



SOCIAL EMOTIONAL HABIT TRACKERS

12 MONTHLY CHALLENGES TO BUILD SOCIAL EMOTIONAL SKILLS
AND LET YOUR KINDNESS SHINE!

30-DAY SOCIAL AWARENESS CHALLENGE

NAME _____ DATE _____
Color in a day on the calendar for each task you complete.

DAILY TRACKER	
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5	6
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19	20
21	22
23	24
25	26
27	28
29	30

Listen to a friend without interrupting them while they talk.

Learn an interesting fact about another culture.

Help a friend.

30 DAY SELF AWARENESS CHALLENGE

NAME _____ DATE _____
Color in a section of the tracker each time you complete a daily task.

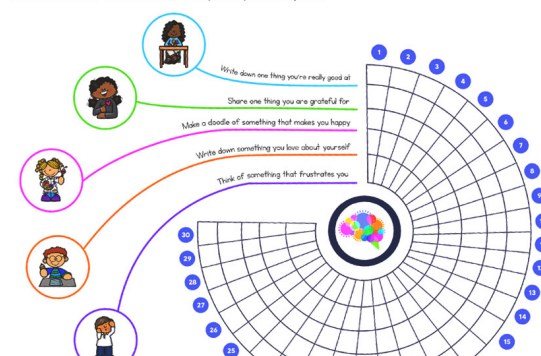
Write down one thing you're really good at.

Share one thing you are grateful for.

Make a doodle of something that makes you happy.

Write down something you love about yourself.

Think of something that frustrates you.



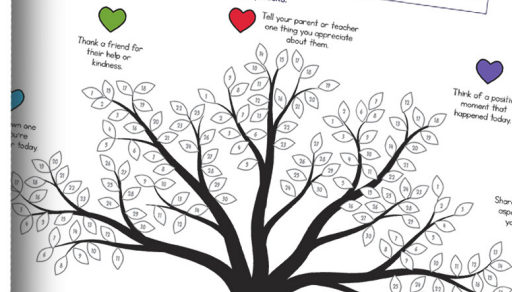
30 DAY GRATITUDE CHALLENGE

NAME _____ DATE _____
Color in a leaf each time you complete one of the daily tasks.

Think of a friend for their help or kindness.

Tell your parent or teacher one thing you appreciate about them.

Think of a positive moment that happened today.



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CONSULT YOUR PHYSICIAN

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INTRODUCTION

Welcome to SEL Habit Trackers! Inside this resource, we've provided you with 12 Tracker Challenges with a focus on social and emotional learning.

Each one includes a series of daily tasks that will help kids cultivate essential skills and promote holistic development. With our habit trackers, children embark on an engaging journey of self-discovery, empathy, responsible decision-making, and more.

These Tracker Challenges are a great tool because they remind you to act and motivate you to continue. The tracking sheets give you visual proof of your efforts. You can see the progress you've made over the entire month. And when you look at the tracker and see your streak, you'll be reminded to act again!

Let's explore each of the 12 challenges and what they entail:

- **30-DAY SELF-AWARENESS CHALLENGE:**
Foster a deeper understanding of one's self, thoughts, feelings, and strengths through daily reflection exercises and journaling prompts.
- **30-DAY SELF-MANAGEMENT CHALLENGE:**
Learn essential skills to stay organized, manage time effectively, set and achieve goals, and take charge of personal actions and responsibilities.
- **30-DAY SOCIAL AWARENESS CHALLENGE:**
Develop an empathetic perspective—understanding the emotions, needs, and experiences of others—nurturing positive relationships.
- **30-DAY RELATIONSHIP SKILLS CHALLENGE:**
Cultivate the ability to communicate effectively, collaborate, resolve conflicts peacefully, and build healthy and meaningful relationships.
- **30-DAY RESPONSIBLE DECISION-MAKING CHALLENGE:**
Strengthen critical thinking skills, explore ethical dilemmas, weigh pros and cons, and make thoughtful choices aligned with personal values.
- **30-DAY EMOTIONAL AWARENESS CHALLENGE:**
Deepen emotional intelligence by recognizing and managing emotions, building resilience, and expressing oneself in healthy ways.
- **30-DAY BEE KIND CHALLENGE:**
Encourage acts of kindness and compassion towards others, fostering a culture of empathy and support.

- **30-DAY GRATITUDE CHALLENGE:**

Cultivate gratitude by recognizing and appreciating the positive aspects of life, fostering a positive mindset, and expressing thankfulness.

- **30-DAY STRESS MANAGEMENT CHALLENGE:**

Explore various techniques to cope with stress and anxiety, promoting emotional well-being and self-care.

- **30-DAY EMPATHY CHALLENGE:**

Enhance the ability to understand and share the feelings of others, promoting kindness, inclusivity, and fostering a sense of community.

- **30-DAY SELF-CARE CHALLENGE:**

Prioritize self-care through activities that nurture physical, emotional, and mental well-being, fostering a healthy and balanced lifestyle.

- **30-DAY COMMUNICATION SKILLS:**

Enhance communication skills by practicing active listening, effective speaking, and fostering positive interactions with others.



HOW TO USE THIS RESOURCE

SEL Habit Trackers are a versatile resource designed to support social-emotional learning and growth in a variety of settings. Here are some suggestions on how to make the most of this resource and incorporate it into your unique environment.

Whether you're an educator, parent, or facilitator, these ideas will help you maximize the impact of the SEL Habit Trackers and create meaningful experiences for children:

- 1. Morning Routines:** Start the day off right by integrating the habit trackers into morning routines or daily check-ins, setting positive intentions for the day ahead.
- 2. Group Discussions:** Use the habit trackers as conversation starters during group discussions, allowing children to share their experiences and insights related to the challenges.
- 3. Celebrate Progress:** Display completed habit trackers on a bulletin board or designated area to celebrate and showcase children's progress and achievements.
- 4. Goal-Setting Sessions:** Utilize the habit trackers as a guide for goal-setting sessions, encouraging children to set personal targets and track their progress as they complete the challenges.
- 5. Homework Assignments:** Assign specific challenges as optional homework assignments or as extracurricular activities to promote further engagement and reflection outside of the classroom.
- 6. Reflection Circles:** Facilitate small group discussions or reflection circles, where children can share their experiences, challenges, and insights from completing the habit trackers.
- 7. Friendly Competitions:** Create friendly competitions or challenges among peers or students, fostering a sense of camaraderie and motivation to actively engage with the habit trackers.
- 8. Parent Involvement:** Share completed habit trackers with parents or guardians during parent-teacher conferences, inviting them to celebrate their child's progress and support ongoing growth.
- 9. Individualized Support:** Adapt the challenges for individual counseling sessions or social-emotional support groups, tailoring them to address specific needs and goals.
- 10. Community Engagement:** Explore ways to extend the use of habit trackers beyond the immediate environment, such as sharing completed trackers with community partners or organizing events that celebrate the children's accomplishments.

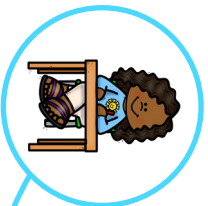
By embracing the versatility of the SEL Habit Trackers, you can create dynamic learning experiences that foster social-emotional growth, encourage self-reflection, and empower children to develop vital skills for lifelong success.

30-DAY SELF-AWARENESS CHALLENGE

NAME

DATE

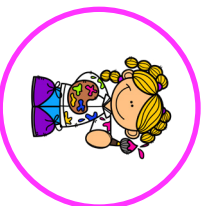
Color in a section of the tracker each time you complete a daily task.



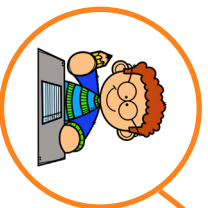
Write down one thing you're really good at



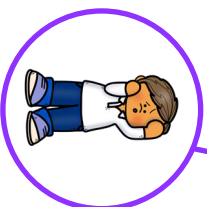
Share one thing you are grateful for



Write down something you love about yourself



Think of something that frustrates you



30-DAY SELF-MANAGEMENT CHALLENGE

NAME

DATE

Color in the pictures as you complete a task.

Write down your bedtime and stick to it


































Pick out your clothes for tomorrow
































Brush your teeth without being reminded
































Tidy up your play area
































Write down a small goal for today and complete it
































30-DAY SOCIAL AWARENESS CHALLENGE

NAME

DATE

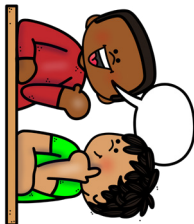
Color in a day on the calendar for each task you complete.



Say hello to a new person at school

DAILY TRACKER

- 1 2 3 4 5 6 7 8 9 10
- 11 12 13 14 15 16 17 18 19 20
- 21 22 23 24 25 26 27 28 29 30



Listen to a friend without interrupting them while they talk

DAILY TRACKER

- 1 2 3 4 5 6 7 8 9 10
- 11 12 13 14 15 16 17 18 19 20
- 21 22 23 24 25 26 27 28 29 30



Ask a friend how their day is going

DAILY TRACKER

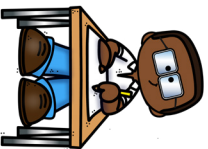
- 1 2 3 4 5 6 7 8 9 10
- 11 12 13 14 15 16 17 18 19 20
- 21 22 23 24 25 26 27 28 29 30



Learn an interesting fact about another culture

DAILY TRACKER

- 1 2 3 4 5 6 7 8 9 10
- 11 12 13 14 15 16 17 18 19 20
- 21 22 23 24 25 26 27 28 29 30



Write down something you admire about a friend

DAILY TRACKER

- 1 2 3 4 5 6 7 8 9 10
- 11 12 13 14 15 16 17 18 19 20
- 21 22 23 24 25 26 27 28 29 30



Help a classmate with a small task

DAILY TRACKER

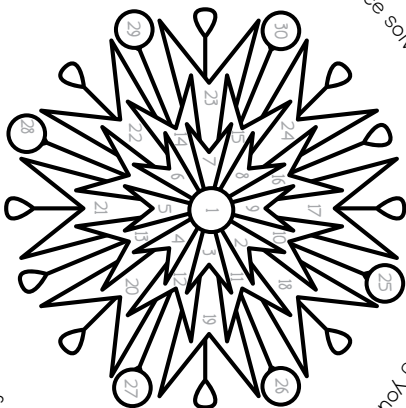
- 1 2 3 4 5 6 7 8 9 10
- 11 12 13 14 15 16 17 18 19 20
- 21 22 23 24 25 26 27 28 29 30

30-DAY RELATIONSHIP SKILLS CHALLENGE

NAME _____

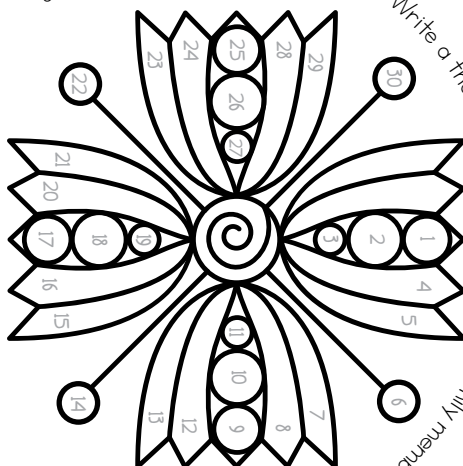
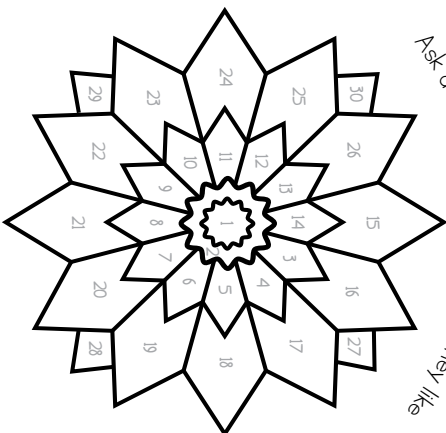
DATE _____

Color in one of the flower petals each time you complete a daily task.



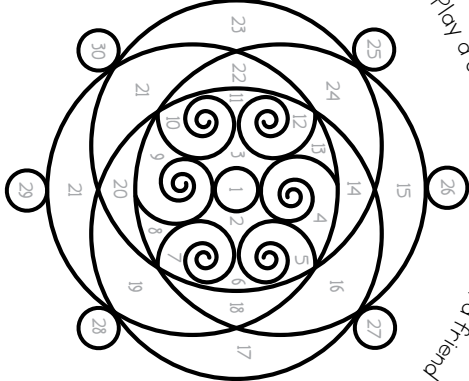
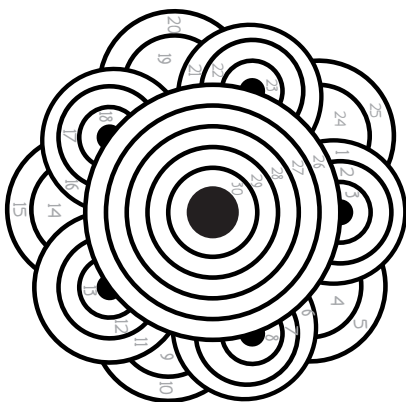
Practice solving a small conflict without losing your temper

Ask a friend about something they like



Write a thank you note to a friend or family member

Give someone a compliment



Play a cooperative game with a friend

30-DAY RESPONSIBLE DECISION-MAKING CHALLENGE

NAME

DATE

Color in a section each time you complete a daily task.



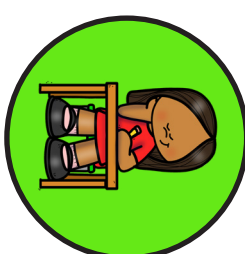
Ask someone you trust for advice on a decision.



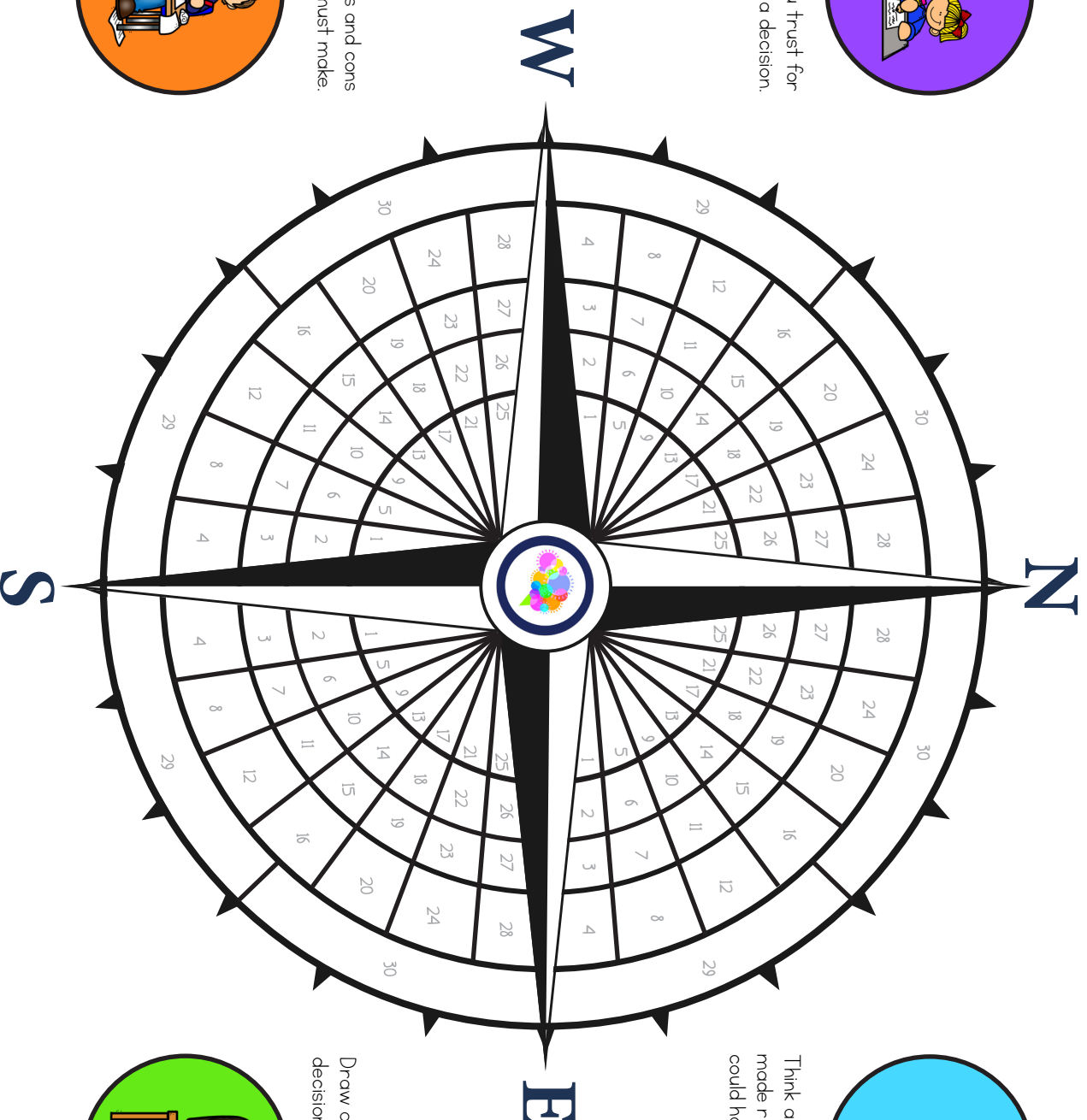
Write down the pros and cons of a decision you must make.



Think about a mistake you made recently and what you could have done differently.



Draw a picture showing a decision you are proud of.



30-DAY EMOTIONAL AWARENESS CHALLENGE

NAME _____

DATE _____

Color in a section each time you complete a daily task.



Take three deep breaths and identify your current emotion.



Recall a moment you felt happy today.



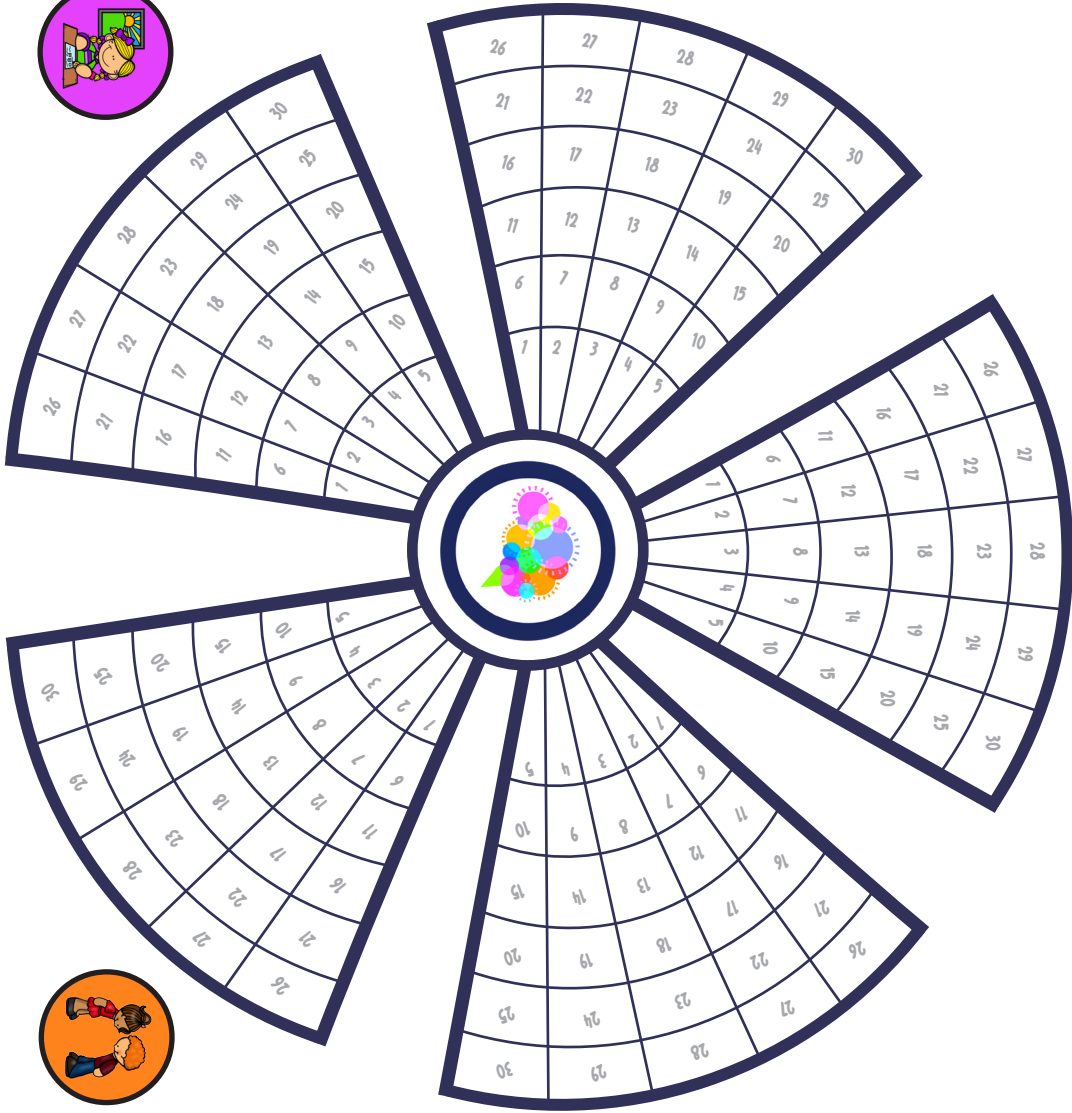
Write down one emotion you felt today and why.



Draw a quick doodle expressing your current feeling.



Name an emotion you see in a person near you.

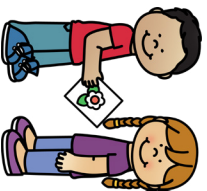


30-DAY BEE KIND CHALLENGE

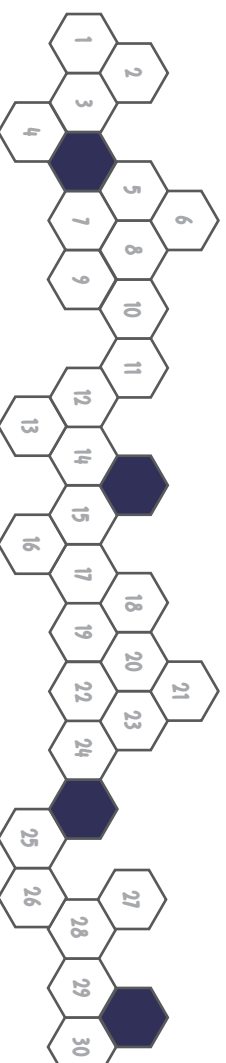
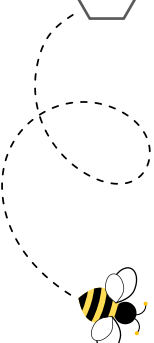
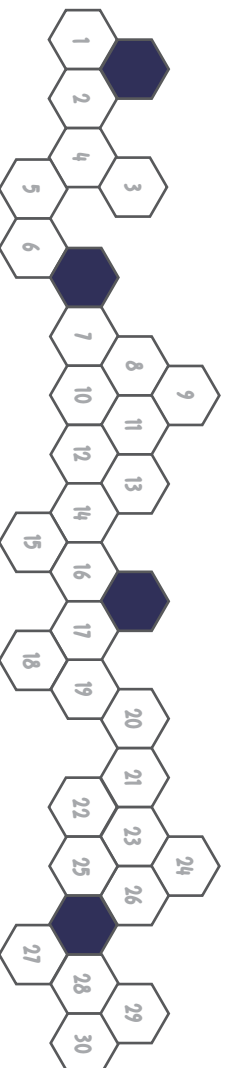
NAME

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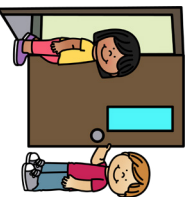
Color in a hexagon section each time you complete one of the daily tasks.



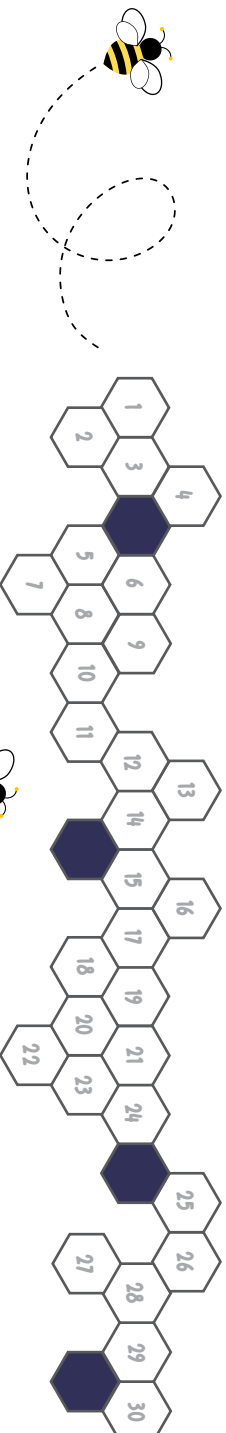
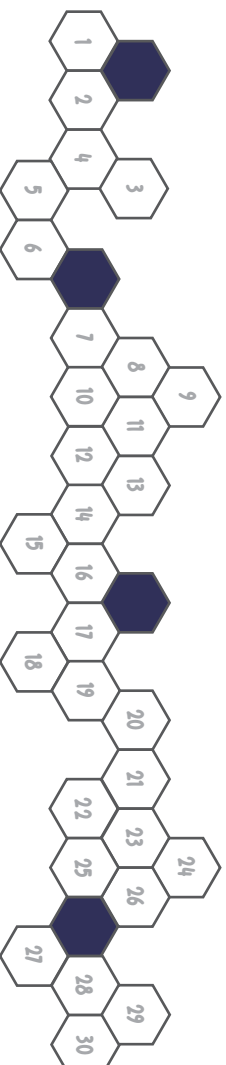
Write a quick note to compliment friend



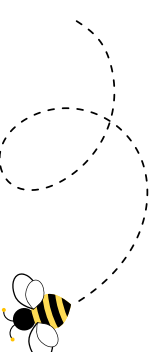
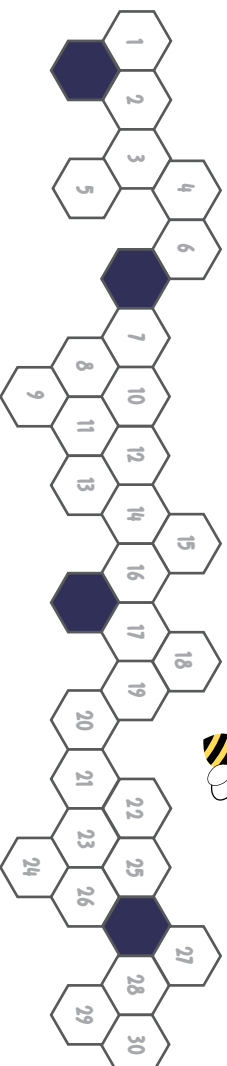
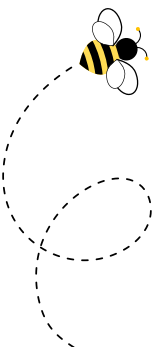
Offer to help carry something for someone.



Hold the door open for someone.



Say "please" and "thank you" to someone.



Smile and greet a new person.



30-DAY GRATITUDE CHALLENGE

NAME		DATE	
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Color in a leaf each time you complete one of the daily tasks.



Write down one thing you're grateful for today.



Thank a friend for their help or kindness.



Tell your parent or teacher one thing you appreciate about them.



Think of a positive moment that happened today.



Share a positive aspect about yourself.



30-DAY STRESS MANAGEMENT CHALLENGE

NAME

DATE

Color in a bubble each time you complete one of the daily tasks



Take one minute to meditate or do mindful breathing.

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Write down one thing that's causing stress and one way to address it.

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Stretch or exercise for one minute.

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Listen to calming music or sounds.

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Say or write something positive about yourself.

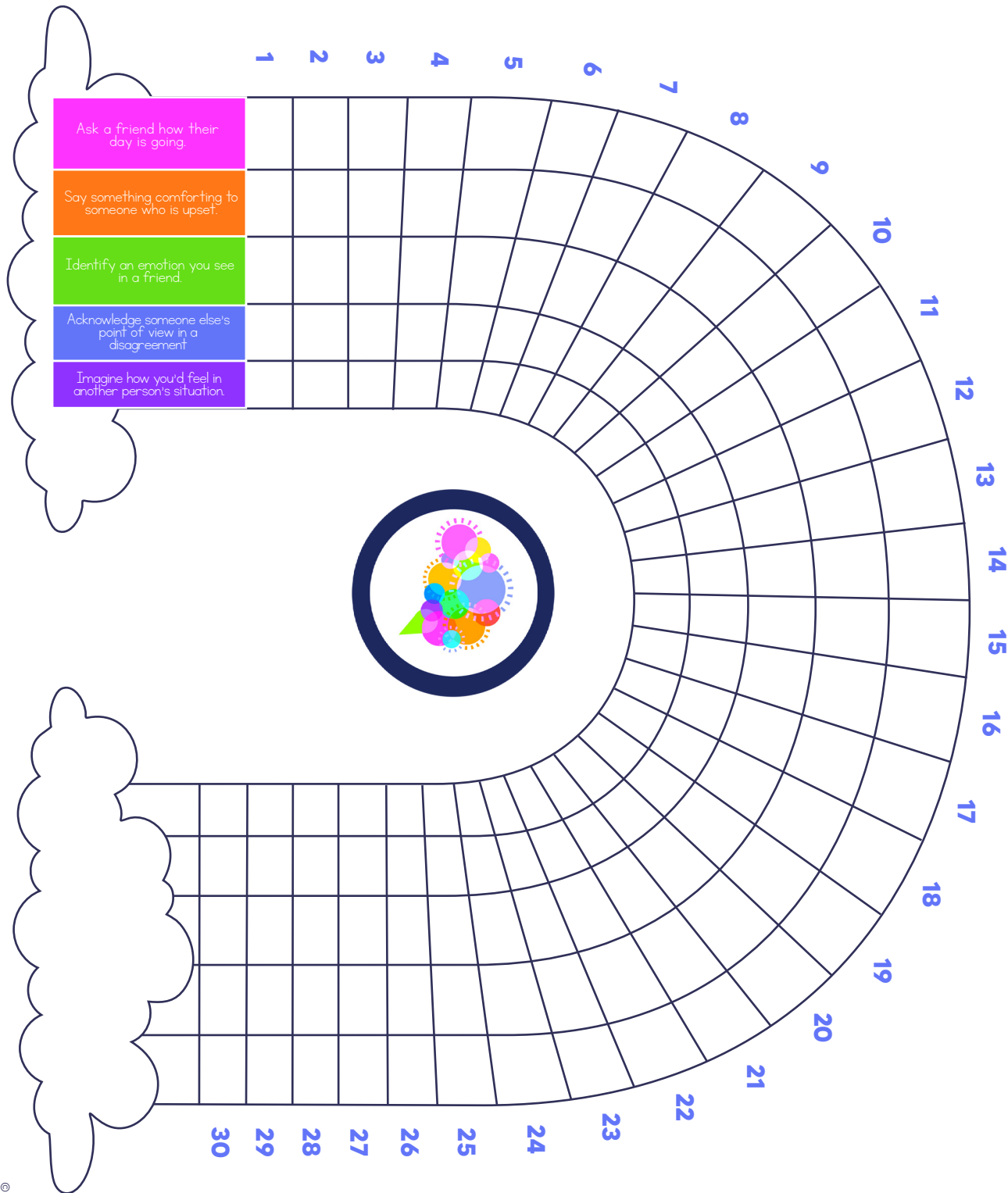
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30 DAY EMPATHY CHALLENGE

NAME

DATE

Color in a section of the tracker each time you complete a daily task.

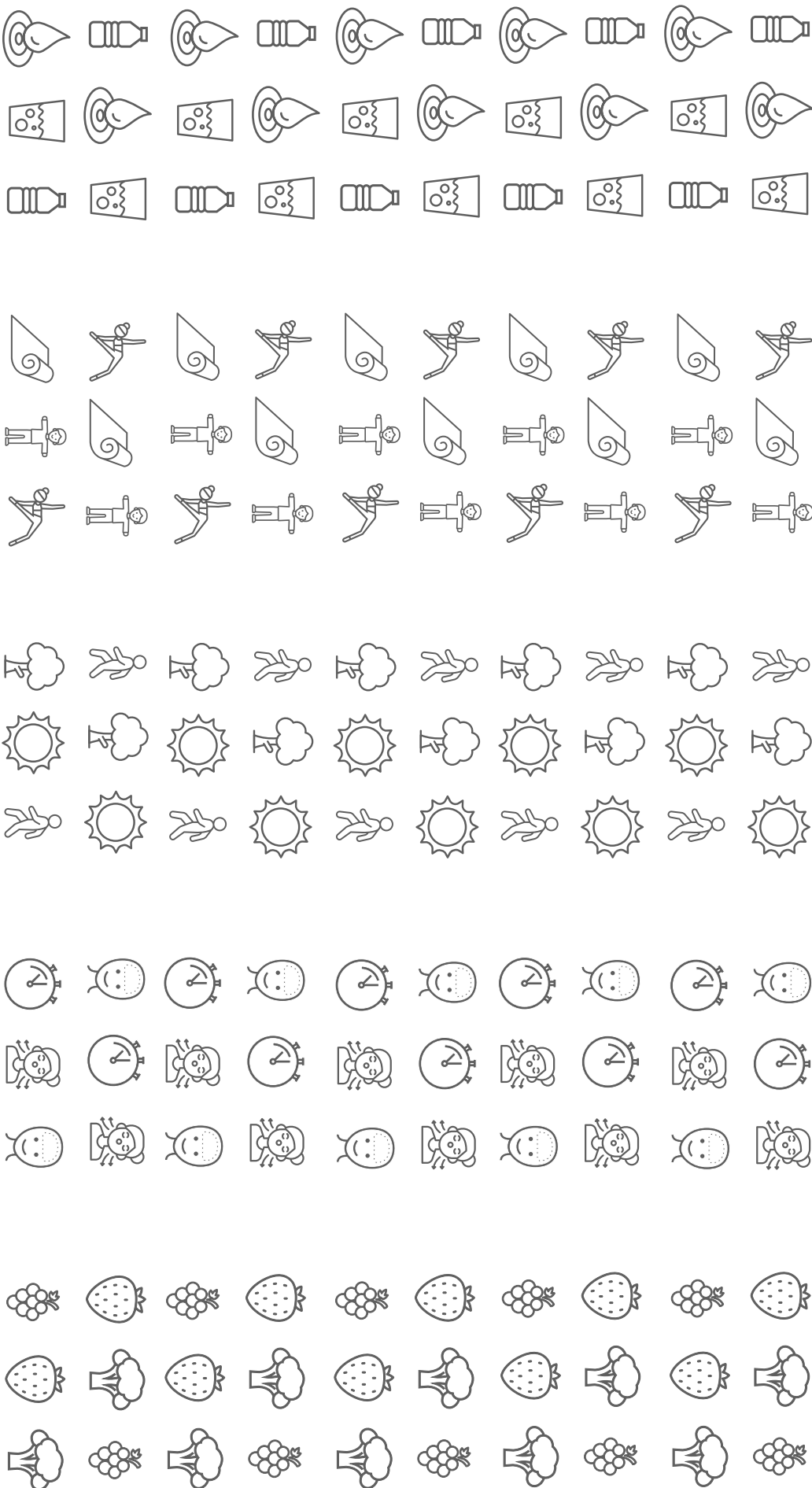


30-DAY SELF-CARE CHALLENGE

NAME

DATE

Color in an icon each time you complete one of the daily tasks.



Drink a glass of water.

Stretch or do yoga for
one minute

Take a short walk outside.

Clear your mind and breathe
deeply for one minute.

Eat a fruit or vegetable

30-DAY COMMUNICATION SKILLS CHALLENGE

NAME

DATE

Color in a circle each time you complete one of the daily tasks

