

Social Emotional Learning and Mindfulness

Self-Awareness

Self-Management

Responsible
Decision-
Making

Mindfulness

Relationship
Skills

Social
Awareness

Name:

Student Resource Book

Early Learner

Catapult Learning™

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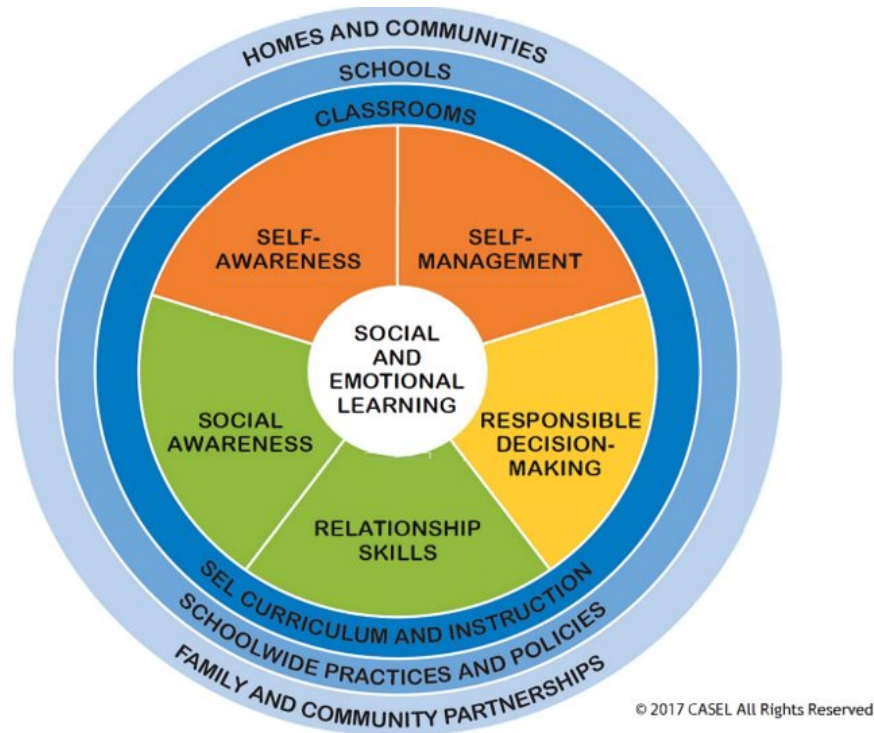
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Social Emotional Learning



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

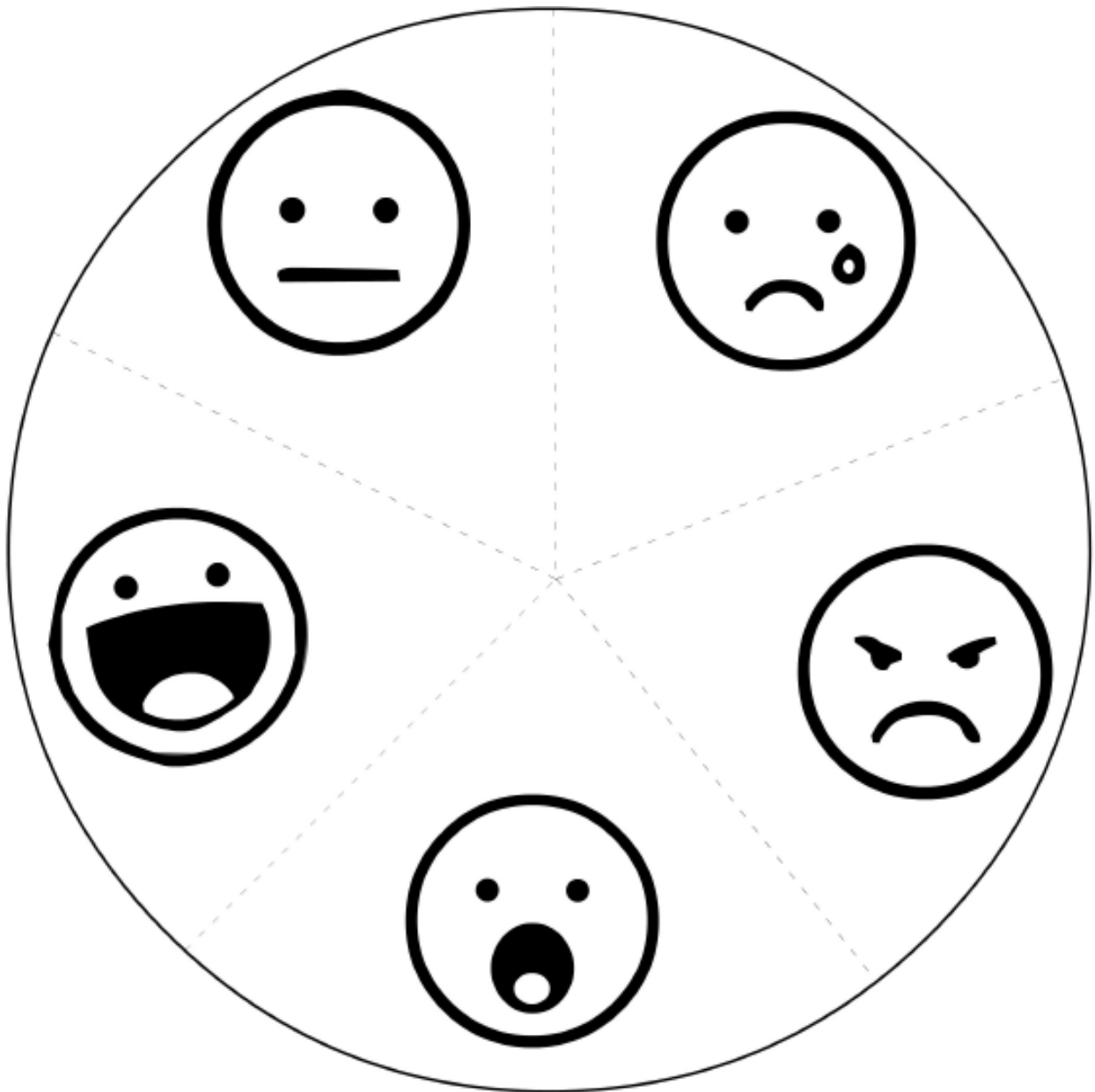
- Having healthy and rewarding relationships with people from different backgrounds
- Communicating clearly, listening and working well with others, not giving into social pressure, and knowing when to ask for help

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

Lesson 1: Self-Awareness – Identifying Emotions – The Feel Wheel

- Color the Feel Wheel.
- Label each face to show the correct feeling. Use these words:
 - Happy
 - Sad
 - Angry
 - Surprised
 - “OK”
- Draw an arrow that points to how you are feeling today.



Write about how you are feeling today.

Draw a picture to show what's making you feel that way.



Lesson 2: Self-Management – Managing Emotions – Changes

Think about some recent changes in your life. Here are some examples:

- Sitting in a new seat
- Having school at home
- Not seeing friends because school is closed

List additional changes in the space below.

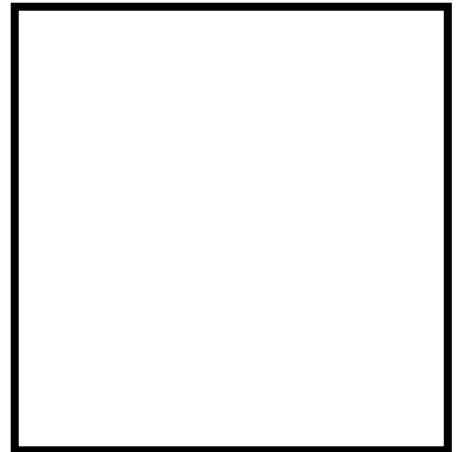
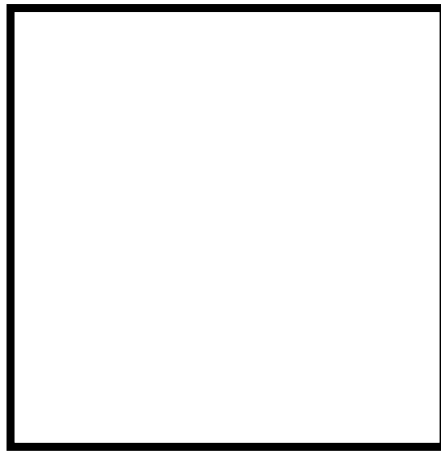
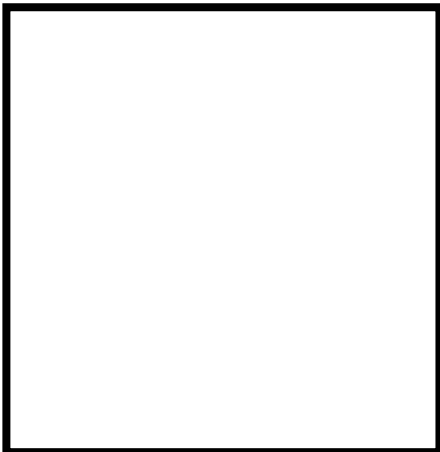
Pick three changes above. For each one, draw one of the feelings from the Feel Wheel to show how it made you feel.

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When we go through changes, we have to find a safe way to deal with our feelings. Here are some things we can do. Can you figure out what is happening in each picture?

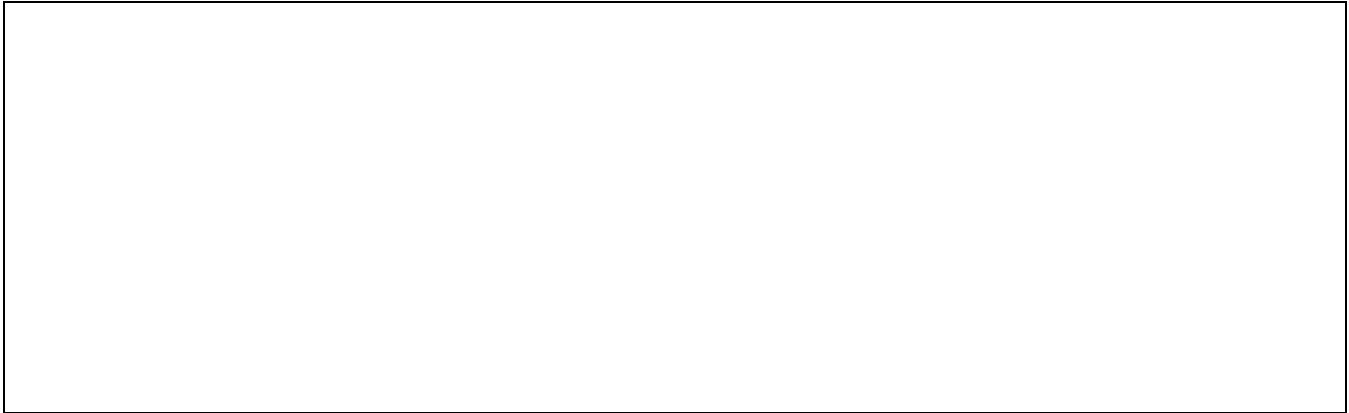


Draw your own ways of dealing with your feelings when you go through a change.



Lesson 3: Decision Making – Identifying Problems – Size of the Problem

Do you know what a problem is? Draw a picture of a problem.



A problem is something that happens that was not part of the plan.

Let's use a traffic light to show the size of a problem. Color each of the circles in the light.

Green means go! These are **small** problems you can probably solve on your own.

- Someone bumped into you.
- You didn't get the book you wanted from the library.

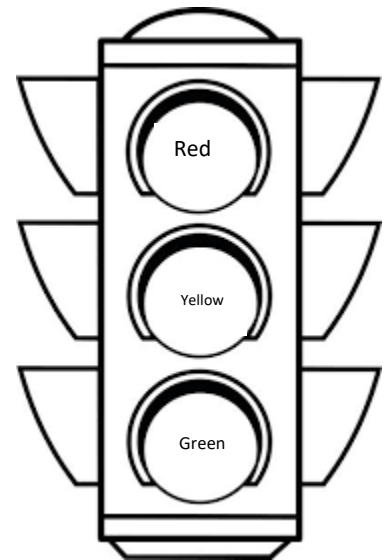
Yellow means slow down. These are **medium** problems. You should stop and think about the problem before you do anything. You might even ask an adult to help you.

- A friend said something mean.
- Someone is cheating in a game.

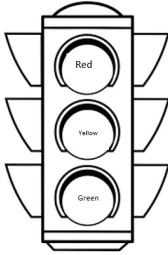
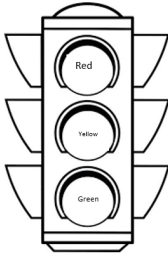
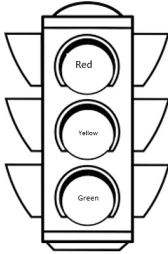
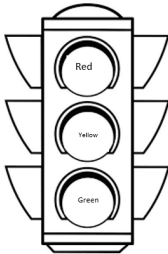
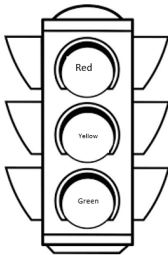
Red means stop. These are **big** problems. You should not try to solve big problems on your own. You should always ask an adult for help.

- You see two people fighting.
- Someone is hurting you.

Once you know the size of your problem, you can react to it. The size of the problem should match the size of the reaction. If someone bumps into you, you can ignore it or say, "excuse me." If you see two people fighting, you can scream to get an adult's attention.



Are these problems red (big), yellow (medium), or green (small)? How would you react to each problem?

Problem	Choose a light, Color it in.	How would you react to the problem?
Your best friend took your favorite toy.		
You broke a glass.		
You see something on fire.		
You forgot your homework.		
A stranger tries to talk to you.		

Lesson 4: Relationship Skills – Resolving Conflicts – Wheel of Choice

Today, we are going to look at how you can solve some problems. What would you do if you were mad at a friend? Would you ignore them, talk it out, or make a new friend?

When you have a problem 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 them as a friend, right? Here are different ways to handle the problem.



Which of these would you want to try? Draw them below.



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

What did you learn?

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?

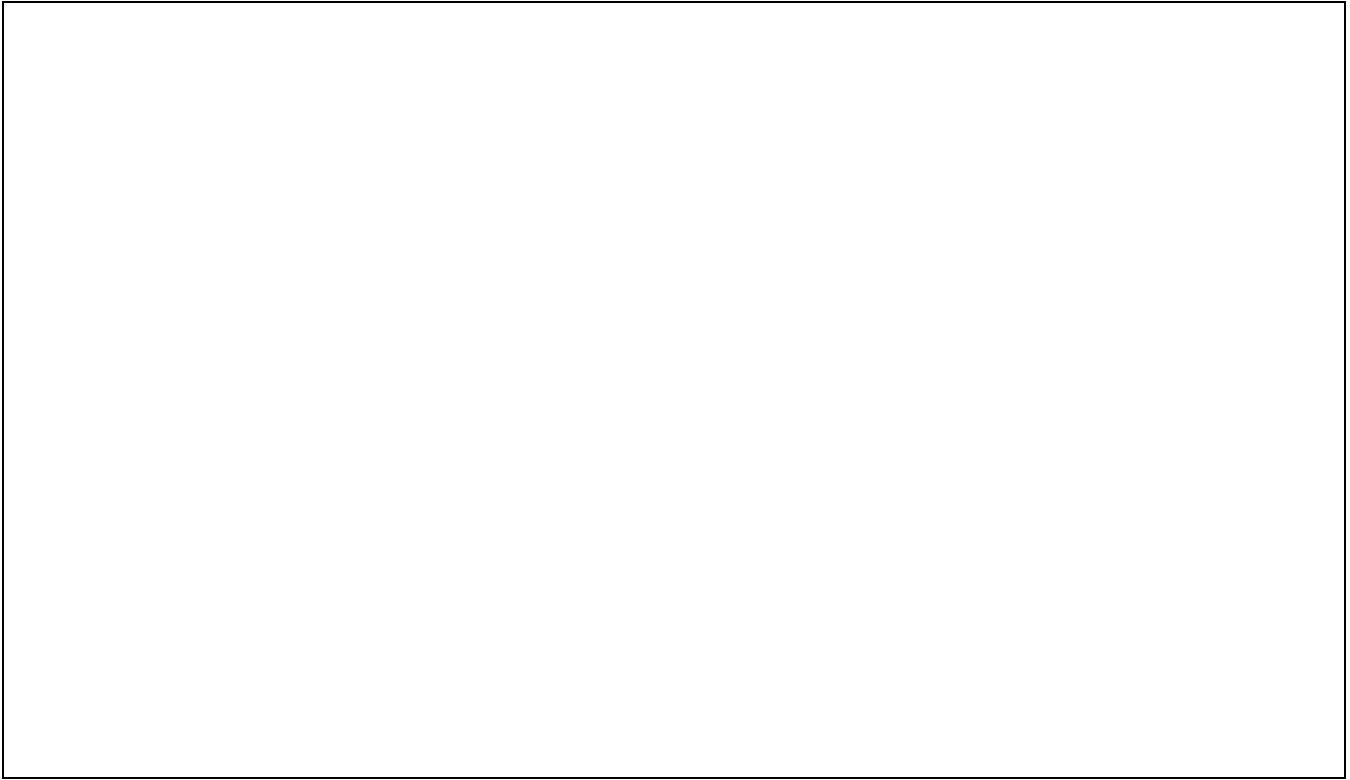
How can you be a better friend? Draw some ideas.

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Lesson 6: Self Awareness – Dealing with Worry and Fear

There are lots of things going on that worry or scare us. You should never pretend that you are not worried or scared.

Draw or write about a few things that worry you or make you feel scared.



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

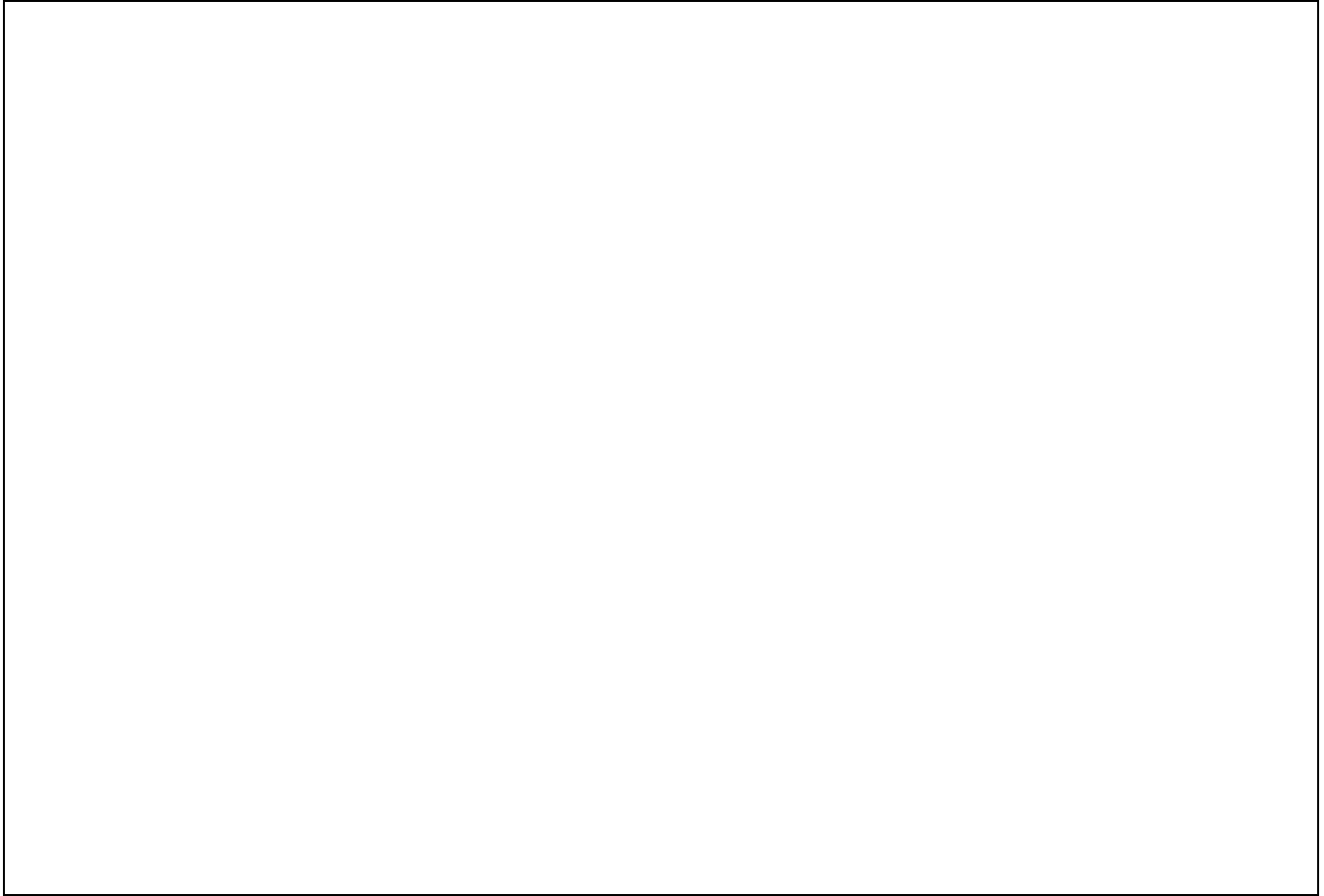


1 – Not that bad

**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 worry is to talk to an adult. Can you think of other ways to deal with things that scare you or make you sad? List or draw them here.

A large, empty rectangular box with a thin black border, intended for a student to draw or list their own ideas for dealing with fear or worry.

When we talk about what we're afraid of or make a plan to help with that fear, we can move past it and feel better. It can also help us overcome the fear, or it will move down that worry scale for us.

Lesson 7: Self-Management – Self-Talk

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

What we think to ourselves when something makes us feel bad can really hurt us more or make us feel better. For example, if you found out you weren't invited to a friend's party how would that make you feel? You might be upset for a while, but you can say to yourself, "I'm a good friend and I'll get invited to other parties."

Activity

Look at the list of feelings and positive thoughts. Match the positive thought you can use when you are having the feelings listed.

Feelings

When I feel nervous

When I feel frustrated

When I am disappointed

When someone is mean

When I feel left out

When I feel discouraged

When I feel sad

When I want to quit

Positive Thoughts

"I am going to get better at this."

"I am a great student."

"I can get through anything."

"I get better every day."

"I am brave and strong."

"I believe in myself."

"I am proud of myself."

"I am a great friend."

Draw or write what else you can use for self-talk when you are feeling bad.

Lesson 8: Decision Making – Making Good Choices

We can all make choices on our own. Some choices may be the easiest thing to do 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.

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>You would:</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>You would:</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>You:</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>You:</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?

Lesson 9: Relationship Skills – Good vs. Bad Friend

What makes you a good friend?

Cut out the statements on the next page. Read each statement. If you think it describes a good friend, glue it into the “GOOD” box. If you think the statement describes a bad friend, glue the sentence into the “BAD” box.

GOOD	BAD

	Make fun of a friend	Leave a friend in need	Respect differences	Be a good sport
	Break a promise if it's easier	Tell the truth	Argue a lot	Feel jealous a lot
	Insist on your own way	Cooperate	Help out a friend	Brag about winning
	Keep promises	Usually have fun together	Guard your stuff for yourself	Be a sore loser
	Lie if it's easier	Be happy for friends	Share your stuff	Compromise

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?”

Draw someone you want to be your role model. List the traits you like about your role model. What kinds of things do they do that make you proud?

Lesson 11: Self Awareness – Strengths and Challenges

It is important to know what you are good at and where you need a little help. When you are aware of the things you need help with, you can spend more time getting better at those things. The things you are already good at are called your strengths. The things you need extra help with are called your challenges.

Draw or list your strengths and challenges.

Strengths	Challenges

Think about your strengths. How did you get so good at them?

Pick two of your challenges. How will you get better at those things?

Lesson 12: Self-Management – What’s Okay?

There's a time and place for everything. Look at the tables below. For each table, write or draw two behaviors that are okay, and two that are not okay.

In the classroom

OKAY

NOT OKAY

In the store

OKAY

NOT OKAY

In the kitchen

OKAY

NOT OKAY

In your room

OKAY

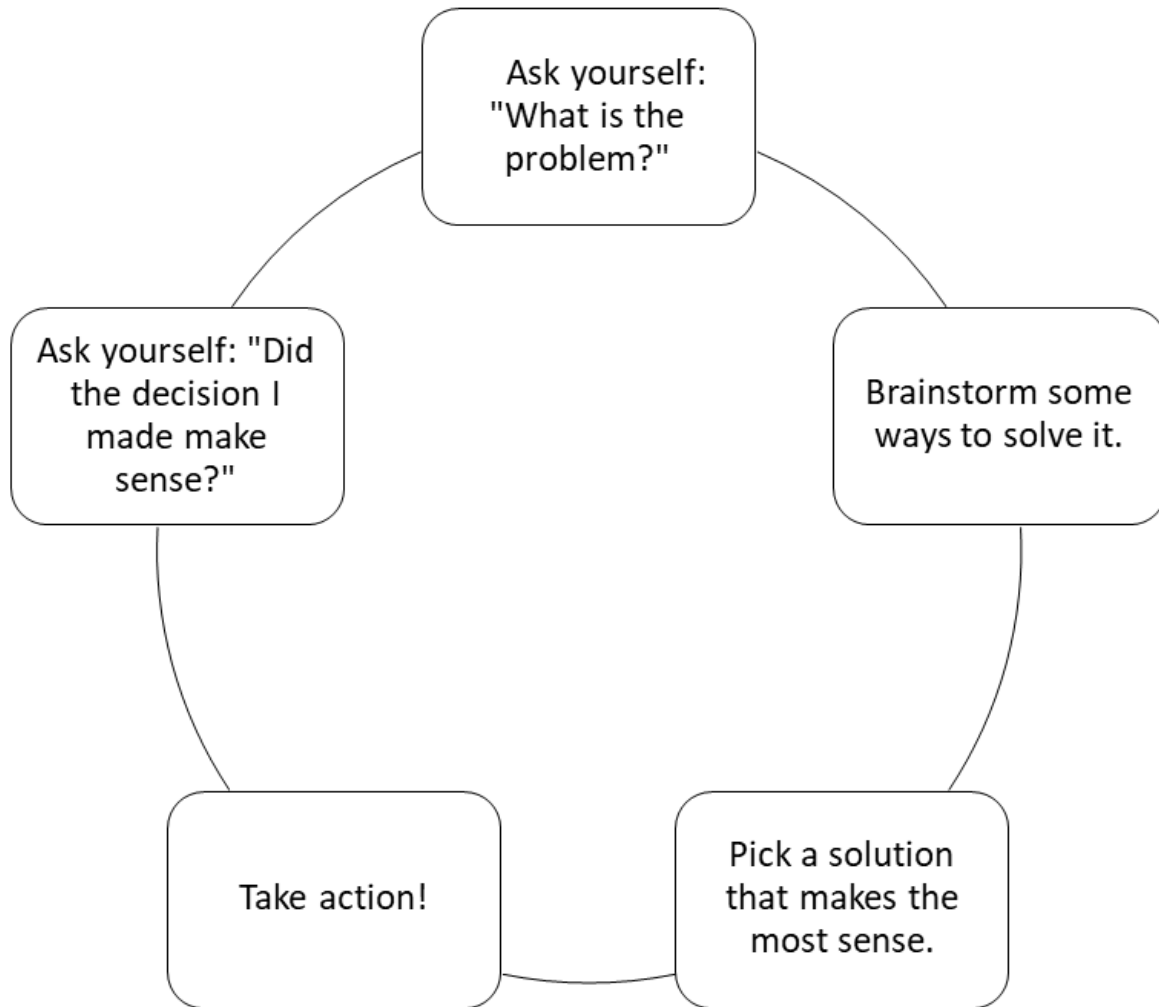
NOT OKAY

What happens when you do something that is not okay?

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 problems without thinking about it too much. But that is not so. Before adults make a decision, they follow some steps. You can follow the same steps when you run into a problem.

Look at the steps for problem solving. Draw and color pictures that will help you remember each of the steps.



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

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

Lesson 14: Relationship Skills – Who is Your Friend? Who Is Not?

A friend is someone you know well. A friend is someone you have spent time with who knows your family. You trust this person and feel safe with them. List three people who you consider to be friends.

1. _____

2. _____

3. _____

Just because someone looks friendly does not mean they are your friend. You should never talk to someone you do not know. If you have never met someone, that person is a **stranger**. If someone makes you feel unsafe or uncomfortable, tell an adult quickly.

Circle the strangers.

- Someone walking in the park
- Your next-door neighbor who comes over every week
- Someone who asks for directions
- Your aunt
- Your bus driver
- Someone who says they like your hair at the store

If you don't know someone, walk away!

Here are some behaviors that you should not do with a stranger. Draw a picture of each to help you remember.

Shake hands	
Hug	
Touch	
Follow	
Get in a car	
Talk	

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

The things that go on around us can make us feel good or bad. When these events make us feel good, we don’t always stop to think about them. But when we hear bad news, it can be hard to stop thinking about it. Maybe you were watching the news with an adult and heard about something terrible going on, or maybe you saw a sick friend.

Draw or write about some bad news you heard or something that you saw that made you feel terrible.

A large, empty rectangular box with a thin black border, intended for a student to draw or write about bad news they have heard or seen.

Why did this thing make you feel bad?

Draw or make a list of four things you can do to feel better.

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 or draw 10 things that you like about yourself. When you are feeling down or disappointed in yourself, look at this and remember that there is no one like you.

1	
2	
3	
4	
5	

6	
7	
8	
9	
10	

Lesson 17: Self-Management – Accepting No

I can accept being told no.

I might not like being told no, but I have to stay calm and not get upset.

When I am told no, I have choices I can make.

- ✓ 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 quiet time if I feel bad.

What else can you do when you are told no?

1.

2.

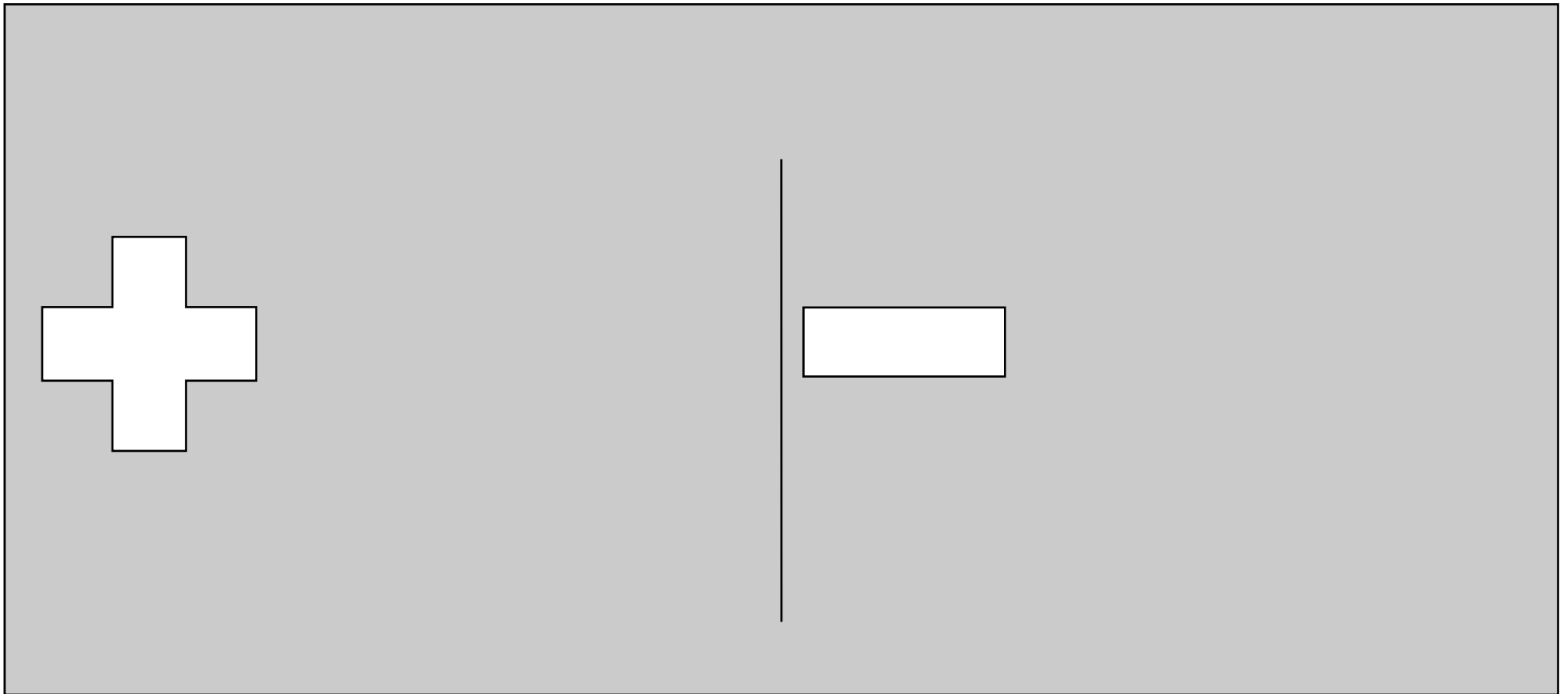
3.

4.

Self-Portrait – Draw and color yourself here!

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, draw what happens when we stop and think before we act. In the minus box, draw what happens when we don't stop and think before we act.



Think about some of the problems you have had. How would the situation have looked or felt if you did these things? Write or draw your ideas.

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

Lesson 19: Relationship Skills – Active Listening

A good friend has lots of good qualities. An example of a good quality is being a good listener. Here are some ways you can be a good listener. As you read through the list, draw pictures to help you remember these good listening behaviors.

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.	

Lesson 20: Social-Awareness – No Words

In certain situations, it is important to communicate without using words. We know that animals can communicate without words, but how do people communicate without words?

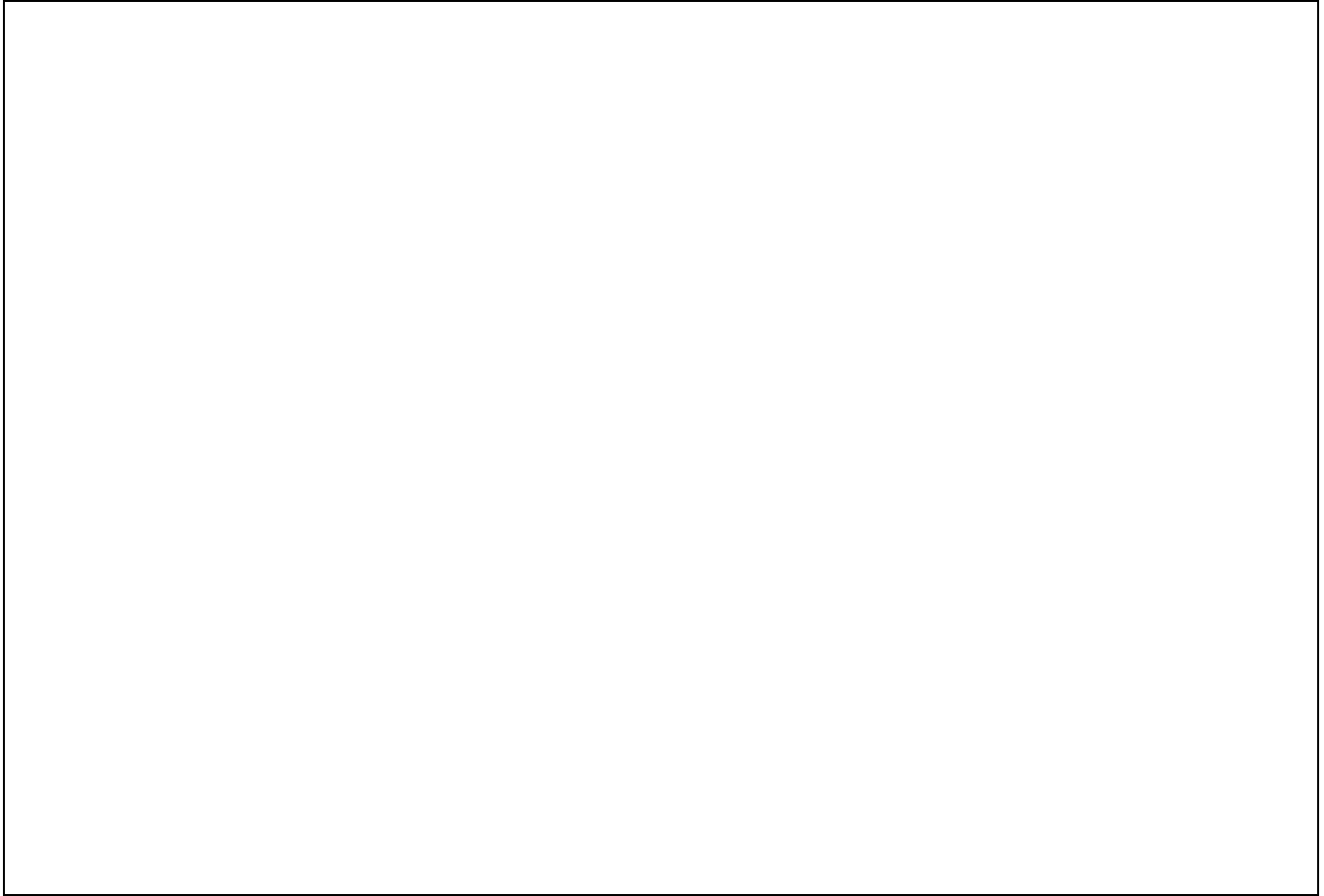
First, let's make a list of how some animals communicate.

Bees	
Dogs	
Birds	
Cats	

Now, think about how people can communicate without words.

--

Think about a time when it would be better to communicate without words. Draw or describe it here.



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

Lesson 21: Self Awareness – Growth Mindset

It is important to remember that you can accomplish more when you work hard and have a positive mindset. You have to believe in yourself even when you are tired or feeling discouraged.

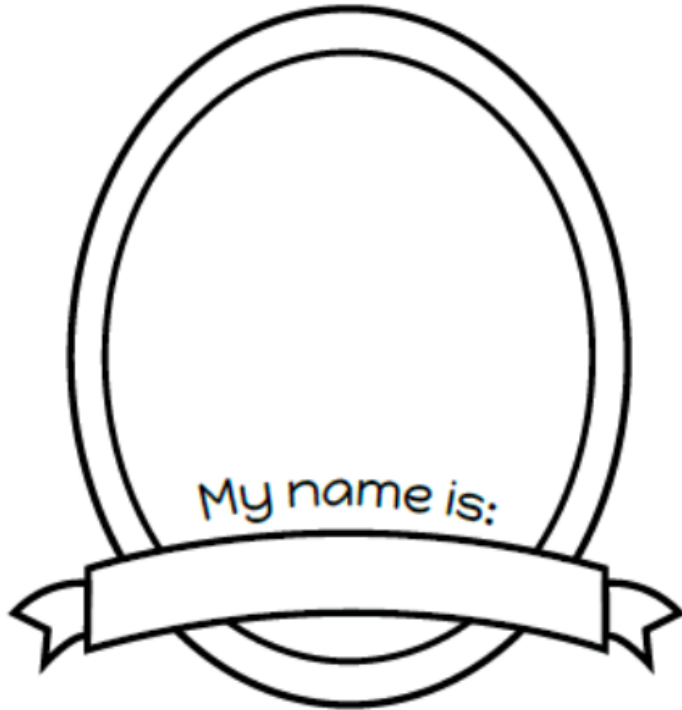
Many people believe that we are just born good at something, but this is not always true. A lot of the time, people work really hard to get good at different things. Practice, practice, practice! What we say to ourselves is also important. This can help us change our mindset. Our mindset is how we think about something.

What People Usually Say	What You Can Say Instead
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.

What are some other things you say to yourself? What can you say instead?

What I Usually Say	What I Can Say Instead

My Mindset Matters!



Something that is pretty easy for me is...

Something that takes a lot of hard work from me is...

Something that I think I need more practice on is...

Something new that I would like to try is...

Three things that make me awesome are...

Lesson 22: Self-Management – Setting Goals

Setting goals is an important part of growing up. Your goals are the things you want to do or accomplish. Goals can be something you want to do soon or in the future.

Draw or list two goals you want to accomplish soon and two goals you want to accomplish in the future. What steps will you take to accomplish these goals?

GOALS YOU WANT TO ACCOMPLISH SOON

WHAT STEPS YOU WILL TAKE

I want to be better at...	I will...
I want to become...	I will...

GOALS YOU WANT TO ACCOMPLISH SOON

WHAT STEPS YOU WILL TAKE

I want to be better at...	I will...
I want to become...	I will...

Lesson 23: Decision Making – Self Contract

Another important part of growing up is holding yourself responsible for certain behaviors. You can create a contract with yourself to make sure you behave well and make responsible decisions in different settings. You can draw or list your ideas.

How I will treat people at home...	How I will behave at home...
How I will treat my friends...	How I will behave in the classroom...

Lesson 24: Relationship Skills – Fairness

Being fair is treating people with respect and in a way that you would want to be treated. Are you always fair? Look at the list and check off the ways you are fair.

- I treat people with respect.
- I treat people how I would want to be treated.
- I listen to others.
- I don't make fun of others.
- I respect other people's ideas.
- I play by the rules.
- I think about other people's feelings.

How well do you do the behaviors listed above? Write about or draw two behaviors you could be better at. How can you become better at them?

I need to be better at...	I can do better by...
I need to be better at...	I can do better by...

Lesson 25: Social-Awareness – Facts vs. Assumptions

Have you ever heard the saying, “A picture is worth a million words”? Look at the picture below. The arrow tells you which character to pay attention to. What information can you get from the picture? What does it tell you?



What's going on in the picture?

Can you tell how the boy got his face wet?

How does Eugene feel? How do you know?




Source: Centervention



Mindfulness



Mindfulness Lessons 1-25

Have you noticed any of these living things in the park or a garden? Let's practice some mindful movements with these plants and animals in mind! Find the lesson of the day in column one and try to hold the pose for at least 1 minute and repeat a few times.




Lessons	Instructions	What the Pose Looks Like
1, 6, 11, 16, 21: Be a Tree	Stand on one leg. Bend the other knee and place the sole of your foot on your inner thigh. Sway like a tree in the breeze. Follow the same steps on the other side.	
2, 7, 12, 17, 22: Be a Butterfly	Sit up straight on the floor. Bend your legs and let the soles of your feet touch. Flap your legs like the wings of a butterfly.	
3, 8, 13, 18, 23: Be a Flower	Sit down on the floor and bend your legs. Lift your bent legs and place your arms under your legs. Try to balance there for a while.	

Lessons	Instructions	What the Pose Looks Like
4, 9, 14, 19, 24: Be a Frog	Squat down with your knees apart. Rest your arms between your knees. Touch your hands to the ground and jump like a frog.	
5, 10, 15, 20, 25: Be a Seed	Sit back on your heels and bring your forehead down to the floor. Rest there for a while.	

Adapted from [Super Healthy Kids](#)

Reflection




After each move, think about:

	<ul style="list-style-type: none">• How your body felt
	<ul style="list-style-type: none">• How your mind felt
	<ul style="list-style-type: none">• How your heart felt

You can write about your feelings, draw them, or talk to someone about them.

Reflection




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Early Learner Mindfulness

Lesson 1: Be a Tree	Lesson 2: Be a Butterfly	Lesson 3: Be a Flower	Lesson 4: Be a Frog	Lesson 5: Be a Seed
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Social Emotional Learning

Self-Awareness	Self-Management	Responsible Decision-Making	Relationship Skills	Social Awareness
Lesson 1: Identifying Emotions: The Feel Wheel	Lesson 2: Managing Emotions—Changes	Lesson 3: Identifying Problems—Size of the Problem	Lesson 4: Resolving Conflicts—Wheel of Choice	Lesson 5: Being Empathetic—Putting Yourself in Others' Shoes
Lesson 6: Dealing with Worry and Fear	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: What's Okay?	Lesson 13: Steps for Problem Solving	Lesson 14: Who Is Your Friend? Who Is Not?	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: Setting Goals	Lesson 23: Self Contract	Lesson 24: Fairness	Lesson 25: Facts vs. Assumptions