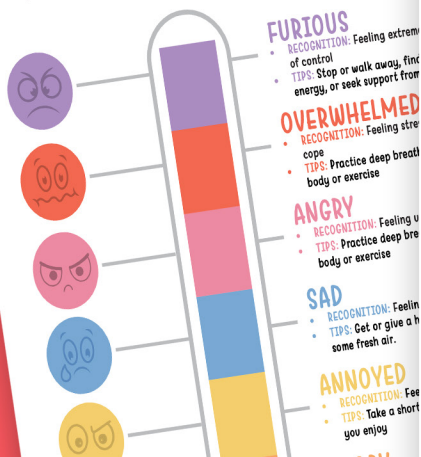


Social Emotional LEARNING POSTERS

THE FEELINGS THERMOMETER

Understanding and Managing Our Emotions



The Power of SELF-AWARENESS

- FEEL YOUR FEELINGS**
Pay attention to your emotions
- BODY CLUES**
Notice how your body reacts to emotions
- THINK & REFLECT**
Take a moment to think about your feelings
- SELF-EXPRESSION**
Use art, writing, or dance to express your emotions
- USE YOUR EMOTIONAL VOCABULARY**
Learn and use words to describe your feelings
- SHARE YOUR FEELINGS**
Talk to friends or family about your emotions
- ACCEPT & EMBRACE**
Understand that all feelings are valid and important
- PRACTICE MINDFULNESS**
Focus on the present moment and your emotions
- KEEP A FEELINGS JOURNAL**
Write about your emotions and experiences

ROCKIN' Relationship Skills

- EFFECTIVE COMMUNICATION**
Express your thoughts and feelings clearly and respectfully
- ACTIVE LISTENING**
Show interest, make eye contact, and give feedback when others speak
- CONFLICT RESOLUTION**
Agree peacefully and find win-win solutions
- EMPATHY & UNDERSTANDING**
Show compassion and recognize the feelings of others

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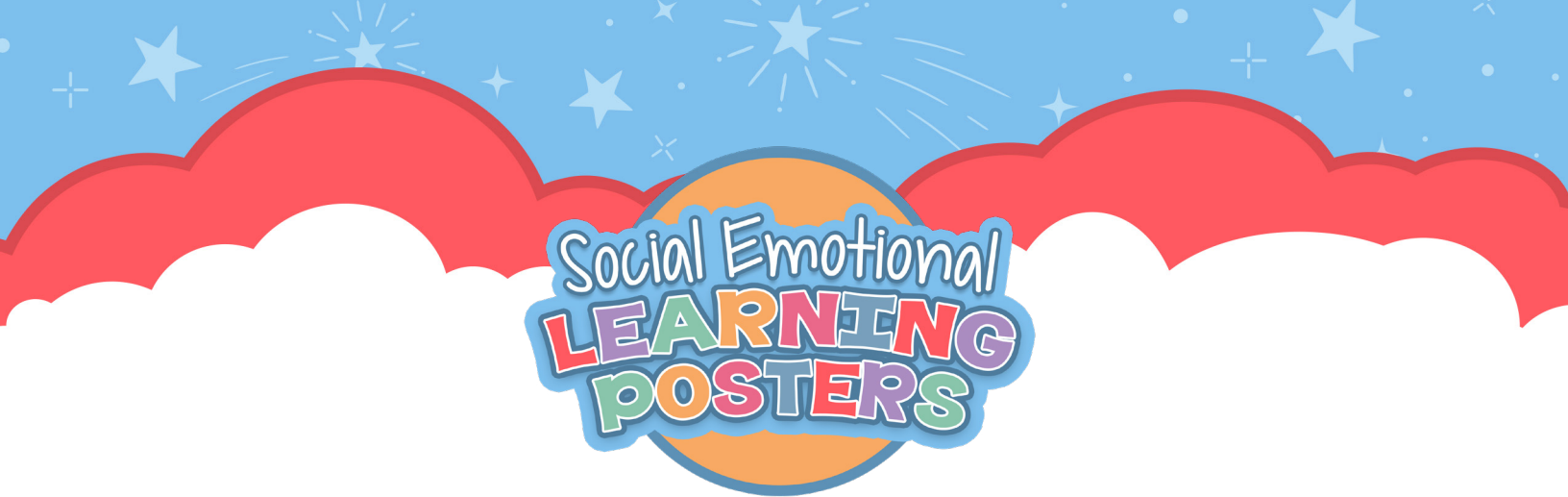
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CONSULT YOUR PHYSICIAN

The techniques, ideas, and suggestions in this document are not intended as a substitute for proper medical advice! Consult your physician or health care professional before performing any exercise or exercise technique. Any application of the techniques, ideas, and suggestions in this document is at the reader's sole discretion and risk.

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The Power of Self-Awareness	5
What Is Social Awareness?	6
Rockin' Relationship Skills	7
Responsible Decision Making	8
Super Self-Management	9
Things I Can (and Can't) Control	10
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Social Emotional LEARNING POSTERS

Welcome to Social Emotional Learning Posters, a product designed to support the development of social and emotional skills in children.

This resource includes 10 posters that are colorful, engaging, and fun, making them an ideal tool for teachers, parents, and counselors who want to promote social and emotional learning in children.

Our posters are designed to help children understand and manage their emotions, develop positive relationships, and build resilience. Each poster features kid-friendly language and engaging illustrations that make it easy for children to learn and remember social and emotional skills.

SUGGESTIONS FOR USE:

- Display posters in classrooms, hallways, or common areas to promote positive behaviors and attitudes.
- Use posters as a teaching tool during social and emotional learning lessons or activities.
- Incorporate posters into group discussions or counseling sessions to encourage children to express their thoughts and feelings.
- Allow children to choose a poster that resonates with them and encourage them to practice the skill throughout the day.
- Use posters to prompt conversation and reflection around social and emotional topics during family or group activities at home.

Feel free to print out as many copies as you need for your own personal or classroom use.

The Power of **SELF-AWARENESS**



FEEL YOUR FEELINGS

Pay attention to your emotions



BODY CLUES

Notice how your body reacts to emotions



THINK & REFLECT

Take a moment to think about your feelings



SELF-EXPRESSION

Use art, writing, or dance to express your emotions



USE YOUR EMOTIONAL VOCABULARY

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SHARE YOUR FEELINGS

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ACCEPT & EMBRACE

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PRACTICE MINDFULNESS

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KEEP A FEELINGS JOURNAL

Write about your emotions and experiences



SEEK SUPPORT

Ask for help when you're feeling overwhelmed

What is SOCIAL AWARENESS?



★ ACTIVE LISTENING

Pay attention, make eye contact, and show you care when others speak

★ EMPATHY

Put yourself in someone else's shoes to understand their feelings

★ ENCOURAGE INCLUSIVITY

Invite and include everyone, no matter their background or abilities

★ SHARE YOUR FEELINGS

Express your emotions honestly and openly with others

★ LEARN ABOUT DIFFERENT CULTURES

Discover and appreciate the customs and traditions of others

★ OFFER HELP AND SUPPORT

Lend a hand or give encouragement when someone needs it

★ PRACTICE KINDNESS

Be friendly, thoughtful, and considerate in your words and actions

★ RECOGNIZE AND CHALLENGE STEREOTYPES

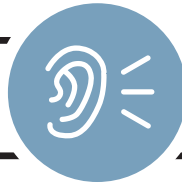
Avoid making assumptions and challenge unfair judgments

ROCKIN'

Relationship Skills

COOPERATION & TEAMWORK

Work together and share responsibilities to achieve common goals



ACTIVE LISTENING

Show interest, make eye contact, and give feedback when others speak



CONFLICT RESOLUTION

Address disagreements peacefully and find win-win solutions



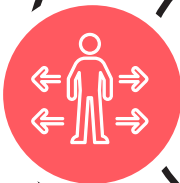
EMPATHY & UNDERSTANDING

Show compassion and recognize the feelings of others



SHARE & COMPROMISE

Be willing to give and take for the benefit of everyone involved



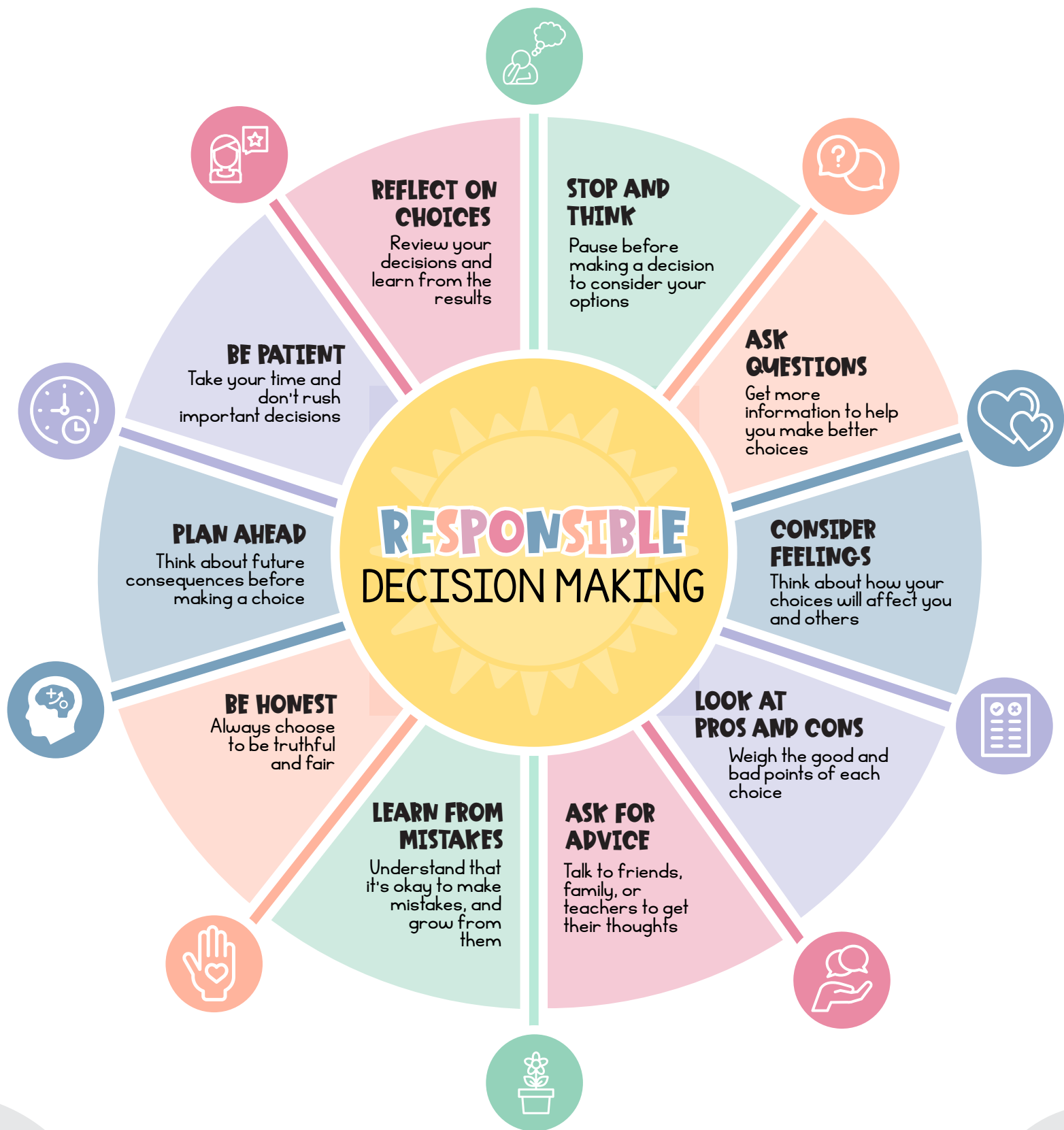
RESPECT BOUNDARIES

Understand and honor the personal space and limits of others



CELEBRATE DIVERSITY

Appreciate and embrace the unique qualities and differences of others



SUPER self-Management



Things I Can (and Can't)

CONTROL

CAN

- **My actions**
- **My attitude**
- **My words**
- **My effort**
- **My emotions**
- **My kindness**
- **My respect**
- **My decisions**
- **My honesty**

CAN'T

- **Other people's actions**
- **Other people's feelings**
- **The weather**
- **Time**
- **The past**
- **Other people's thoughts**
- **Some outcomes**
- **Family situations**
- **World events**



HOW ARE YOU FEELING TODAY?



HAPPY



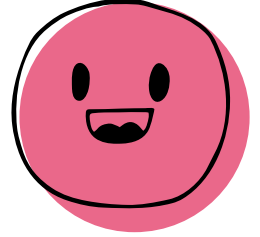
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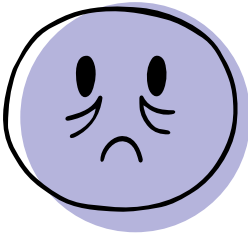
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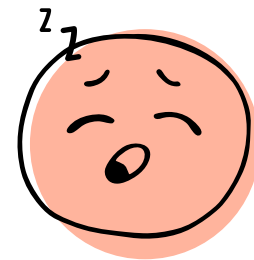
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EXCITED



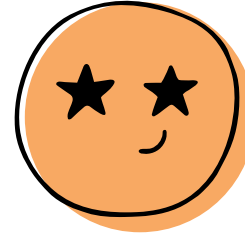
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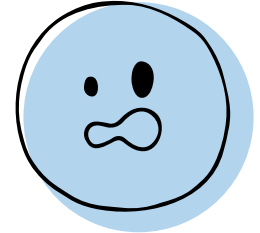
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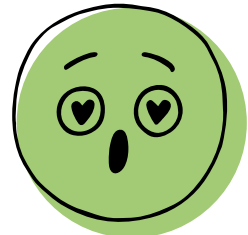
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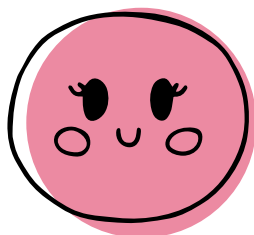
PROUD



NERVOUS



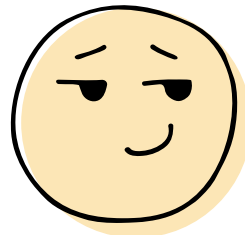
SURPRISED



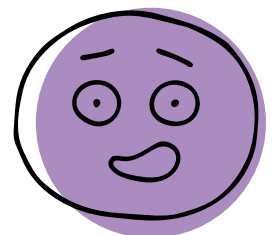
GRATEFUL



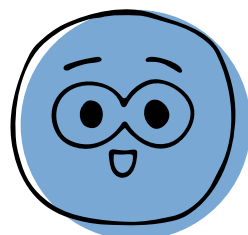
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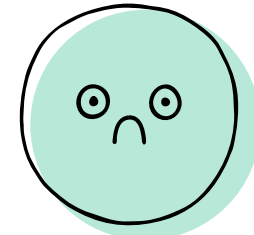
CALM



ANXIOUS



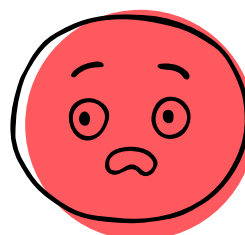
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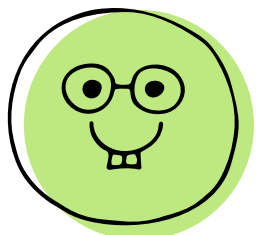
JEALOUS



LONELY



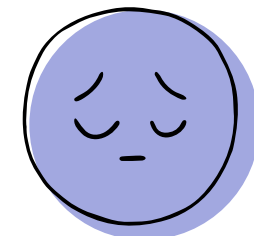
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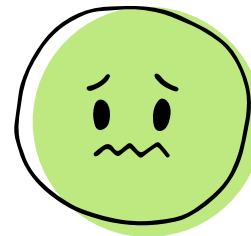
AMUSED



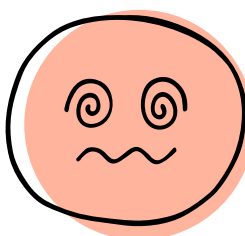
HOPEFUL



GUILTY



DISAPPOINTED



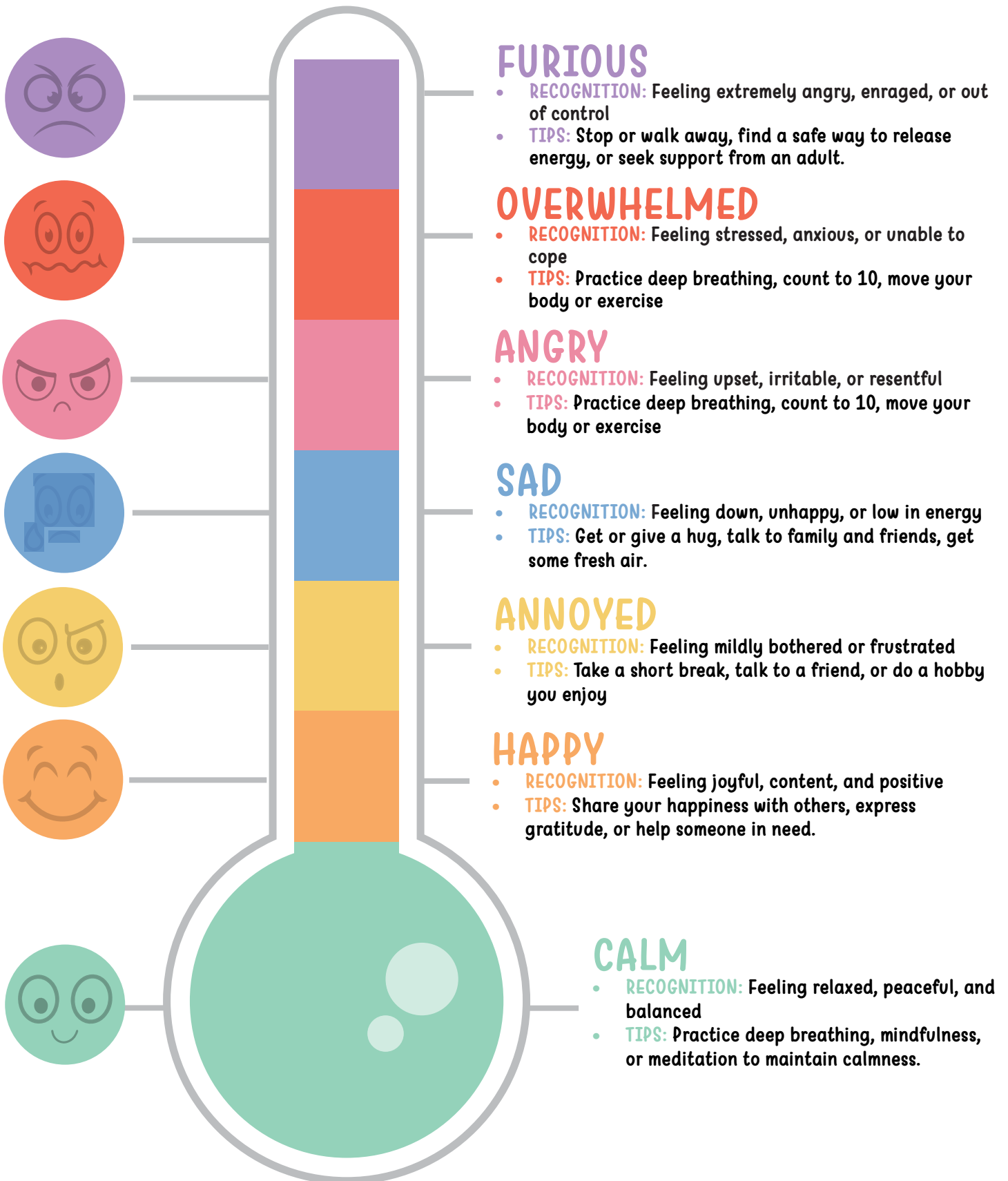
OVERWHELMED



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THE FEELINGS THERMOMETER:

Understanding and Managing Our Emotions



SOCIAL SKILLS 101:

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- Develop Coping Skills
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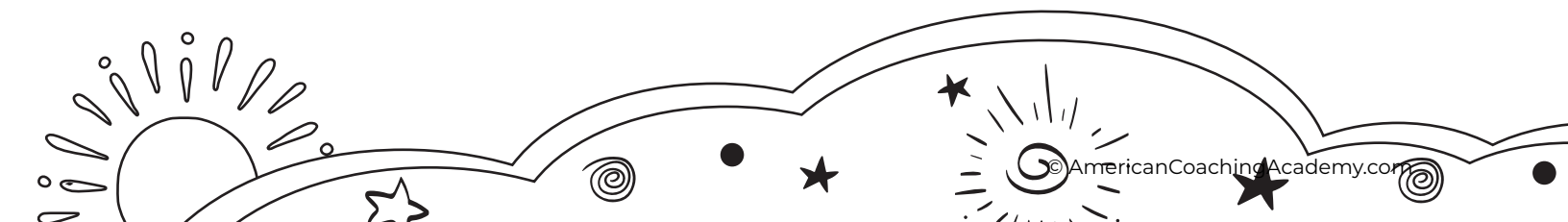
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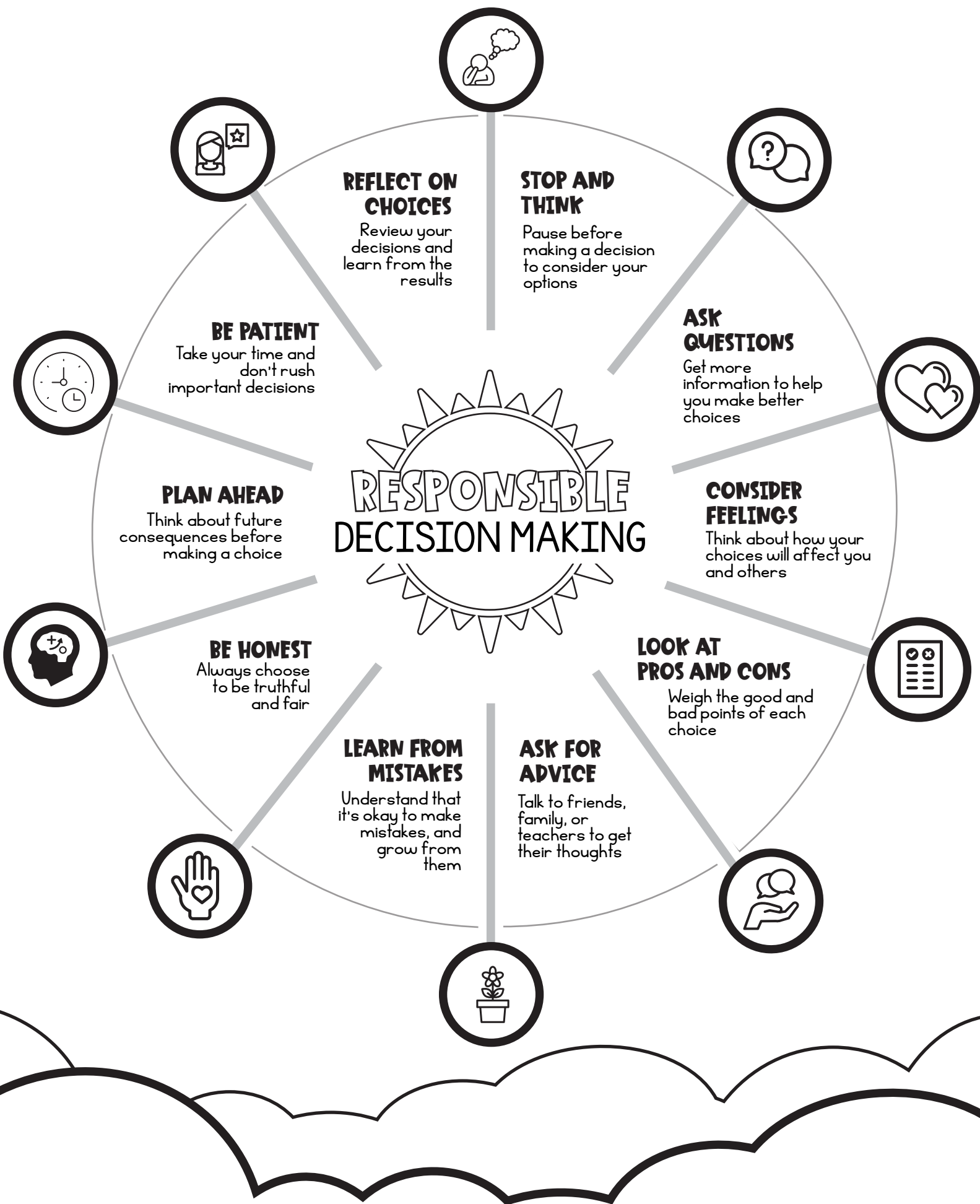
SHARE & COMPROMISE

Be willing to give and take for the benefit of everyone involved

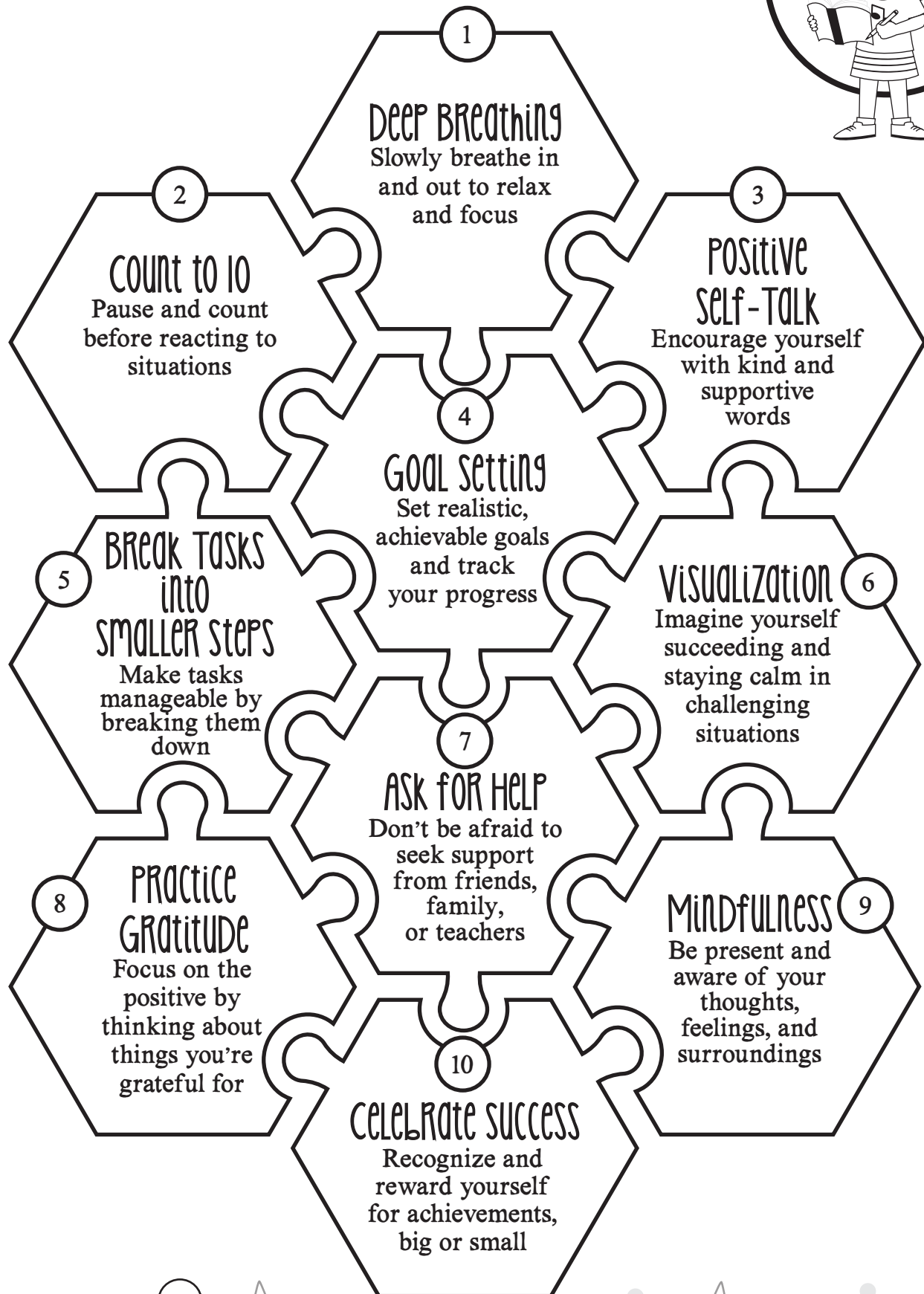


CELEBRATE DIVERSITY

Appreciate and embrace the unique qualities and differences of others



SUPER self-Management



Things I Can (and Can't)

CONTROL



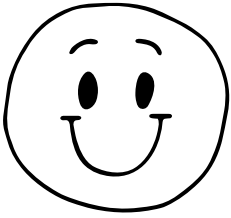
CAN

- **My actions**
- **My attitude**
- **My words**
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- **My emotions**
- **My kindness**
- **My respect**
- **My decisions**
- **My honesty**

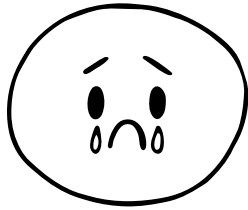
CAN'T

- **Other people's actions**
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- **The weather**
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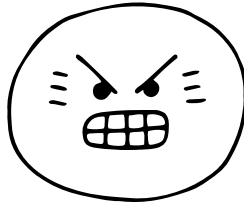
HOW ARE YOU FEELING TODAY?



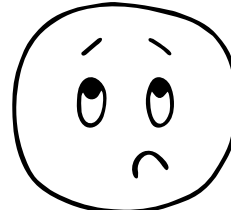
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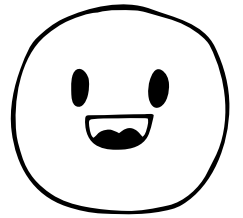
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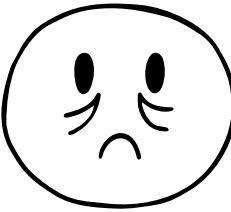
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CONFUSED



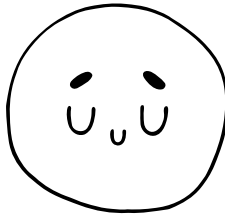
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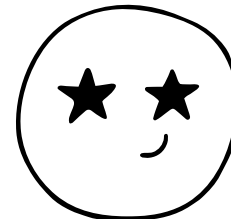
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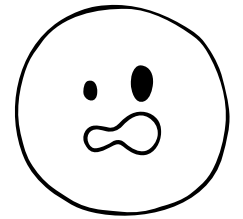
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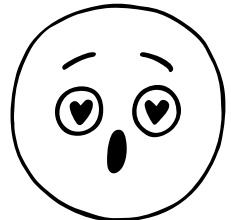
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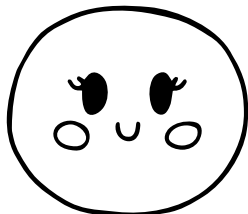
PROUD



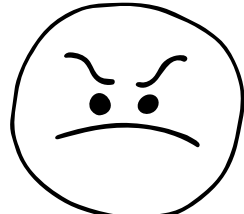
NERVOUS



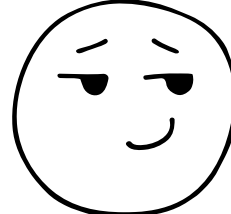
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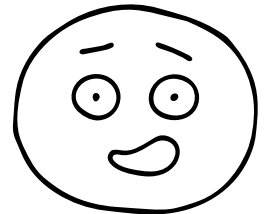
GRATEFUL



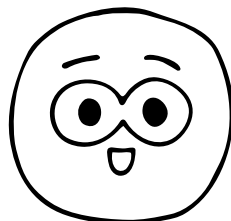
FRUSTRATED



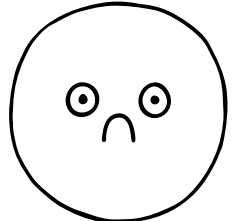
CALM



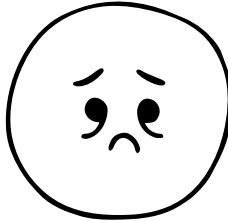
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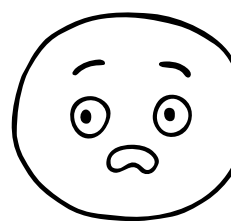
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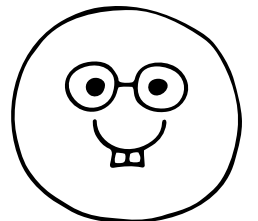
JEALOUS



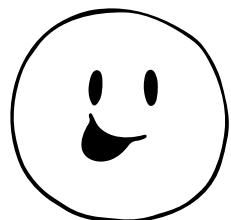
LONELY



EMBARRASSED



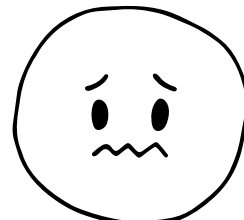
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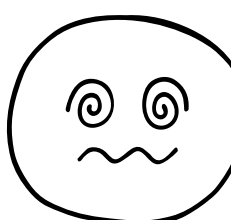
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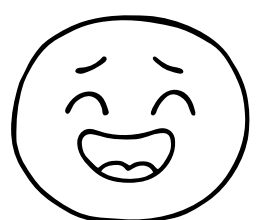
GUILTY



DISAPPOINTED



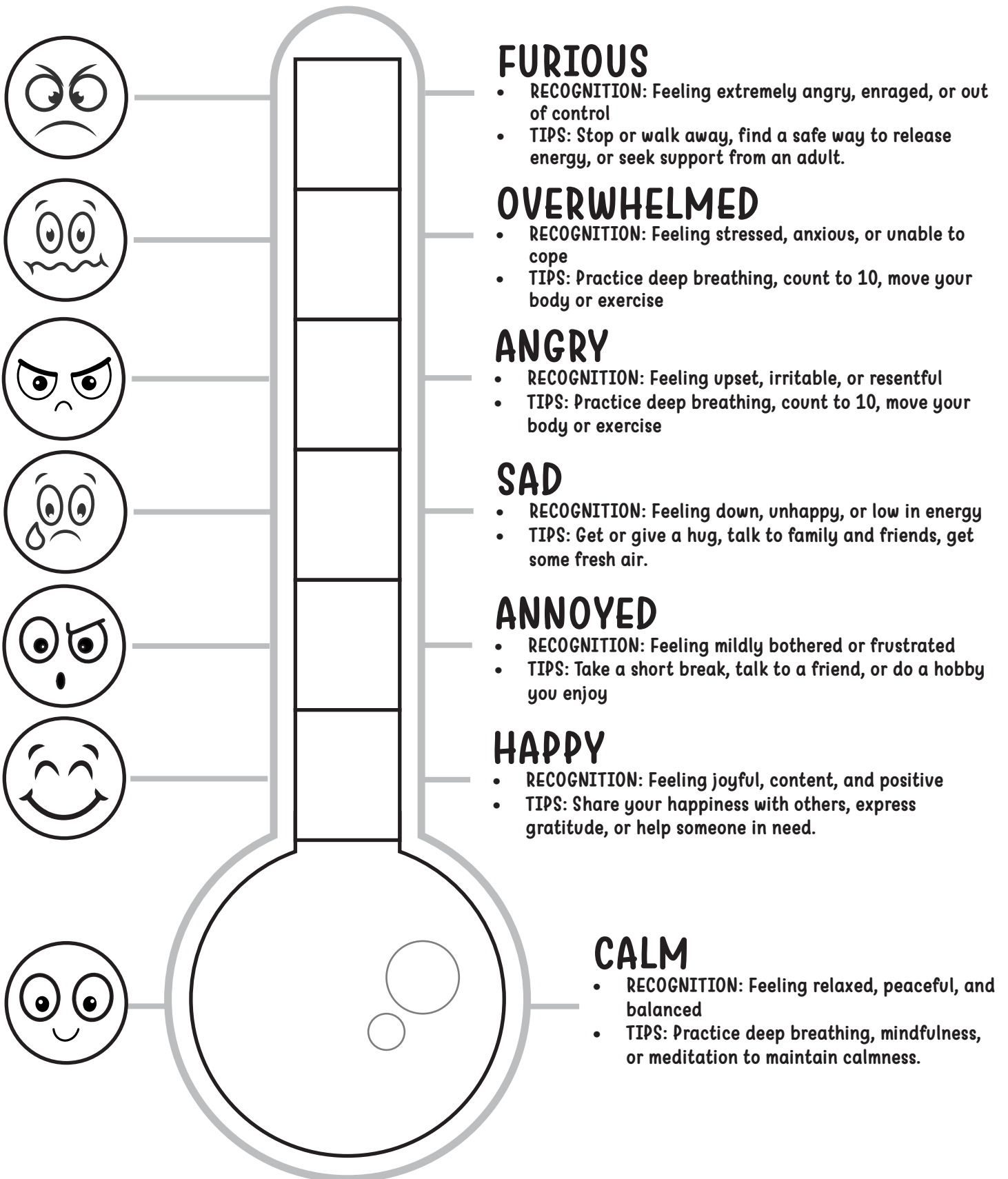
OVERWHELMED



RELIEVED

THE FEELINGS THERMOMETER:

Understanding and Managing Our Emotions





SOCIAL SKILLS 101

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- **Be a Good Sport**
 - **Share with Others**
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 - **Listen Carefully**
 - **Take Turns**
 - **Ask for Help**
 - **Show Empathy**
 - **Make Eye Contact**
 - **Apologize Sincerely**
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 - **Respect Boundaries**
 - **Be Patient**
 - **Keep Promises**
 - **Accept Differences**
 - **Be Honest**
 - **Cooperate**
 - **Solve Problems**
 - **Show Gratitude**
 - **Encourage Others**
 - **Practice Kindness**
- 

EMOTIONAL SKILLS 101:

Understanding and Managing Our Feelings



- **Identify Feelings**
- **Express Emotions**
- **Stay Calm**
- **Be Resilient**
- **Self-Soothe**
- **Show Empathy**
- **Be Mindful**
- **Ask for Support**
- **Practice Gratitude**
- **Be Patient**
- **Accept Feelings**
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- **Forgive Yourself**
- **Set Goals**
- **Develop Coping Skills**
- **Celebrate Success**

