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INTRODUCTION

Welcome to the Periodic Table of Social-Emotional Learning (SEL) Worksheets—a toolkit designed to illuminate the diverse spectrum of skills that contribute to the holistic growth of young minds. Much like the periodic table in science, which showcases different elements and their relationships, our Periodic Table of SEL captures the vital components of social-emotional development in an engaging and digestible format.

Each element—or skill—within this table is accompanied by a clear, kid-friendly definition, laying a foundation for understanding. Following the definition, you'll find thought-provoking prompts tailored to spur introspection and reflection, encouraging students to internalize these critical life skills.

Why is this resource so essential? The journey of education is not solely about academic growth.

Emotional intelligence, interpersonal relations, and self-awareness are equally pivotal in forging successful and resilient individuals. These worksheets serve as a bridge, connecting classroom knowledge to real-world emotional challenges and scenarios.

Here are a few suggestions on how teachers can integrate these worksheets into their curriculum:

- 1. Classroom Discussion Starters:** Begin the day or week by exploring one element. Discuss the definition and delve into the prompts as a group.
- 2. Personal Reflection Journals:** Allow students to select an element of their choice to reflect upon individually, penning down their thoughts.
- 3. Role-playing Sessions:** Pair students and assign them an element. Let them enact scenarios where the skill plays a pivotal role, deepening their understanding through action.
- 4. Weekly Challenges:** Encourage students to focus on one skill per week, integrating it into their daily interactions and sharing their experiences.
- 5. Peer Sharing:** Foster a culture of openness by organizing sessions where students can discuss their responses to the prompts with their peers, fostering empathy and collective growth.

Remember, the journey of SEL is as dynamic as the emotions and situations it addresses. By using these worksheets, you're not just educating—you're nurturing resilient, empathetic, and self-aware individuals. Dive in and watch the magic of social-emotional growth unfold in your classroom!

DEFINITIONS

Each element in this poster 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.

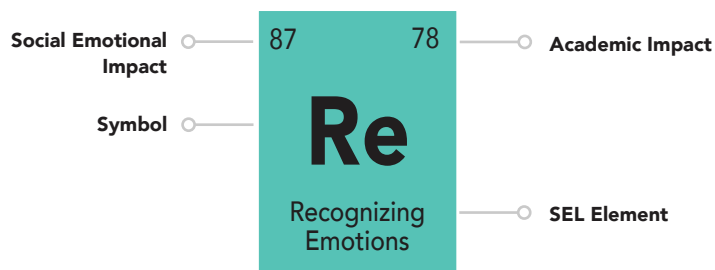
The **Academic Impact Score** shows how a specific element from the Periodic Table of SEL contributes to a student's academic success and cognitive growth. It indicates how this SEL element can improve classroom participation, learning outcomes, and create a positive learning environment.

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

8787 Re Recognizing Emotions																			8996 Cu Curiosity	
8994 Us Understanding Strengths																			9792 Co Communication	9187 Op Open Mindedness
8895 Gm Growth Mindset	8790 Ic Impulse Control	9785 Em Empathy	9686 Ro Respect for Others	8882 Ad Appreciating Differences	9088 Ci Community Involvement	9182 Sc Social Cues	9287 Cp Cooperation	9687 Cr Conflict Resolution	8196 An Analyzing Information											
9385 Se Self Esteem	9289 Sm Stress Management	7897 Tm Time Management	9391 Pe Perseverance	9391 Rs Responsibility	9285 Sn Social Norms	8989 Ca Civic Awareness	9089 Ac Active Listening	9178 Sh Sharing	9297 Ps Problem Solving											
9590 Hi Honesty & Integrity	8893 Sd Self Discipline	7596 Os Organizational Skills	9188 Mi Mindfulness	7894 Gs Goal Setting	8488 Ga Global Awareness	9379 Fb Friendship Building	9286 Ng Negotiation	9691 Tr Trustworthiness	9290 Uc Understanding Consequences											
Self Awareness		Self Regulation		Social Awareness		Interpersonal Skills		Responsible Decision Making												

Self Awareness

Name: _____ Date: _____



Recognizing Emotions is about feeling our feelings. We can tell if we're sad, happy, angry, or excited, just like knowing if it's sunny or rainy inside us. When we understand our emotions, our days feel brighter and less confusing.

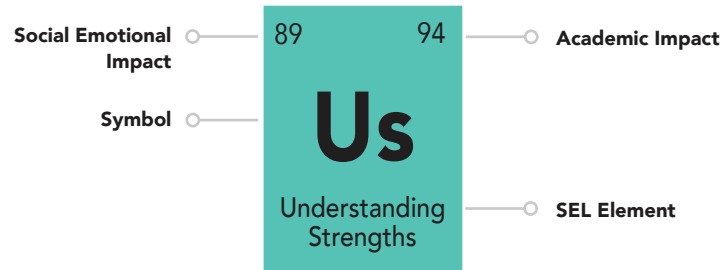
List three emotions you felt today.

Draw an emoji and label the emotion it shows.

Match an emotion to a color. Why that choice?

Draw a scene where weather represents an emotion.

Name: _____ Date: _____



Understanding Strengths is like finding hidden treasures inside us. Everyone is good at something special, and when we find out what we're good at, we feel cool and confident.

List three things you're really good at and how they make you feel.

Imagine you're a superhero. Draw your special powers.

Write about a time your strengths helped you succeed.

How could you use your strengths to help a friend?

Name: _____ Date: _____



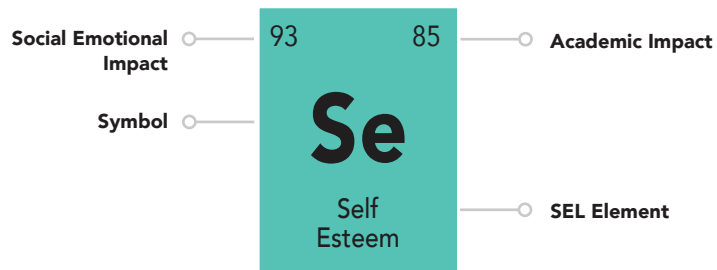
Growth Mindset is believing we can get better at things. Just like a tiny seed grows into a big tree, we can learn and grow too. Every time we try, even if it's hard, we're growing stronger and smarter.

Draw or write about a skill you improved recently.

How can a growth mindset help you in life or in school?

Think of a skill you want to get better at.

List 3 actions you can take to get better at that skill.



Self Esteem is like having a cheerleader in our hearts. It tells us that we're great and can do anything. When we believe in ourselves, everything seems possible, and we stand tall.

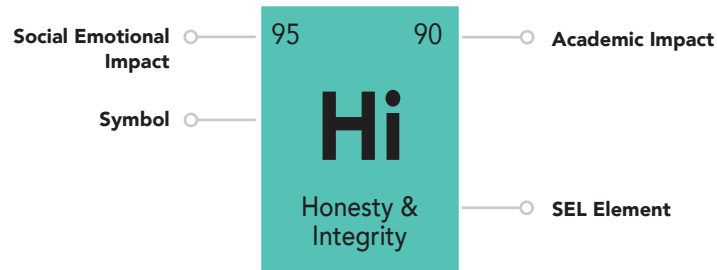
List three things you love about yourself.

Share a moment you felt proud recently.

Describe a time you overcame fear.

Draw yourself as a superhero.

Name: _____ Date: _____



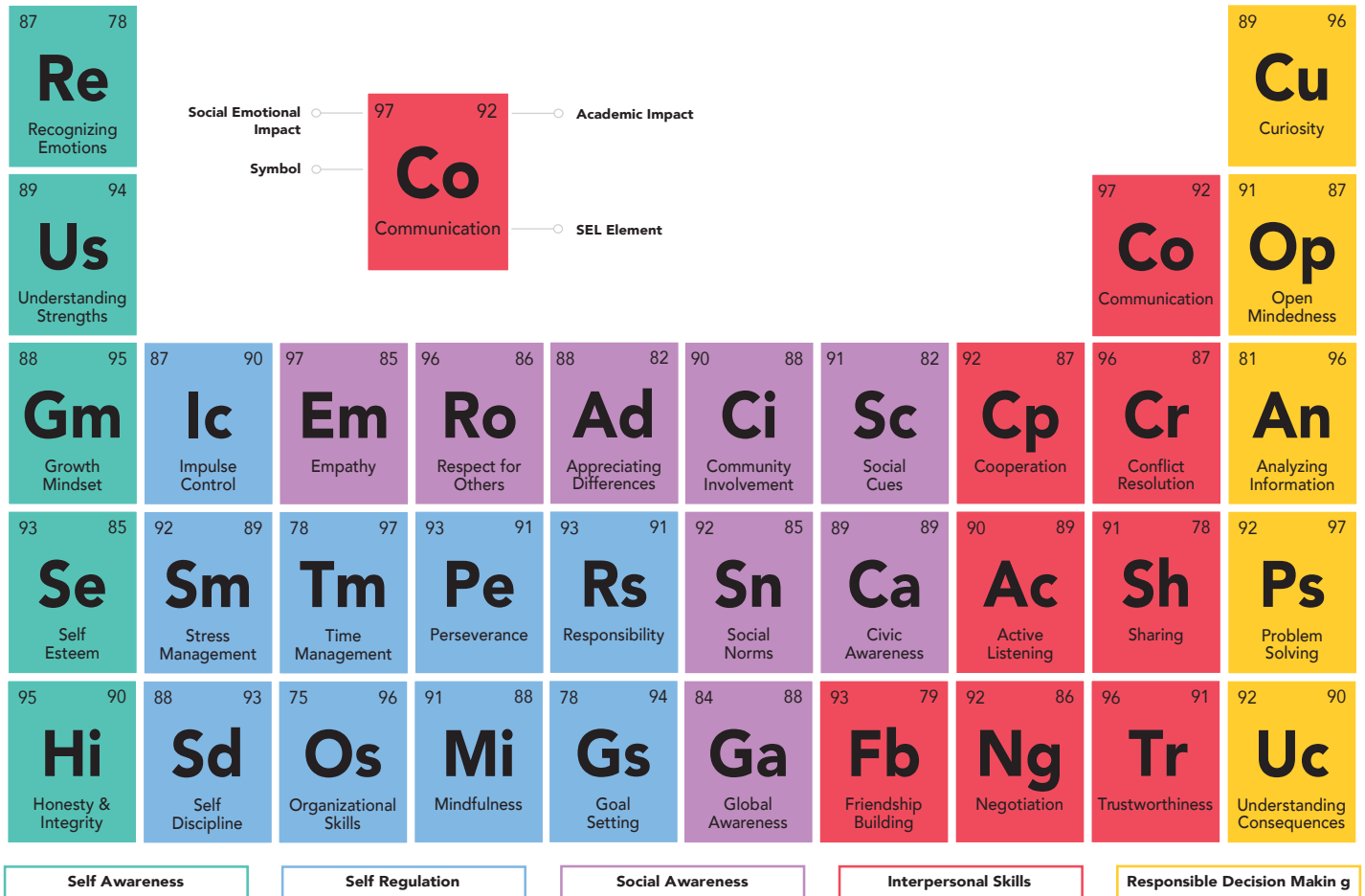
Honesty & Integrity are our guides to doing what's right. They're like a flashlight in the dark, showing us the right path. When we tell the truth and do good things, we feel proud and happy inside.

Share a time you chose to be honest.

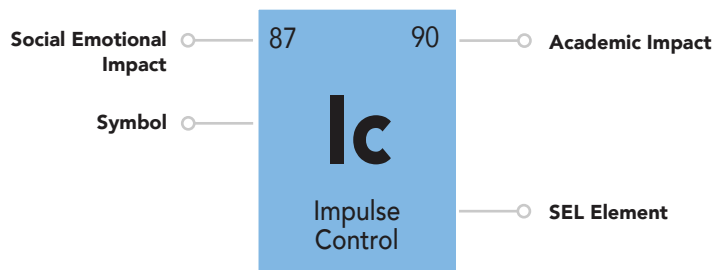
Draw a short comic strip where someone is honest.

Who is a role model of integrity for you?

Recall a time you kept a promise.



Self Regulation



Impulse Control is like having brakes on a bike. Before we do something, it helps us stop and think. This way, we make sure we're doing what's right, especially when we feel super excited or upset.

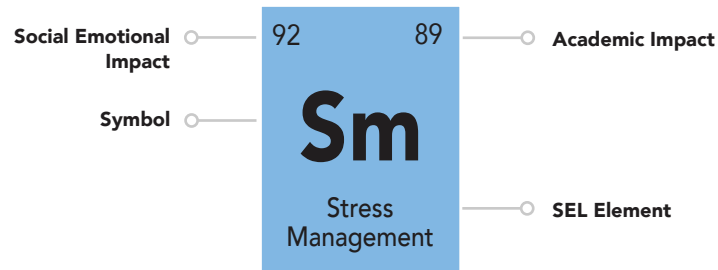
Recall a time when you paused before acting.

How can impulse control help you be a better friend?

Name a strategy to control impulses.

Draw a scene where someone has to "stop, think, then act"

Name: _____ Date: _____



Stress Management is our way of staying cool when things get tough. Imagine having a magic shield that keeps us calm, even when things are hard. By learning how to relax, we feel better and think more clearly.

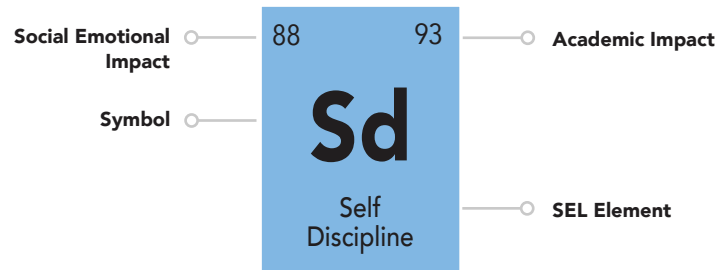
What calms you after a tough day?

Draw your peaceful, happy place.

Close your eyes and take 3 deep breaths. How does it make you feel?

Share a song that soothes you.

Name: _____ Date: _____



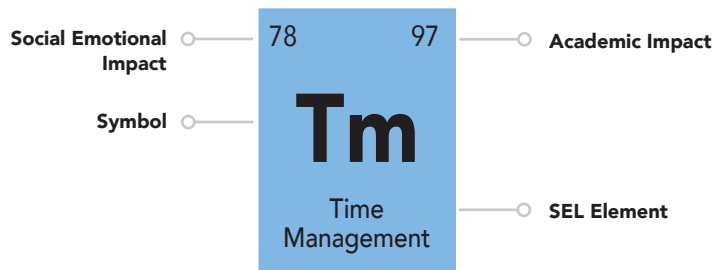
Self Discipline is like having a friendly coach inside our heads. It whispers to do our best, especially when things seem hard. By listening, we find it easier to do tasks, even if they're not our favorites.

Name a habit you're proud of.

Share a time you resisted temptation.

Draw a scenario testing discipline.

How can self discipline help you in school or in life?



Time Management is the skill of being a master clockmaker for our day. We strategically arrange each tick and tock, balancing school, play, and rest. By managing our hours wisely, we ensure we get the most from every day.

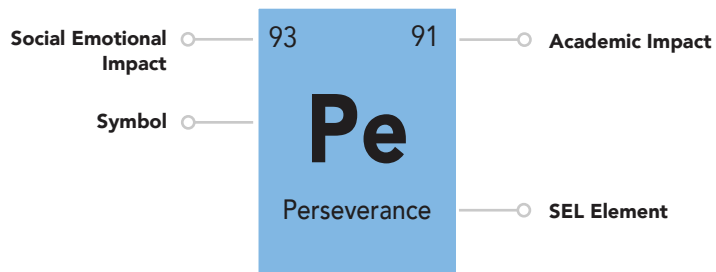
List today's top three tasks.

What task needs more time tomorrow?

Draw your day in a pie chart.

Name a tool helping you stay organized.

Name: _____ Date: _____



Perseverance is like being on a long hike. Even if the path is tricky, we keep going, step by step. We know that with effort, we'll reach the beautiful view at the top.

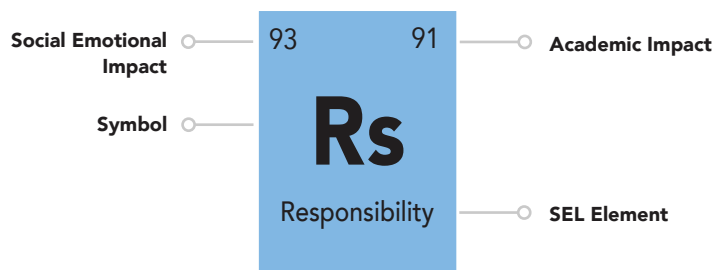
Share a time you didn't give up.

Draw yourself hiking up a steep path with obstacles in the way.

Write about a goal you're chasing now.

Name a hero (real or fictional) who never gave up.

Name: _____ Date: _____



Responsibility is taking care of our stuff and actions. It's like being a captain of our own little boat, making sure it sails smoothly. When we make choices, we stand by them, feeling proud of what we do.

List 3 tasks you're in charge of at home.

How did you fix a recent mistake?

Draw yourself doing a responsible act.

Who is a responsible role model for you?

Name: _____ Date: _____



Organizational Skills are like our life's toolbelt. With them, we have a place for everything, and everything finds its place. It's the magic behind clean desks, sorted books, and planned days, helping us stay on track without feeling overwhelmed.

Draw a picture of your study space.

How do you sort or store your favorite things?

Share a tip that helps you remember tasks.

Name an item always in its place.

Name: _____ Date: _____



Mindfulness is about being present in each moment. Like an anchor, it helps us stay grounded, so we can appreciate the world around us. Through mindfulness, we learn to appreciate the little things and react more calmly to life's surprises.

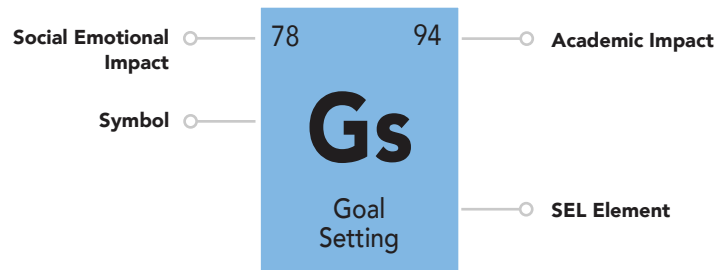
Close your eyes and listen to your surroundings for one minute. What did you hear?

Take five deep breaths. Draw how each breath feels.

Draw a doodle while paying attention to each line's path.

How can Mindfulness help you in school or in life?

Name: _____ Date: _____



Goal Setting is like drawing our future on a map. By marking where we want to go, we give ourselves a clear path to follow. It turns our dreams into destinations, letting us focus on the steps we need to take today to reach tomorrow's achievements.

Write down a goal for this school year. Be as specific as you can.

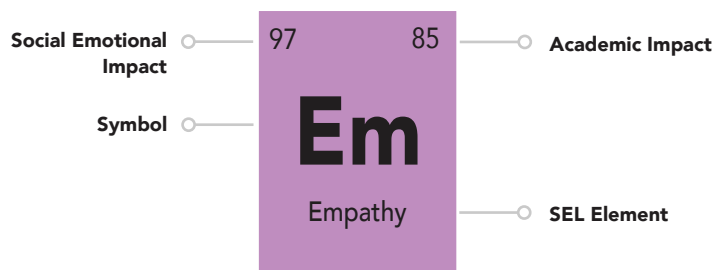
Measure your goal: How will you know you've reached it?

List three steps to help you make it happen.

Set a deadline to reach your goal.

Social Awareness

Name: _____ Date: _____



Empathy is when our heart feels what someone else is feeling. It's like having a special pair of shoes that lets us step into a friend's world. When we understand their feelings, we become better friends and helpers.

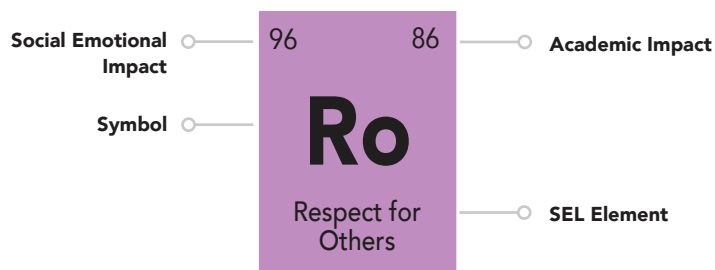
Share a time you comforted a friend.

Draw a scene where someone shows empathy.

How would you help a new student who just joined your class?

Recall a time when you stood in someone's shoes.

Name: _____ Date: _____



Respect for Others is like seeing everyone as a star. Each person shines in their own way, and we make sure to let them glow. When we're kind and polite, it's like giving them a spotlight.

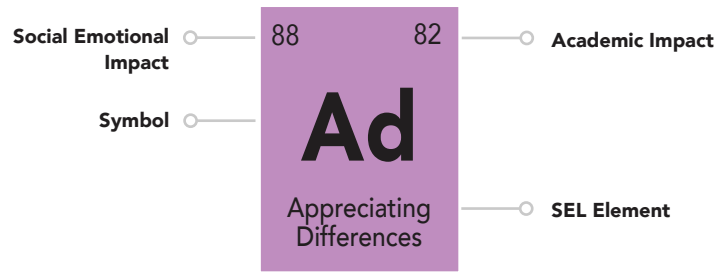
Name a way you showed respect today.

Draw a comic strip of two people respectfully disagreeing.

Share a time someone respected you.

How can respect help you in school or in life?

Name: _____ Date: _____



Appreciating Differences reminds us that everyone is unique, like different pieces of a big puzzle. We all fit together to make a beautiful picture. By learning about different stories and backgrounds, our world gets more colorful and exciting.

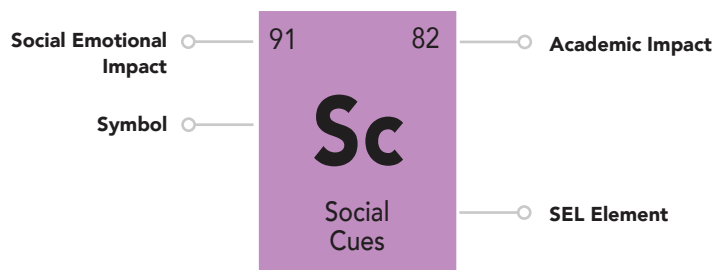
Name a culture or country you would like to learn more about.

Draw a special tradition your family celebrates.

Ask a friend about one of their family traditions and draw it below.

Why is it important to appreciate differences at school and in life?

Name: _____ Date: _____



Social Cues help us read faces and body language. It's like having magic glasses that show what people might be feeling. When we notice a friend's smile or frown, we can respond in the best way.

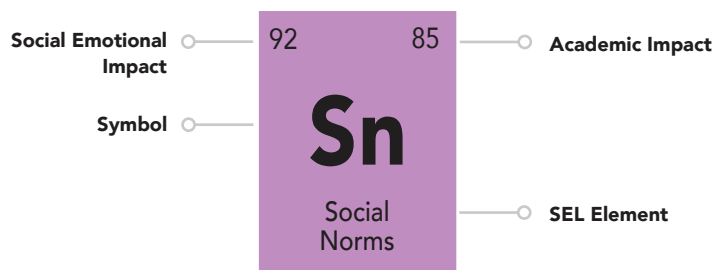
Draw some ways people communicate without words.

Think of a time you sensed someone's mood.

Draw three people: one excited, one nervous, one sad. How can you tell?

How can you get better at reading social cues?

Name: _____ Date: _____



Social Norms are the unwritten rules we all follow. They're like the rhythm of a dance that everyone knows. By understanding these steps, we can groove along with everyone, feeling part of the group.

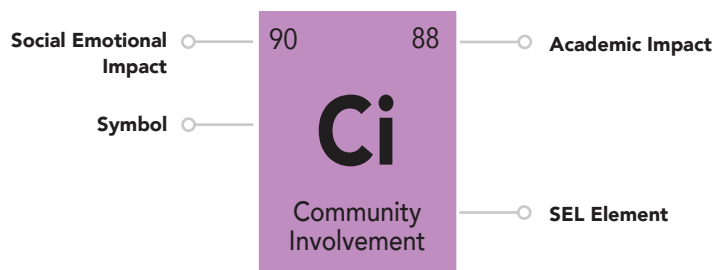
Describe a rule you follow in class. Why is it important?

Think about a respectful way to greet someone. Write it down.

Draw a social norm kids follow on the playground.

Write about a social norm in one of your after-school activities.

Name: _____ Date: _____



Community Involvement is about joining in and helping out. It's like being part of a big team where everyone plays a part. Together, we make our neighborhoods brighter and more fun.

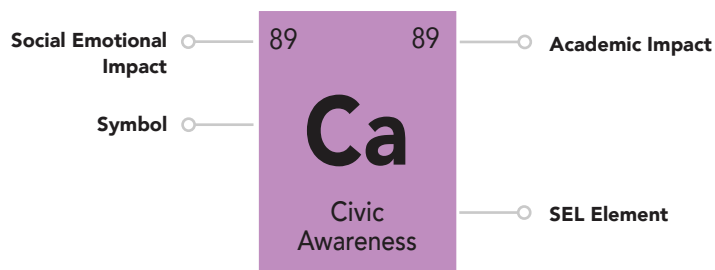
List a way you help your community.

Draw your community's landmark.

Share a local event you enjoyed.

Name a community hero you admire.

Name: _____ Date: _____



Civic Awareness is understanding what makes a great community. Like pieces in a big puzzle, we see how laws, decisions, and events fit together. When we know how things work, we can make a difference and help others.

Share something you learned about your town.

Draw your favorite place in your community.

Describe the role of a mayor.

What change would you make to your community if you were mayor?

Name: _____ Date: _____



Global Awareness lets us see the bigger picture. Our world is like a giant puzzle, and we're all a piece of it. By learning about different places and cultures, we see how we're all connected.

Name a country you want to visit. Why?

Draw a famous landmark from another country.

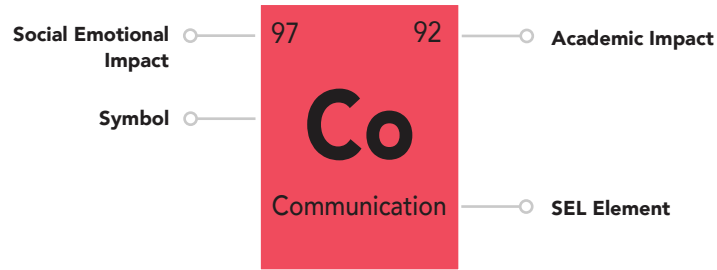
Write down a word from another language.
What does it mean?

Describe a global issue you care about.

8778 Re Recognizing Emotions										8996 Cu Curiosity
8994 Us Understanding Strengths		Social Emotional Impact Symbol 9792 Co Communication Academic Impact SEL Element						9792 Co Communication	9187 Op Open Mindedness	
8895 Gm Growth Mindset	8790 Ic Impulse Control	9785 Em Empathy	9686 Ro Respect for Others	8882 Ad Appreciating Differences	9088 Ci Community Involvement	9182 Sc Social Cues	9287 Cp Cooperation	9687 Cr Conflict Resolution	8196 An Analyzing Information	
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Self Awareness	Self Regulation	Social Awareness	Interpersonal Skills	Responsible Decision Making						

Interpersonal Skills

Name: _____ Date: _____



Communication is like sharing a piece of our thoughts with someone else. It's how we talk, listen, and even use our faces and bodies to show others what we're thinking or feeling. Good communication means we understand others, and they understand us.

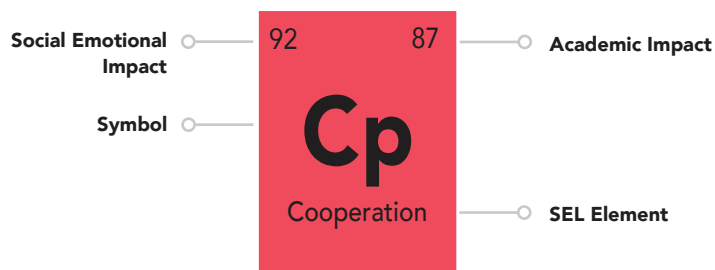
Draw two people: one using body language to show they're listening and one who's distracted.

Draw four emojis: happy, sad, surprised, and angry.

What would you say to a friend who is sad or upset?

List three ways you can be a better communicator.

Name: _____ Date: _____



Cooperation is teamwork in its best form. Just like joining hands to make a circle, we work together to achieve awesome things. With friends by our side, we can create magic.

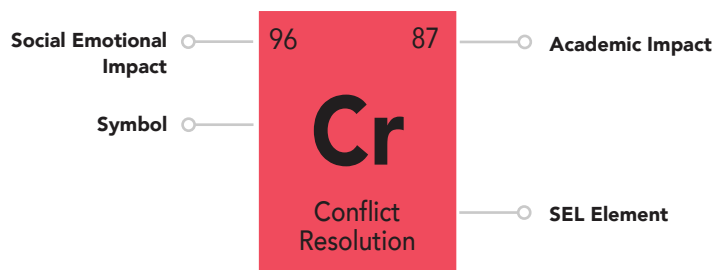
Name a team you're proud to be a part of.

Draw or write about a time you teamed up with a friend for a task.

What's something that's faster or easier to do with teamwork?

What makes a good team?

Name: _____ Date: _____



Conflict Resolution is finding a friendly solution when there's a disagreement. It's like turning stormy clouds into a rainbow. By talking and understanding, we can turn tough moments into learning experiences.

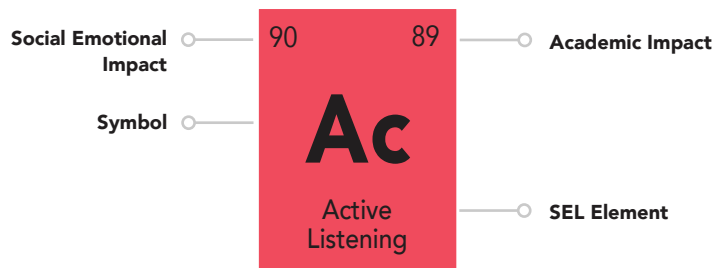
Share a time you resolved a disagreement.

Draw a comic strip where two friends resolve a conflict.

Name a strategy to avoid fights.

Name a strategy to avoid fights.

Name: _____ Date: _____



Active Listening is when our ears become superheroes. We focus on every word, showing we care. It's more than just hearing; it's about understanding and showing we're there.

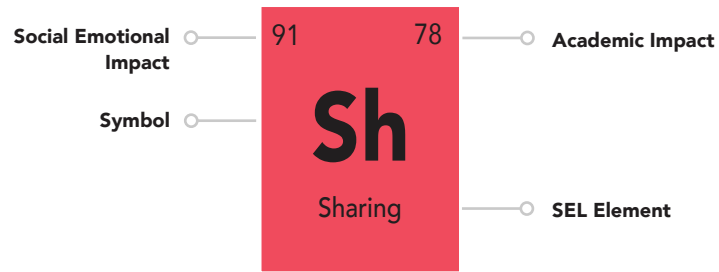
Recall a time when you felt truly heard.

Draw one person who is good at active listening and one person who is not.

Share a time you listened deeply.

How does it make you feel when people really listen to what you say?

Name: _____ Date: _____



Sharing is like dividing a yummy pizza with friends. When we give some of what we have, everyone gets a slice of happiness. By sharing, we make the world a more joyful place.

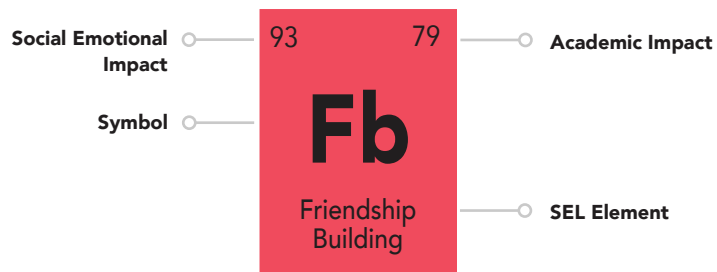
Think of a book, video, or movie you shared with a friend.

Think of a book, video or movie a friend shared with you.

Draw people taking turns with a fun game.

Why is it important to share?

Name: _____ Date: _____



Friendship Building is creating special bonds with others. Just like linking paper chains, each connection makes us happier. Friends are treasures, and the more we have, the richer we are.

Share a fond memory with a friend.

Draw a friend who's there for you.

Write about a time you made a new friend.

List three qualities of a good friend.

Name: _____ Date: _____



Negotiation is about finding the sweet spot where everyone is happy. It's like mixing colors to get the perfect shade. By talking and compromising, we create win-win solutions.

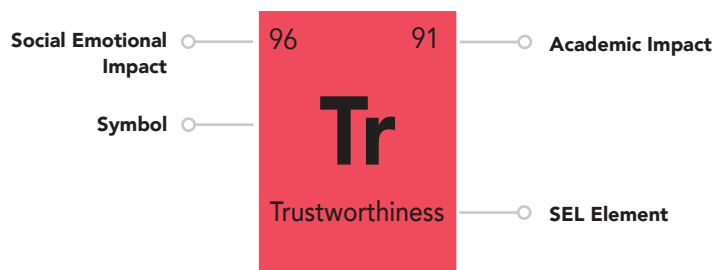
Recall a time when you found a middle ground.

Draw a seesaw in balance with two friends on it.

What does compromise mean?

Name a strategy for fair negotiation.

Name: _____ Date: _____



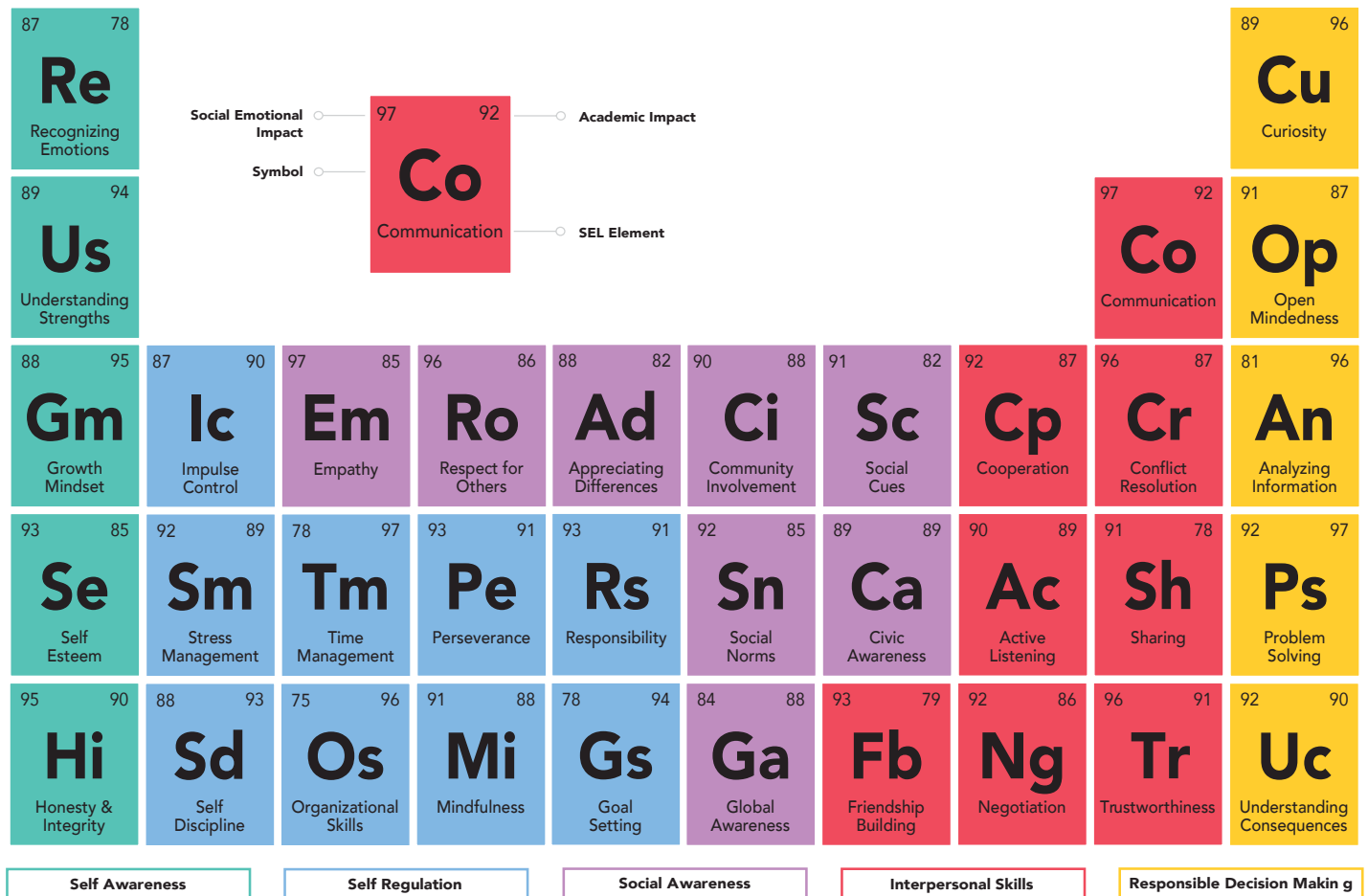
Trustworthiness means being as reliable as a sturdy bridge. Friends can count on us, just like we can walk safely over the bridge. Being trustworthy makes us a hero in our friends' stories.

Share a time when you kept a promise.

Why is trustworthiness important?

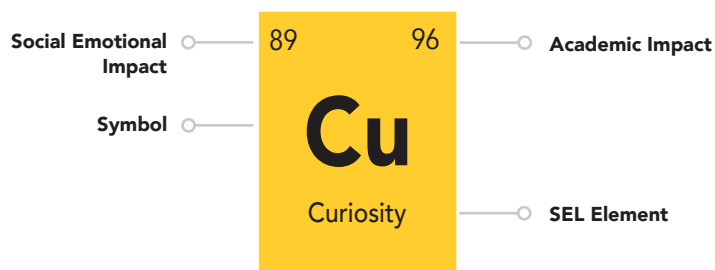
How can trustworthiness help you be a better friend?

Draw a scene where trust is important.



Responsible Decision Making

Name: _____ Date: _____



Curiosity is our inner explorer, always looking for new things. It's like having a magnifying glass, zooming in on the wonders around us. With curiosity, every day is an exciting adventure.

Name something new you learned.

Draw a door you want to open.

Share a mystery you want to solve.

Describe a place you're curious about.

Name: _____ Date: _____



Open Mindedness lets us see the world with wide-open eyes. We're ready to learn new things, just like a sponge soaking up water. By being open, we understand different viewpoints and ideas.

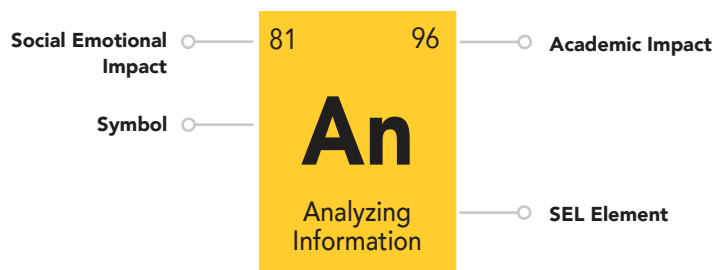
Share a time you changed your mind about something.

Draw a brain filled with ideas.

Draw a comic strip where two people share different opinions.

Why is being open minded important in school or in life?

Name: _____ Date: _____



Analyzing Information is like being a detective. We gather clues, think about them, and find out what they mean. It helps us make sense of things and come to smart conclusions.

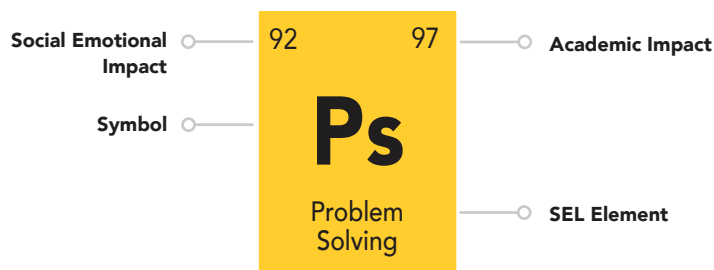
Write about a puzzle you solved recently.

List a fact and two opinions. Circle the fact.

Why is it important to analyze information?

Draw a magnifying glass zooming in on an important clue.

Name: _____ Date: _____



Problem Solving is the skill we use when things get tricky. We think of different ways to approach a challenge, test out solutions, and find the one that works best. It's our way of making things better, step by step.

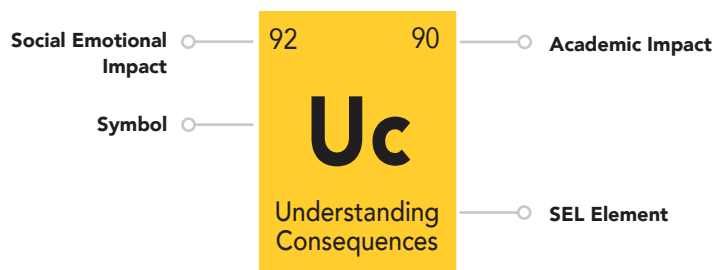
Write about a time you used your problem solving skills.

Draw a rain cloud over a picnic and come up with three solutions.

Create a comic strip of a hero overcoming a challenge.

Imagine a friend has lost their pet. List the steps to find it.

Name: _____ Date: _____



Understanding Consequences is like peeking into the future. Before we decide, we think about what might happen next. It's our way of making sure our choices lead to great stories.

Draw a magical mirror that allows you to see into the future.

Why is it important to understand the consequences of our decisions?

Think of a decision you made recently. Did it work out how you hoped?

Think of a decision you will have to make soon. List the pros and cons.