Do Not Print This Page

Directions for use:

• Print the 1\textsuperscript{st} 2 pages (pages 2 -3) of this journal on card stock. Print front and back flipping on the short edge. These pages will be the cover and the back for the journal.
• Print the remaining pages of the journal (4-23) front and back flipping on the long edge using regular copy paper.
• Once printed fold printed pages in half then staple. 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.
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?

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?

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?
My Future
The future is anytime after the present. The future is what will happen later.

What do you want to do in the future?

Week 38

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?

Week 3
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?

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?
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?

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?

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

Taking deep breaths or “belly breathing” is a quick and easy way to calm down and focus.

Take 3 breaths now. How did this help you or how do you feel now?

Why is it important to know how to calm down?
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?

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?

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?
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.

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

What are some times you may use belly breathing?

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?

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.

How are you feeling right now?

How do you feel at this moment?

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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?

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?
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?

Week 28

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?

Week 13

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**Empathy**

Empathy is feeling or understanding what another person is feeling.

How can empathy help you?

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**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?
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?

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?

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?
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?

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 breaths 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?

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?
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?

Feeling Confident
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?