

PERIODIC TABLE OF SEL

PRINTABLE BOOKMARKS



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Thanks for downloading the Periodic Table of Social Emotional Learning Printable Bookmark.

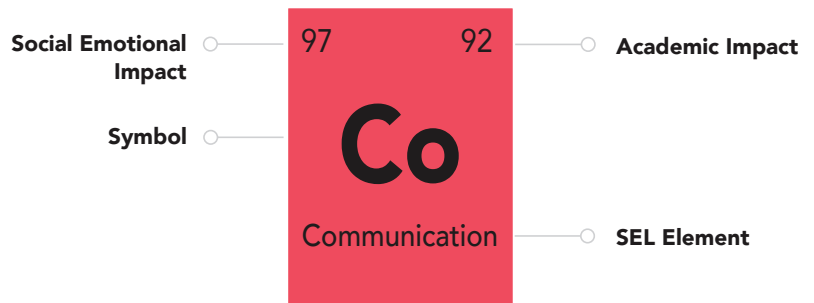
Much like the periodic table in science, which showcases different elements and their properties, our Periodic Table of SEL captures the vital components of social-emotional development in an engaging and digestible layout.

► **This resource includes the bookmark in four printable formats:**

1. Regular Size – Full Color
2. Jumbo Size – Full Color
3. Regular Size – Ink Saver
4. Jumbo Size – Ink Saver

► **Each element in this bookmark includes the following information:**

- **Name of the element**
- **Symbol**
- **Social Emotional Impact Score**
- **Academic Impact Score**



The **Social Emotional Impact Score** quantifies the influence of a specific element from the Periodic Table of SEL in nurturing emotional intelligence and interpersonal skills. This score reflects how the element helps develop life skills like resilience, self-awareness, and communication.

A high score means the element is crucial in helping individuals manage emotions, build positive relationships, and navigate social situations with empathy.

The **Academic Impact Score** shows how a specific element from the Periodic Table of SEL contributes to a student's academic success and cognitive growth. It indicates how this SEL element can improve classroom participation, learning outcomes, and create a positive learning environment.

A high score suggests the element supports essential academic skills, such as critical thinking and teamwork, ensuring students are emotionally balanced and academically skilled.

PRINTABLE BOOKMARK

REGULAR SIZE – FULL COLOR

INSTRUCTIONS

1. Print out this page on white cardstock paper.
2. Cut out the bookmarks below.
3. You can use them single sided. Or glue both sides together to create a double-sided bookmark.
4. Consider laminating each bookmark for extra durability.

PERIODIC TABLE OF SOCIAL EMOTIONAL LEARNING									
Self Awareness		Self Regulation		Social Awareness		Interpersonal Skills		Responsible Decision Making	
89 Us Understanding Strengths	94	88 Gm Growth Mindset	95	93 Rs Responsibility	91	87 Ic Impulse Control	90	84 Ga Global Awareness	88
93 Se Self Esteem	85	92 Sm Stress Management	87	89 Ro Respect for Others	94	88 Ad Appreciating Differences	82	91 Sc Social Cues	82
95 Hi Honesty & Integrity	90	87 Re Recognizing Emotions	78	88 Em Empathy	85	89 Ca Civic Awareness	89	90 Cp Cooperation	87
		88 Sd Self Discipline	93	90 Tr Trustworthiness	91	91 Sh Sharing	78	92 An Analyzing Information	81
		75 Os Organizational Skills	96	88 Ng Negotiation	86	89 Cu Curiosity	96	92 Uc Understanding Consequences	90
		91 Mi Mindfulness	88	93 Fb Friendship Building	79	92 Ps Problem Solving	97		
		85 Ci Community Involvement	90	96 Ac Active Listening	89				
		89 Sn Social Norms	85	90 Co Communication	97				
		92 Ca Civic Awareness	89	96 Cr Conflict Resolution	87				
		90 Em Empathy	85	91 Op Open Mindedness	96				
		88 Tr Trustworthiness	91						
		82 Ng Negotiation	86						
		87 Cr Conflict Resolution	89						
		96 Sh Sharing	78						
		97 Ps Problem Solving	97						
		90 Uc Understanding Consequences	90						

PERIODIC TABLE OF SOCIAL EMOTIONAL LEARNING



Us Understanding Strengths	Em Empathy
Gm Growth Mindset	Sc Social Cues
Se Self Esteem	Ca Civic Awareness
Hi Honesty & Integrity	Ci Community Involvement
Re Recognizing Emotions	Cp Cooperation
Rs Responsibility	Ac Active Listening
Sm Stress Management	Fb Friendship Building
Ic Impulse Control	Co Communication
Tm Time Management	Tr Trustworthiness
Sd Self Discipline	Ng Negotiation
Pe Perseverance	Cr Conflict Resolution
Os Organizational Skills	Sh Sharing
Gs Goal Setting	Cu Curiosity
Mi Mindfulness	Op Open Mindedness
Ga Global Awareness	An Analyzing Information
Ro Respect for Others	Ps Problem Solving
Ad Appreciating Differences	Uc Understanding Consequences
Sn Social Norms	

SEL POWERPACK

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PERIODIC TABLE OF SOCIAL EMOTIONAL LEARNING



Us Understanding Strengths	Em Empathy
Gm Growth Mindset	Sc Social Cues
Se Self Esteem	Ca Civic Awareness
Hi Honesty & Integrity	Ci Community Involvement
Re Recognizing Emotions	Cp Cooperation
Rs Responsibility	Ac Active Listening
Sm Stress Management	Fb Friendship Building
Ic Impulse Control	Co Communication
Tm Time Management	Tr Trustworthiness
Sd Self Discipline	Ng Negotiation
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Sn Social Norms	

SEL POWERPACK

PERIODIC TABLE OF SOCIAL EMOTIONAL LEARNING

Us Understanding Strengths	Gm Growth Mindset	Se Self Esteem	Hi Honesty & Integrity
Rs Responsibility	Sm Stress Management	Re Recognizing Emotions	
Ic Impulse Control	Tm Time Management	Sd Self Discipline	
Ga Global Awareness	Pe Perseverance	Os Organizational Skills	
Ro Respect for Others	Gs Goal Setting	Mi Mindfulness	
Ad Appreciating Differences	Sn Social Norms	Em Empathy	
Sc Social Cues	Ca Civic Awareness	Ci Community Involvement	
Cp Cooperation	Ac Active Listening	Fb Friendship Building	
Co Communication	Tr Trustworthiness	Ng Negotiation	
Cr Conflict Resolution	Sh Sharing	Cu Curiosity	
An Analyzing Information	Ps Problem Solving	Uc Understanding Consequences	

PRINTABLE BOOKMARK

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Coloring Page Option: Print the bookmarks on white cardstock paper, then have students color in the table with their own color scheme.

PERIODIC TABLE OF SOCIAL EMOTIONAL LEARNING

89 Us Understanding Strengths												91 Op Open Mindedness	
88 Gm Growth Mindset	93 Rs Responsibility	87 Ic Impulse Control	90 Ga Global Awareness	86 Ro Respect for Others	88 Ad Appreciating Differences	91 Sc Social Cues	92 Cp Cooperation	87 Co Communication	96 Cr Conflict Resolution	81 An Analyzing Information	96		
95 Se Self Esteem	92 Sm Stress Management	78 Tm Time Management	93 Pe Perseverance	91 Gs Goal Setting	85 Sn Social Norms	89 Ca Civic Awareness	90 Ac Active Listening	96 Tr Trustworthiness	91 Sh Sharing	92 Ps Problem Solving	97		
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Self Awareness		Self Regulation		Social Awareness		Interpersonal Skills		Responsible Decision Making					

PERIODIC TABLE OF SOCIAL EMOTIONAL LEARNING

Social Emotional Impact

Symbol

Communication

97 92

Co

Academic Impact

SEL Element

Us Understanding Strengths	Em Empathy
Gm Growth Mindset	Sc Social Cues
Se Self Esteem	Ca Civic Awareness
Hi Honesty & Integrity	Ci Community Involvement
Re Recognizing Emotions	Cp Cooperation
Rs Responsibility	Ac Active Listening
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		88 Gm Growth Mindset	93 Rs Responsibility		
Self Regulation	95 Se Self Esteem	92 Sm Stress Management	89 Tm Time Management	90 Ic Impulse Control	86 Ro Respect for Others
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Social Awareness	90 Hi Honesty & Integrity	88 Em Empathy	85 Ca Civic Awareness	91 Sc Social Cues	82 Cp Cooperation
	90 Re Recognizing Emotions	88 Em Empathy	90 Ca Civic Awareness	91 Sc Social Cues	82 Cp Cooperation
Interpersonal Skills	90 Re Recognizing Emotions	88 Em Empathy	90 Ca Civic Awareness	91 Sc Social Cues	82 Cp Cooperation
	90 Re Recognizing Emotions	88 Em Empathy	90 Ca Civic Awareness	91 Sc Social Cues	82 Cp Cooperation
Responsible Decision Making	90 Re Recognizing Emotions	88 Em Empathy	90 Ca Civic Awareness	91 Sc Social Cues	82 Cp Cooperation
	90 Re Recognizing Emotions	88 Em Empathy	90 Ca Civic Awareness	91 Sc Social Cues	82 Cp Cooperation

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Social Emotional Impact

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97 92

Co

Communication

Academic Impact

SEL Element

Us Understanding Strengths

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Se Self Esteem

Hi Honesty & Integrity

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