to do to impress them instead of being yourself.

Describe a time when you have experienced peer pressure.

How did you deal with it? Was it difficult to respond the way you did?

Here are some ways to deal with peer pressure in a healthy way.

- Pay attention to how you feel. If something doesn't feel right, it probably isn't. Even if your friends seem okay with what is going on, the situation may not be right for you.
- Plan ahead. Think about how you will respond in different situations. Plan what you can say or what you can do.
- Talk to the person who is pressuring you and let him or her know how it makes you feel.
- Have a secret code to communicate with your family or other trusted adults. It is important to identify something you can say or text, to let people know you need help to get out of a certain situation.
- Give an excuse. It should be okay to say "no" without needing to apologize or give an explanation. But it may make it easier to say no if you have a ready reason.
- Get support from a trusted adult such as a parent, teacher, or school counselor. A trusted adult can listen to you and help you with strategies that might work in your situation.

Which of these strategies are you likely to use? Choose at least three and explain when and how you might use them.

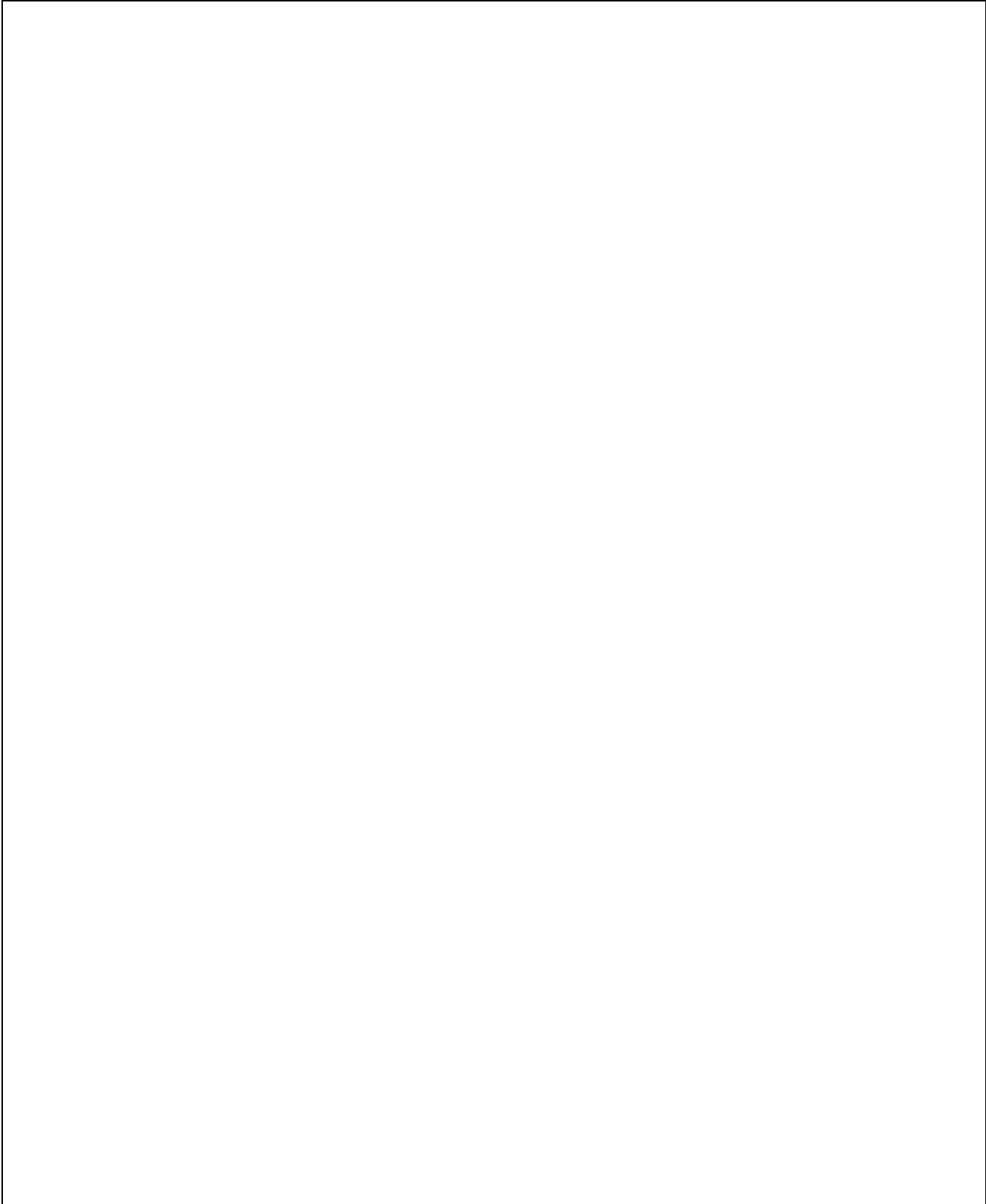
Mindfulness Lesson 23: Heartbeat

Our heartbeat is always with us, so we can use it to measure how we are feeling. During difficult times, our heartbeat can help us to overcome stress and to be mindful of what is happening around us.

1. Find a comfortable and quiet place to sit.
2. Before you begin this exercise, take three deep breaths in and out.
3. Place your fingers or hands on the part of your body where you can feel your pulse the best. Your pulse is the speed of your heartrate. You can usually feel it on the side of your neck, under your jaw, inside your wrist, or over your heart.
4. Close your eyes and notice how quickly or slowly your heart is beating. Think about how you are feeling right now. How might your feelings be related to how quickly or slowly your heart is beating?
5. Stand and jump up and down on the spot ten times.
6. Sit down again and feel your heartbeat. What changes do you notice?
7. Close your eyes and pay attention to your heartbeat until it slows back down.






Use words, pictures, or anything else to help you explain how it felt to do this exercise?
What did you learn about yourself?

A large, empty rectangular box with a thin black border, intended for a student to draw or write their response to the questions above.

Reflection

How did this exercise feel?

 <p>Your Body</p>	
 <p>Your Mind</p>	
 <p>Your Heart</p>	

SEL Lesson 24: Relationship Skills – Developing Empathy

Empathy is understanding someone else's feelings and experiences. When you read, you can grow your empathy skills by paying close attention to what a character is feeling.

Choose a character in a book you are reading or have read. Respond to the following questions as you empathize with the character. Use evidence from the text to support your ideas.

Book Title: _____

What is an event in the book that causes the character to have a strong emotion?

How does the character feel? Use specific emotion words to describe the feeling.

How do you know that the character is feeling that way? What are some clues in their expressions, actions, thoughts, or words?

Do other characters understand how this character is feeling? How do you know?

How would you feel in that situation? How would you respond?

How would you support the character?

How did empathy help you understand the character better?

Mindfulness Lesson 24: Body Scan

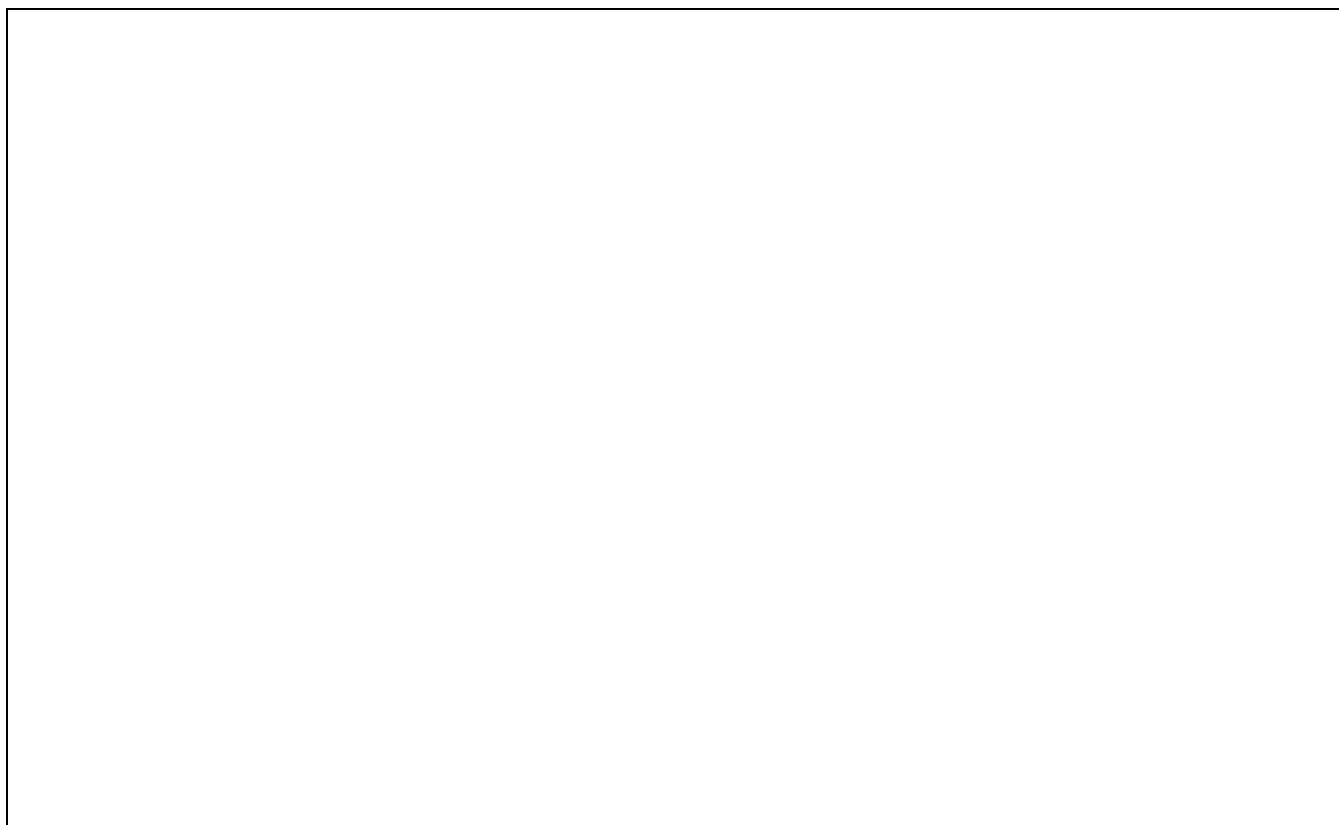
This activity is a great way to relax and feel present in the moment.

1. Lay on the floor with your eyes closed if you are comfortable. You may also look at the ceiling.
2. For about 10 seconds, pay attention to your feet and think about these questions:
 - a. How does this body part feel?
 - b. Is it cold or warm?
 - c. Does it feel tight or relaxed?
 - d. Is all or part of that body part touching the floor or any clothing?
 - e. What does that feel like?
3. Now, move on to your toes and think about the same questions.
4. Then move to your ankles, calves, knees and other body parts until you reach your head.
5. If you feel tired or stressed after you have completed each body part, imagine breathing out the stress and breathing in new things that make you happy.





Use words, pictures, or anything else to help you explain how each body part felt as you did this activity.

What did you learn about yourself?



Reflection

How did this exercise feel?

 Your Body	
 Your Mind	
 Your Heart	

SEL Lesson 25: Social Awareness – Creating a Community of Support

We all need support. You can help build a community of support wherever you are by recognizing the feelings of others and practicing empathy.

How can you create a community of support at home?

How can you create a community of support with your friends?

How can you create a community of support in the town or city where you live?

Mindfulness Lesson 25: Gratitude Jar

There are lots of things that upset us and make us feel stressed. But there are also lots of things that make us feel good. Do you know what gratitude means? Gratitude is being thankful or grateful for something.


Today, keep a list of all the things you are grateful for throughout the day. Here are some ideas:

- Something that someone else did for you
- A person in your life that you appreciate
- An activity or hobby you are grateful to be able to do
- A positive quality of someone that can sometimes be hard to get along with
- A skill or ability you have
- An item you love
- Something that made you laugh
- What you have learned from something that was hard
- Something you like about yourself

If you enjoy this activity, consider asking your family and friends to join you. You can also keep a gratitude journal every day or keep the list of things you are grateful for in a gratitude jar or container.



Use words, pictures, or anything else to explain how this activity made you feel.






What did you learn about yourself?



Reflection

How did this exercise feel?

 Your Body	
 Your Mind	
 Your Heart	

Elementary Mindfulness

Lesson 1: Mindful Breathing	Lesson 2: Sense Countdown	Lesson 3: Heartbeat	Lesson 4: Body Scan	Lesson 5: Gratitude Jar
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Social Emotional Learning

Self-Awareness	Self-Management	Responsible Decision-Making	Relationship Skills	Social Awareness
Lesson 1: Identifying Emotions	Lesson 2: Managing Emotions	Lesson 3: What Would You Do?	Lesson 4: Resolving Conflicts	Lesson 5: Being Empathetic—Putting Yourself in Others' Shoes
Lesson 6: Dealing with Fear and Anxiety	Lesson 7: Self-Talk	Lesson 8: Making Good Choices	Lesson 9: Good vs. Bad Friend	Lesson 10: Role Models
Lesson 11: Strengths and Challenges	Lesson 12: Setting SMART Goals	Lesson 13: Steps for Problem Solving	Lesson 14: Appreciation, Apology, Aha	Lesson 15: What's Going On?
Lesson 16: Compliments	Lesson 17: Accepting No	Lesson 18: Reflection, Choice, and Possibilities	Lesson 19: Active Listening	Lesson 20: No Words
Lesson 21: Growth Mindset	Lesson 22: Weekly Schedule	Lesson 23: Peer Pressure	Lesson 24: Developing Empathy	Lesson 25: Creating a Community of Support