Directions for use:

• Print the 1\textsuperscript{st} four pages (pages 2 -5) of this journal on card stock. Print front and back flipping on the long edge. These pages will be the cover and the back for the journal.
• Print the remaining pages of the journal (6 – 45) front and back flipping on the long edge using regular copy paper.
• Once printed staple and your journal is ready for use!!!
Personal Mood Meter

Color 1 petal per day with red, yellow, blue or green to show how you feel on the mood meter. Notice any patterns you see over time.

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Designed and Created by:

S. Kline and V. Sokolovic for

Developed Based On Sanford Harmony Curriculum Pacing Guidelines and Prompts

www.sandfordharmony.org

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Graphics & Fonts

Designed by S. Kline & V. Sokolovic for Social and Emotional Learning Dept. 2019
Respectful

Being respectful means thinking about how others want to be treated and treating them that way.

Why do you think it is important for us to treat each other with respect?
Being Respectful
Being respectful means treating people the way you want to be treated.

What is one way you can show respect at school today?
Attentive Listening
One way to show respect at school is to focus on the speaker and listen with intention.

Who will you listen to with full attention today? Why?
Respecting Differences
Having empathy can help you understand and respect people.

Think about something that you like that your friend may not. How can you be respectful of that difference?
Managing Anxious Feelings
Anxiety is a general feeling of worry or unease about a situation.

What is something you may feel anxious or uncomfortable about? How do you help yourself find calm?
Belly Breathing
Taking deep breaths or “belly breathing” is a quick and easy way to calm down and focus.

Week 6

Take 3 breaths now. How did this help you or how do you feel now?
Making Conversation
One way to make friends is to talk with one another.

What is one thing you can ask someone to start a friendly conversation?
Different Feelings
There are a lot of feelings we can have and it’s important to build our feelings vocabulary.

What are some ways that you have felt other than happy, sad, or mad?
Predicting Feelings

Predicting feelings means correctly guessing how what you do or say might make other people feel.

How could predicting feelings help you get along better with others?
Joining In
It is very hard to join in when others are already playing together.

If you see someone who is left out, why should you invite them to play?
Belly Breathing

Taking deep breaths or “belly breathing” is a quick and simple way to calm down. Stand up and take 3 breaths while raising your hands above your head as you inhale.

How do you feel at this moment?
Feelings Change

Our feelings can change moment to moment, day to day, week to week. This is normal.

Is there a time your feelings changed about a situation or topic?
When Others are not Nice
It is not okay for others to be mean or unkind to you. You deserve to be treated with kindness everyday.

Who can you talk to when you need help?
Empathy

Empathy is feeling or understanding what another person is feeling.

How can empathy help you?
Avoiding Jumping to Conclusions

When you jump to conclusions you believe you know what is going on without all the information.

How can having knowledge of a situation help you to understand others?
Showing Compassion
Showing care and concern for others is showing compassion.

Who shows that they care for you? How?
Belly Breathing

Taking deep breaths or “belly breathing” is a simple way to calm down. This can help you calm down during testing and concentrate.

Take 3 deep breathes in through your nose and breath out of your mouth. How do you feel now?
Strong Feelings

When you have strong feelings it is hard for your brain to think clearly. Notice how your body reacts to strong feelings.

Count to 10 slowly and decide what to do next. How could this help you make better choices?
Feeling confident means believing in ourselves and knowing that we can do something.

What are you confident about?
Self-Talk

Talking to ourselves in a quiet voice or in our heads can help us to stay on task and think about what and why we are doing something.

What might you say when using self-talk at school?
Handling Put Downs

A put down is when someone says something to you that is meant to be hurtful. This is wrong. Let an adult or someone you trust know if you need help.

Why should you ask for help if another person puts you down?
Being Assertive

Being assertive means asking for what you need or want in a calm and firm voice.

What is a time today when you might need to use your assertiveness skills?
Friends

Good friends listen with attention, have empathy, show compassion and consider your perspective.

Who is someone you consider a good friend and what makes them a good friend?
Belly Breathing
Taking deep breaths or “belly breathing” is a quick and simple way to calm down. Place your hands on your stomach and notice how it moves when you take 3 deep breaths.

How are you feeling right now?
Making a Plan

Some problems are complicated and you need a plan to solve them. You can: 1. Stop 2. Talk 3. Think 4. Try

What is a problem you are having that might require you to make a plan to solve?
Frustration
When you are doing something difficult or trying something new it is common to feel frustrated. This can be an uncomfortable feeling.

What is your favorite way to calm down when you feel frustrated?
Taking Responsibility

Everyone makes mistakes. Taking responsibility means saying what you did wrong, apologizing and offering to make it better.

When was a time you had to take responsibility for something?
Being Considerate

Being considerate can be done by sharing, taking turns or trading.
This helps us to play fair.

When can you share, take turns or trade to play fairly today?
Inviting Someone to Play

When we play with others we get to know them better and we can make new friends.

When can you invite someone to play during the school day? Why would you want to invite someone new?
Belly Breathing

Taking deep breaths or “belly breathing” is a quick and simple way to calm down. Take 3 quiet and deep breaths. Inhale through your nose and exhale through your mouth.

Week
30

How are you feeling right now?
Dealing with Negative Peer Pressure

Negative peer pressure is when someone you know is asking you to do something that is not safe or not respectful. You can use your assertive skills to say no and you should be firm.

What are some ways you can say no to negative peer pressure in an assertive way?
Belly Breathing

Taking deep breaths or “belly breathing” is a quick and simple way to calm down. Take 3 quiet and deep breaths. Inhale through your nose and exhale through your mouth.

What are some times you may use belly breathing?
Accidents

Even though accidents happen we should still think about how our actions made someone feel. We should apologize even if it was an accident.

Why is it important to apologize to someone even if it was an accident?
Seeking Help
If you cannot solve a difficult problem on your own, you should ask an adult for help.

When might you seek the help of an adult to solve a problem?
Belly Breathing
Taking deep breaths or “belly breathing” is a quick and simple way to calm down. Take 3 quiet and deep breaths. Inhale through your nose and exhale through your mouth.

Why is it important to know how to calm down?
Strong Feelings
When you have strong feelings it is hard for your brain to think clearly.

What are some strong feelings and what can you do to calm them?
Being Proud

To be proud means to be happy and pleased with something you have done or someone you know.

What are you proud of in your life?
My Future

The future is any time after the present. The future is what will happen later.

What do you want to do in the future?
Kind Words

Our words are powerful! Kind words are positive things we can say.

What kind words do you want to say to yourself today?
Reflection

A reflection is looking back at something that already happened. It is thinking about the past.

What are some good reflections you have about the school year?