The background of the entire page is a close-up photograph of several paintbrushes lying on a wooden surface. Each brush handle is painted with a different color and features a simple, hand-drawn face with eyes, a nose, and a mouth. The faces have various expressions, some smiling and some looking neutral. The brushes have bristles of various colors like red, blue, green, and yellow.

SOCIAL EMOTIONAL LEARNING WORKBOOK

FOR KIDS

Self-discovery journey of feelings, emotions and effective communication
for kids

JAIRCOLLECTIONS.COM



ABOUT THIS BINDER

This workbook is intended to aid with growing children's social emotional development (SEL) also known as emotional intelligence (EI). Just as children need practice learning letters, numbers, shapes, colors and other concepts, the same is true for learning SEL and EI. EI is a learnable skill with time, practice and guidance.

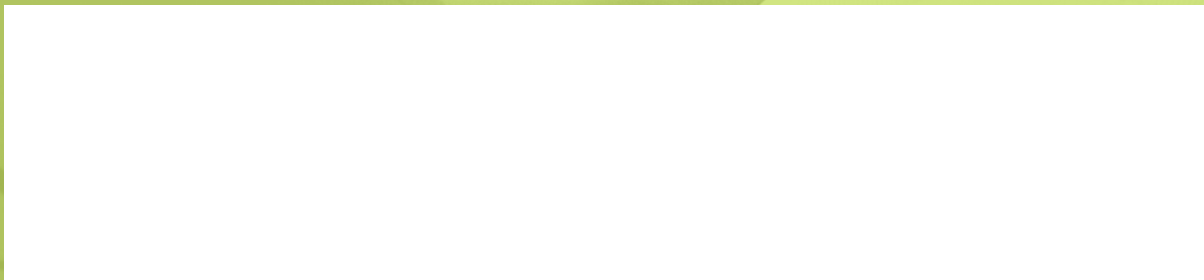
Emotional intelligence is a set of skills associated with monitoring one's own and others' emotions, and the ability to use emotions to guide one's thinking and actions.

Why invest in learning SEL and EI? Developing EI and SEL enables us to manage emotions effectively and avoid being derailed, for example, by a flash of anger. Children with higher emotional intelligence are better able to pay attention, are more engaged in school, have more positive relationships, and are more empathic.

How does this workbook help? As teachers, counselors, parents and caregivers we don't always have a healthy way of handling emotions ourselves, we have trouble teaching our kids to handle theirs. Fortunately, all five components of SEL or EI can be taught and learned at any age. This binder starts at the foundation of learning how to identify what you're feelings with quick hit activities for kids practice!



This Workbook Belongs to:



May this workbook help you become the “best you”, you can be!

What is SEL?



SEL is the ability to be smart about feelings—our own and other people’s. It involves being able to notice, understand and act on emotions in an effective way.

Just like a pizza can be cut up into parts and pieces. So can SEL!

There are 5 major working parts that helps with understanding and developing a high level of SEL.



WHAT IS THE BASIC PARTS OF SEL?

1

Self-Awareness: knowing what you are feeling at a given time, and understanding how our feelings and reactions make others feel

2

Self-Regulation: controlling what and how you say things to others. This means you think about can happen after or consequences before acting on your feelings.

3

Motivation: completing goals even though you may be having BIG feelings at that time.

4

Empathy: trying to understanding how others feel.

5

Social Skills: Understanding how to act with others based on how they are feeling. Example, knowing what to do to help cheer someone up or make them feel a little better instead of worse

LET THE FUN PRACTICE BEGIN!

FEELINGS CHART

feel



happy



awkward



bored



disappointed



excited



miserable



sad



clueless



worried



confused



content



edgy



cranky



deflated



elated



nervous



dizzy



happy



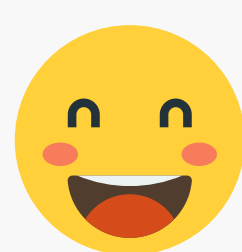
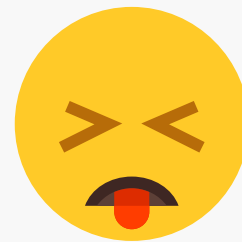
angry



silly

NAME THAT EMOTION

Naming your emotions is a great way to start being aware of how you are feeling. Label as many emotions by its expression as best you can!

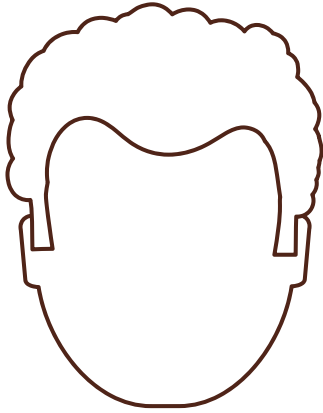


MY FEELINGS ARE VALID. HOW MANY OF THESE FEELINGS HAVE YOU FELT BEFORE?
CIRCLE THE NUMBER!



Feeling Faces

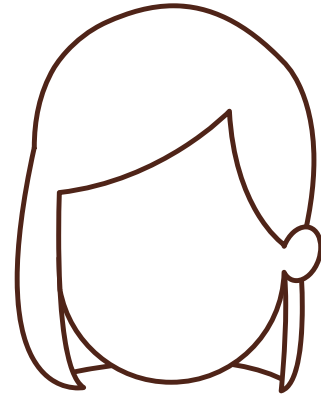
Draw the expressions on each of the faces to match the feelings:



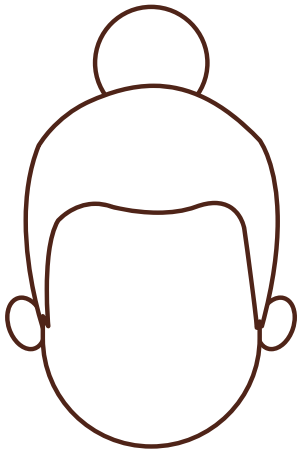
HAPPY



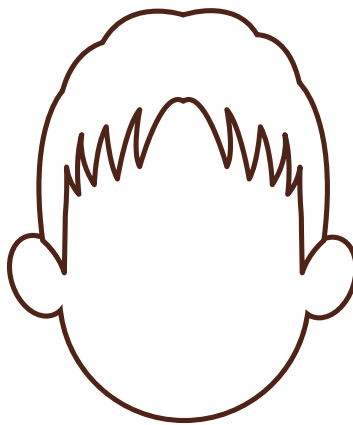
ANGRY



SAD



SILLY



SCARED



WORRIED



CONFUSED



TIRED



EXCITED

RIGHT NOW, I AM FEELING...

Circle the feelings you felt throughout the day. Then stop and think about how you are feelings right now.



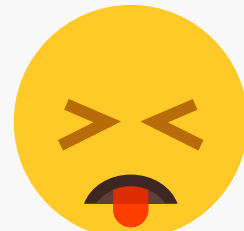
Sad



Mad



Happy



Disgusted



Worried



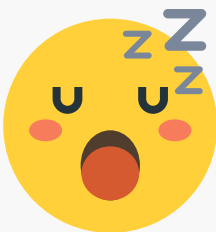
Proud



Shocked



Disappointed



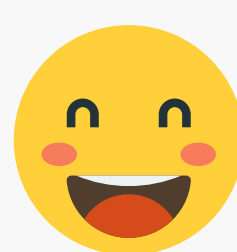
Tired



Focused



Embarrassed



Excited

MY FEELINGS ARE VALID. RIGHT NOW I FEEL....

FEELINGS ARE HELPFUL. THEY LOVE IT WHEN YOU GIVE IT A NAME!

HOW DO I FEEL ?

I Feel _____ .

ANGRY

UNPLEASANT
HIGH ENERGY



MAD
UPSET
FRUSTRATED
ANNOYED
DISTRESSED
SCARED

HAPPY

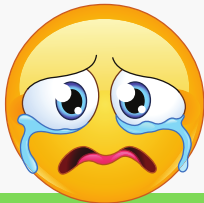
PLEASANT
HIGH ENERGY



SILLY
PROUD
JOYFUL
EXCITED
BRAVE
SURPRISED

SAD

UNPLEASANT
LOW ENERGY



TIRED
BORED
WORRIED
DEPRESSED
DISAPPOINTED
GLOOMY

CALM

PLEASANT
LOW ENERGY



QUIET
PEACEFUL
GENTLE
RESPECTFUL
COOL
GRATEFUL

Why might you feel this way. Choose an emotion and think of some reasons you might feel that way. What color goes with that feeling?

NAME ONE THING THAT MAKES YOU FEEL....

1

Sad

2

Happy

3

Mad

4

Bored

FEELINGS WORD SEARCH

Circle words in the puzzle below

B	L	O	V	E	P	O	L	T
C	A	R	E	R	E	A	D	F
W	B	U	M	W	C	L	K	B
B	E	H	O	U	E	H	E	R
L	K	A	T	D	D	E	N	E
O	I	P	I	A	C	A	R	A
C	L	P	O	M	A	R	S	T
K	E	Y	N	V	C	T	R	H
P	D	N	S	C	A	L	M	E

love	calm	care	emotions
happy	sad	breathe	heart
like	excited	mad	read

MY CALMING STRATEGIES

Check the strategies you have done before and put an X on the ones you will try next time to stay calm!

☐ CLOSE MY EYES



☐ DRINK SOME WATER



☐ READ A BOOK



☐ TAKE DEEP BREATHS



☐ SQUEEZE A BALL



☐ DRAW



☐ DO A PUZZLE



☐ MAKE UP YOUR OWN

A large white rectangular box for writing a custom calming strategy.

COOL DOWN EXERCISES

Take a movement break. Try one of these exercises to help calm down when feeling upset or mad.



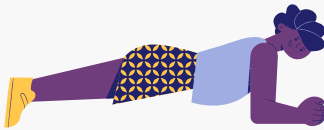
10 Jumping Jacks



10 Sit Ups



15 Squats



15 Push Ups



15 Min Run



20 Min Bike Ride

WHICH EXERCISE DO YOU ENJOY DOING THE MOST?

MY STEPS TO BETTER UNDERSTANDING MY FEELINGS

Let these simple steps guide you on your way to a more calm state of mind!

1

REFLECT ON YOUR OWN EMOTIONS

I can stop and think about how I feel

2

ASK OTHERS FOR WHAT THEY THINK

Taking the time to understand how others view your reactions can be helpful!

3

NAME WHAT YOU'RE FEELING

Taking the time name your emotions makes you more aware of yourself!

4

USE "THE PAUSE"

Take a moment to think before speaking. This will give you time to choose your words to speak!

5

EXPLORE THE "WHY"

Listen to someone else's thoughts about what is going on. You may be surprised at how differently they see things!

6

WHEN CRITICIZED, DON'T TAKE OFFENSE.

If someone says something we may not like or thinks the opposite of us, ask: What can I learn from this?

7

PRACTICE, PRACTICE, PRACTICE

This is a learning process. It's okay if it takes time to do these things more often. Give yourself grace!

THINGS I CAN TELL MYSELF WHEN I GET UPSET

Phrases to say to yourself in tough situations

Instead of:

I Can Say:

I can't do this



I can't do this yet, but I am going to try again

I want to give up!



Is this another way I can do this?

I'm not good at this



I have done hard things before, I can try again

This is too hard



This may take me some time to do

What zone are you feeling today?



Blue Zone

Sad
Tired
Sick
Bored
Feeling slow



Green Zone

Calm
Happy
I'm focused
Feeling okay
In control



Yellow Zone

Excited
Anxious
Nervous
Frustrated
Confused



Red Zone

Angry
Scared
Panic
I want to yell
I'm not in control

MY WEEK

FOR EACH DAY OF THE WEEK , WRITE OR DRAW ABOUT A
HARD FEELING YOU HAD TO WORK THROUGH

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

Meet Rita



Rita from the hit book “Now I’m Really Mad!” is a fun kid who loves to sing, learn, and play fun games. Sometimes Rita gets very angry . She cried a lot because she didn’t know how to control her reactions just yet. Her parents began trying to help her try to control her reactions, but Rita would just yell “that makes me so mad”! Have you ever felt like Rita before?

Everyone has felt this before and it is normal! With practice and help you can start learning how to handle your emotions and reactions. And guess what? Rita and her sister Mariah are learning too! You’re learning together!

Write down some things you will work on practicing for better control over feelings and reactions!

A large white rectangular box for writing.

CALL TO ACTION

If you like this workbook and want more products from Jair's Collections: books, workbooks, coloring books and more, then be sure to follow us on IG @jairs_collections and on Facebook at Jair's Collections.

We will be offering the 2nd edition of our 1st children's book "Now I'm Really Mad!: Dealing With Anger" FREE to those who join our launch team! You'll receive a FREE digital copy in exchange for an honest review on Amazon/Goodreads. If you'd like to join respond "Count Me In" to the email sent!

COUNT ME IN!

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