

GRADES
3-8

SOCIAL EMOTIONAL LEARNING

AT-A-GLANCE

SELF-AWARENESS

★ ★ AT-A-GLANCE ★ ★



WHAT IS SELF-AWARENESS?

Self-awareness is knowing your feelings, strengths, weaknesses, and how these affect your decisions. It's like being a detective for your own emotions and actions.



RECOGNIZING EMOTIONS

Identifying and naming your feelings.



Keep a diary of your emotions and what triggers them.



UNDERSTANDING STRENGTHS

Knowing what you excel at.



List your skills and celebrate new ones you discover.



SETTING GOALS

Choosing objectives to achieve.



Write down weekly goals and steps to achieve them.



MANAGING STRESS

Finding ways to relax.



Practice deep breathing or find a quiet spot when overwhelmed.



DECISION MAKING

Making choices considering possible

NAME: _____

DATE: _____

ing the situation, your feelings, why you felt that way, and your
ar this taught you about yourself.

rength has helped you and outline a step to

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INTRODUCTION

WELCOME to Social Emotional Learning At-a-Glance, a comprehensive resource designed to empower educators, parents, and caregivers in fostering essential social and emotional skills in children of all ages. This resource is not only a guide but also a toolkit for nurturing well-rounded, emotionally intelligent individuals who can navigate the complexities of their emotions, relationships, and decisions with confidence and compassion.

At the heart of this resource are 13 critical Social Emotional Learning (SEL) skills, each meticulously broken down into two parts: an At-a-Glance sheet, and a Discovery Guide.

★ **The At-a-Glance sheets** provide a concise summary of each skill, offering quick insights into its importance and impact. Skills covered include self-awareness, self-esteem, mindfulness, positive thinking, kindness, empathy, character education, social skills, confidence, decision-making, executive functioning, gratitude, and growth mindset.

★ **Complementing these summaries**, the Discovery Guide for each skill delves deeper, featuring engaging exercises and prompts designed to provoke thought and encourage practical application. These guides facilitate a hands-on approach to learning, enabling kids to explore each skill in depth and understand how to apply them in real-life scenarios.

★ **Educators and parents** can utilize this resource in a multitude of ways. In the classroom, teachers can incorporate the At-a-Glance sheets and Discovery Guides into their lesson plans, using them as a basis for discussions, group activities, or individual reflection. At home, parents can use these materials to initiate meaningful conversations with their children, helping to reinforce the skills learned in school and navigate daily challenges.

Social Emotional Learning At-a-Glance is more than just an educational tool; it's a pathway to a more understanding, compassionate, and emotionally healthy future for our children. It offers a practical and accessible way for educators and parents to support the emotional and social development of the children in their care, preparing them not just for academic success, but for life.

SELF-AWARENESS

★ ☆ AT-A-GLANCE ★ ☆



WHAT IS SELF-AWARENESS?

Self-awareness is knowing your feelings, strengths, weaknesses, and how these affect your decisions. It's like being a detective for your own emotions and actions.



RECOGNIZING EMOTIONS

Identifying and naming your feelings.



Keep a diary of your emotions and what triggers them.



SETTING GOALS

Choosing objectives to achieve.



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UNDERSTANDING STRENGTHS

Knowing what you excel at.



List your skills and celebrate new ones you discover.

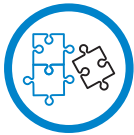


MANAGING STRESS

Finding ways to relax.



Practice deep breathing or find a quiet spot when overwhelmed.



IDENTIFYING WEAKNESSES

Acknowledging areas for improvement.



Practice a challenging skill weekly and note progress.



DECISION MAKING

Making choices considering possible outcomes.



Use a pros and cons list for big decisions.



REFLECTING ON CHOICES

Reviewing decisions to learn from them.



Reflect daily on choices made and lessons learned.

SELF-AWARENESS

DISCOVERY GUIDE

NAME: _____

DATE: _____

Write about a time you felt a strong emotion, detailing the situation, your feelings, why you felt that way, and your response. Reflect on what this taught you about yourself.

List three strengths and three areas for growth. Describe how a strength has helped you and outline a step to improve in a growth area.

Draw a place that represents your inner world, using colors and symbols for your emotions, dreams, and fears. Label and describe what each part represents.

SELF-ESTEEM

★ ☆ AT-A-GLANCE ★ ☆



WHAT IS SELF-ESTEEM?

Self-esteem is how much you like, value, and accept yourself. It's about feeling good about who you are, even when you make mistakes or face tough times.



POSITIVE SELF-TALK

Talking to yourself in a kind and encouraging way.



Replace negative thoughts with positive ones, like changing "I can't" to "I'll try my best."



COMPARING LESS

Focusing on your own journey without measuring it against others.



Remind yourself of your unique strengths and achievements when you start comparing.



CELEBRATING SUCCESS

Acknowledging and feeling proud of what you achieve.



Keep a success journal where you write down things you've done well.



FORGIVING YOURSELF

Letting go of your own mistakes and learning from them.



Write down a mistake, then write a lesson learned from it and let it go.



ACCEPTING COMPLIMENTS

Welcoming kind words from others without dismissing them.



Practice saying "Thank you" without a "but" when someone compliments you.



BUILDING RESILIENCE

Bouncing back from challenges stronger than before.



Setbacks are part of learning. When you fall, think about what you can do differently next time.



ASSERTIVENESS

Expressing your thoughts and feelings confidently without being aggressive.



Use "I" statements, like "I feel" or "I believe," to communicate your needs and opinions.



SEEKING SUPPORT

Reaching out for help when you need it.



Identify friends, family, or teachers you can talk to when feeling down.

SELF-ESTEEM

DISCOVERY GUIDE

NAME: _____

DATE: _____

Reflect on a recent achievement, big or small. Write about how it made you feel and what it says about your abilities and character.

Think of a compliment you received that was hard to accept. Write about why it was difficult and how you can better embrace such compliments in the future.

Draw yourself as a superhero, including symbols or tools that represent your strengths and qualities. Label each symbol and explain how it reflects your self-esteem.

MINDFULNESS

★ ☆ AT-A-GLANCE ★ ☆



WHAT IS MINDFULNESS?

Mindfulness means paying full attention to what's happening right now, without judgment. It's about being present in the moment, noticing your thoughts, feelings, and the world around you.



FOCUSED BREATHING

Concentrating on your breath as it goes in and out.



Take five deep breaths, focusing on the feeling of air moving through your nose and filling your lungs.



BODY SCAN

Paying attention to each part of your body in turn and noticing any sensations.



Lie down and mentally scan your body from head to toe, noticing any areas of tension or relaxation.



OBSERVING WITHOUT JUDGMENT

Noticing things around you without labeling them as good or bad.



Keep a journal where you write down things you notice throughout your day.



PRACTICING GRATITUDE

Being thankful for the good things in your life, big or small.



Each night, think of three things you were grateful for that day.



EXPERIENCING THE MOMENT

Being fully engaged and aware of your current activity.



Eat a snack slowly, paying attention to its taste, texture, and how it makes you feel.



LETTING GO OF CONTROL

Accepting that not everything is within your power to change.



Setbacks are part of learning. When you fall, think about what you can do differently next time.



ACCEPTING FEELINGS

Allowing yourself to feel emotions without trying to change them.



Name your emotions as you feel them, acknowledging their presence without pushing them away.



MINDFUL LISTENING

Listening to others with your full attention, without planning your response while they speak.



In conversations, focus on understanding the speaker's perspective before thinking about how to reply.

MINDFULNESS

DISCOVERY GUIDE

NAME: _____

DATE: _____

Describe a recent moment when you were fully present. What were you doing, and how did it feel to be completely in the moment?

Recall a situation where you reacted without thinking. Write about how mindfulness could have changed your reaction and the outcome.

Draw a peaceful scene that represents mindfulness to you. Include elements that help you focus or feel calm. Label each element and describe how it contributes to mindfulness.

POSITIVE THINKING

★ ☆ AT-A-GLANCE ★ ☆



WHAT IS POSITIVE THINKING?

Positive thinking is about focusing on the good in any situation and expecting the best to happen. It's not about ignoring problems, but rather finding a hopeful and optimistic way to view life.



LOOKING ON THE BRIGHT SIDE

Looking for positive elements in every situation.



Every day, write down three good things that happened.



PRACTICING GRATITUDE

Being thankful for what you have.



Keep a gratitude journal and list things you're grateful for daily.



BEING OPTIMISTIC

Expecting good things to happen in the future.



Start your day by setting a positive intention or goal.



POSITIVE SELF-TALK

Speaking to yourself kindly and with encouragement.



Replace self-criticism with supportive messages, like "I'm doing my best."



REFRAMING NEGATIVE THOUGHTS

Changing negative thoughts into positive ones.



When you catch yourself thinking negatively, pause and try to find a positive angle.



VISUALIZING SUCCESS

Imagining achieving your goals and what success looks like.



Spend a few minutes each day picturing yourself succeeding at a task or goal.



CELEBRATING SMALL WINS

Recognizing and feeling good about small achievements.



At the end of each day, acknowledge something small you accomplished.

POSITIVE THINKING

DISCOVERY GUIDE

NAME: _____

DATE: _____

Write about a challenge you faced and how you turned it into a positive experience. What did you learn, and how did it change your perspective?

Reflect on a time when negative thoughts held you back. Write about how you could reframe these thoughts positively in the future.

Draw a map that shows your journey towards positive thinking. Include symbols for obstacles you've overcome and milestones you've reached. Label each symbol and explain its significance.

KINDNESS

★ ☆ AT-A-GLANCE ★ ☆



WHAT IS KINDNESS?

Kindness is how we show we care about others through our actions and words. It makes everyone feel good and helps us get along.



HELPING

Helping is doing something kind to make things easier or better for someone else.



Find someone who needs a hand, like helping a friend pick up dropped items.



ENCOURAGING

Encouraging is saying positive things to make others feel good and confident.



Give a classmate a compliment on something they've done well today.



SHARING

Sharing means letting others use something you have so everyone can enjoy it.



Share something you like with a friend and talk about what you both like about it.



BEING PATIENT

Being patient is waiting calmly, without getting upset, even if it's a long wait.

When you have to wait, take deep breaths and think of things you're thankful for.



LISTENING

Listening is paying full attention to others when they speak, without interrupting.



Listen to a story from a friend, then repeat the main points back to show you understand.



APOLOGIZING

Apologizing means saying you're sorry when you've made a mistake or hurt someone's feelings.



If you accidentally hurt someone's feelings, say "I'm sorry" and ask how you can make things better.

KINDNESS

DISCOVERY GUIDE

NAME: _____

DATE: _____

Reflect on an act of kindness you received and how it made you feel. Write about the impact it had on you and how you might pay it forward.

Think of a time when it was difficult for you to be kind. Write about what made it challenging and how you can approach similar situations with kindness in the future.

Draw a scene showing kindness in action. It could be something you've done for someone else or what someone has done for you. Label the key elements of the scene and explain the story behind it.

EMPATHY

★ ☆ AT-A-GLANCE ★ ☆



WHAT IS EMPATHY?

Empathy is the ability to understand and share the feelings of another person. It's like putting yourself in someone else's shoes to see the world from their perspective and feel what they feel.



ACTIVE LISTENING

Listening carefully to what others say without interrupting or judging.



Make eye contact and nod to show you're listening; don't rush to give advice.



NON-VERBAL COMMUNICATION

Using body language to show you understand and share someone's feelings.



Sometimes a supportive gesture like a pat on the back can say more than words.



RECOGNIZING EMOTIONS

Identifying what someone else is feeling based on their words, tone, and body language.



Pay attention to non-verbal cues like facial expressions and posture to guess how someone might be feeling.



ASKING OPEN-ENDED QUESTIONS

Encouraging others to share more about their feelings and experiences.



Ask questions that start with "what" or "how" to help someone open up, like "What made you feel that way?"



SHOWING COMPASSION

Offering kindness and care to someone who is suffering.



Use comforting words and actions to show you care, like "I'm here for you."



VALIDATING FEELINGS

Acknowledging and accepting someone else's emotions as real and important.



Say things like "It makes sense you feel that way" to show you understand and accept their feelings.



PERSPECTIVE-TAKING

Imagining yourself in someone else's situation.



When someone is upset, try to think of a time you felt similar and how you wished others would have treated you.



BEING PRESENT

Giving someone your full attention and being there with them in the moment.



Put away distractions like phones when listening to someone, showing them they have your undivided attention.

EMPATHY

DISCOVERY GUIDE

NAME: _____

DATE: _____

Recall a time when you felt deeply connected to someone else's feelings. Write about the situation, how you understood their emotions, and how it affected your relationship.

Consider a moment when you found it hard to empathize with someone. Write about the barriers to your empathy and how you could overcome them in future interactions.

Draw two faces showing different emotions. Label each emotion and write a brief scenario that could have led to each feeling, demonstrating your understanding of empathy.

CHARACTER EDUCATION

★ ☆ AT-A-GLANCE ★ ☆



WHAT IS CHARACTER EDUCATION?

Character Education is all about learning ways to be your best self. It's about getting along with others, making smart choices, and doing your part to help your community.



RESPECT

Showing others you value them by how you act.



Pay attention when others talk and always be friendly.



RESPONSIBILITY

Handling your tasks and fixing things when they go wrong.



Make sure to finish what you start and look after your belongings.



FAIRNESS

Making sure everyone has a chance to participate and be included.



Play by the rules and share with others.



TRUSTWORTHINESS

Being someone others can count on and always telling the truth.



Do what you say you'll do and always be honest.



CARING

Being thoughtful and helping people out when they need it.



Put yourself in someone else's shoes and imagine how they feel.



CITIZENSHIP

Being a good member of your community.



Help keep your school and neighborhood looking good and feeling friendly.

CHARACTER EDUCATION

DISCOVERY GUIDE

NAME: _____

DATE: _____

Write about someone who embodies a character trait you admire. Describe how they show this trait and how you can learn from them.

Reflect on a decision that tested your character. Detail the choice, your action, and the lesson learned.

Draw a tree with branches representing key character traits you value. Label the traits and briefly describe their importance at the tree's base.

SOCIAL SKILLS

★ ♥ ★ AT-A-GLANCE ★ ♥ ★



WHAT ARE SOCIAL SKILLS?

Social Skills are the tools we use to help us make friends, share feelings, and get along with others.



LISTENING SKILLS

Understanding and valuing what others say.



Make eye contact and nod to show you are listening.



COMMUNICATION SKILLS

Sharing thoughts clearly and respectfully.



Use "I" statements to express your feelings.



EMPATHY

Understanding and sharing the feelings of others.



Imagine how you would feel in their situation.



COOPERATION

Working together towards a common goal.



Share ideas and be willing to compromise.



CONFLICT RESOLUTION

Solving disagreements in a peaceful way.



Talk about the problem and listen to each other's point of view.



RESPECT FOR OTHERS

Valuing others' feelings, opinions, and property.



Treat others as you want to be treated.



SELF-AWARENESS

Recognizing and understanding your own emotions and actions.



Reflect on your feelings and why you react certain ways.



POSITIVE ATTITUDE

Staying optimistic and seeing the good in situations.



Look for solutions instead of focusing on problems.

SOCIAL SKILLS

DISCOVERY GUIDE

NAME: _____

DATE: _____

Write about a time you made a new friend. What social skills helped you connect?

Reflect on a group situation where communication was challenging. How could you improve it next time?

Draw a scene of your ideal social gathering. Label the social skills in action and describe their impact.

CONFIDENCE

★ ☆ AT-A-GLANCE ★ ☆



WHAT IS CONFIDENCE?

Confidence is the feeling we get when we believe in ourselves. It helps us try new things, face challenges, and trust in our ability to succeed. With confidence, we can make friends, share our thoughts, and be proud of who we are.



SELF-EFFICACY

Believing you can do what you set your mind to.



Trust in your skills and say, "I can handle this!"



SELF-REGARD

Feeling proud of who you are.



Embrace your strengths and believe in yourself.



ASSERTIVENESS

Saying what you feel or want in a nice way.



Share your views with confidence and stand up for yourself.



RESILIENCE

Getting back up when something gets you down.



Stay determined. Bounce back when things don't go your way.



OPTIMISM

Hoping and believing that good things will happen.



Expect good things and believe something positive is coming.



WILLINGNESS TO TRY

Being brave to try new things, even if they're scary or hard.



Be open to new experiences and eager to learn from them.

CONFIDENCE

DISCOVERY GUIDE

NAME: _____

DATE: _____

Write about a moment when you felt truly confident. What were you doing, and what contributed to your confidence?

Reflect on a group situation where communication was challenging. How could you improve it next time? Reflect on a situation where you lacked confidence. Identify one step you could take to feel more confident in a similar future scenario.

Draw yourself achieving a goal. Label the attributes or skills that represent your confidence and explain how they helped you succeed.

MAKING SMART CHOICES

★ ☆ AT-A-GLANCE ★ ☆



WHAT IS MAKING SMART CHOICES?

Making smart choices means thinking about the possible outcomes of your decisions and choosing the option that is best for you and others. It involves using good judgment and considering the long-term effects of what you decide.



IDENTIFYING OPTIONS

Recognizing all possible choices in a situation.



List out all your options before deciding.



SEEKING ADVICE

Asking others for their opinions or experiences.



Talk to someone you trust about your options and their potential impacts.



GATHERING INFORMATION

Looking for facts and details to help make an informed decision.



Research or ask questions to learn more about each option.



WEIGHING THE IMPORTANCE

Evaluating what is most important to you in the decision-making process.



Determine which factors are non-negotiable and which you are flexible on.



CONSIDERING CONSEQUENCES

Thinking about what could happen as a result of each choice.



For each option, write down the pros and cons.



MAKING A DECISION

Choosing the best option after careful consideration.



Once you've made a decision, commit to it and make a plan to act on it.



LISTENING TO INTUITION

Paying attention to your inner voice or gut feeling.



Take a moment to be still and notice how each choice makes you feel.



REFLECTING ON THE OUTCOME

Looking back on your choice to learn from the experience.



After some time has passed, review the decision and its impact to understand what you did well and what you could improve.

MAKING SMART CHOICES

DISCOVERY GUIDE

NAME: _____

DATE: _____

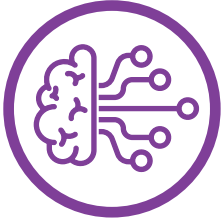
Write about a smart choice you made recently. What made it smart, and how did it turn out?

Reflect on a decision that didn't go as planned. What would you do differently now?

Draw a fork in the road representing a recent choice. Label each path with the options and outcomes you considered.

EXECUTIVE FUNCTIONING

★ ☆ AT-A-GLANCE ★ ☆



WHAT IS EXECUTIVE FUNCTIONING?

Executive Functioning is like the control center in our brains. It's what helps us to organize our thoughts, make plans, and stay focused on goals. With these skills, we can tackle homework, remember what we need to do each day, and adjust when plans change.



ORGANIZATION

Keeping things in order so you can find them when you need them.



Organize your study space this week and notice how it helps you work.



WORKING MEMORY

Holding information in your mind and using it.



Try to remember a short list of items for your day without writing them down.



PLANNING

Thinking about your goals and deciding how you'll reach them.



Make a to-do list for a project or your day and follow it.



ADAPTABILITY

Being able to change your plan when unexpected things happen.



If something doesn't go as planned this week, think of a new way to do it.



IMPULSE CONTROL

Stopping to think before acting.



When you feel a rush decision coming on, take three deep breaths to give yourself time to think.



ATTENTION

Concentrating on the task at hand without getting distracted.



During homework or a task, work for 25 minutes without looking at your phone or other screens.

EXECUTIVE FUNCTIONING DISCOVERY GUIDE

NAME: _____

DATE: _____

Write about a time you successfully completed a complex task. What executive functioning skills did you use?

Reflect on a project where staying organized was a challenge. Identify one strategy to improve your organization next time.

Draw a personal planner or to-do list for a busy day. Label parts that show planning, prioritization, and time management.

GRATITUDE

★ ☆ AT-A-GLANCE ★ ☆



WHAT IS GRATITUDE?

Gratitude means feeling thankful and showing appreciation for what you have, whether it's big or small. It's about noticing the good in your life and recognizing the value of everything around you.



NOTICING THE GOOD

Paying attention to positive things in your life.



Each day, identify one good thing that happened, no matter how small.



REFLECTING ON CHALLENGES

Finding something to be grateful for in difficult situations.



Think of a tough time and find one positive aspect it brought to your life.



KEEPING A GRATITUDE JOURNAL

Writing down things you're thankful for.



Before bed, write three things you were grateful for that day.



SAVORING THE MOMENT

Taking time to enjoy good experiences fully.



During happy moments, stop to really take in the experience and feel the joy.



EXPRESSING THANKS

Telling others you appreciate them.



Say thank you to someone each day, explaining what you're thankful for.



VOLUNTEERING AND GIVING BACK

Showing gratitude by helping others.



Do something kind for someone else without expecting anything in return.



SHARING GRATITUDE WITH OTHERS

Sharing your gratefulness with friends and family.



Share your gratitude journal entries with a friend or family member once a week.

GRATITUDE

DISCOVERY GUIDE

NAME: _____

DATE: _____

Write about something small you were grateful for recently. Why did it stand out to you?

Reflect on a difficult time when finding gratitude was challenging. How can you find gratitude in tough situations?

Draw a scene of your "happy place," and include elements you are grateful for. Label these elements and describe why they are important to you.

GROWTH MINDSET

★ ☆ AT-A-GLANCE ★ ☆

WHAT IS A GROWTH MINDSET?



A growth mindset means you believe you can get smarter and better at things by practicing, learning, and not giving up, even when it's hard.

OVERCOMING CHALLENGES



Challenges are tough but they help us grow. When something seems hard, it's an opportunity to get stronger and smarter by facing it head-on!

EMBRACING MISTAKES



Mistakes aren't just okay, they're awesome! They mean you're trying new things, and every mistake is a lesson that helps your brain grow.

FIXED VS. GROWTH MINDSET



Fixed Mindset:
Thinks talent alone creates success.
Avoids challenges.



Growth Mindset:
Believes effort leads to success. Learns from criticism.

BENEFITS OF A GROWTH MINDSET



Having a growth mindset helps you keep trying, even when things are tough. It makes you more resilient and helps you enjoy learning new things!

HOW TO DEVELOP A GROWTH MINDSET



You can grow your mindset by asking for help when you need it, listening to feedback, and remembering that everyone, even adults, can always learn more.

GROWTH MINDSET

DISCOVERY GUIDE

NAME: _____

DATE: _____

Write about a challenge you faced and how you overcame it, focusing on the growth it brought you.

Reflect on a skill you initially struggled with but now excel in. What mindset helped you improve?

Draw a mountain representing your personal growth journey. Label milestones that symbolize overcoming obstacles and learning new skills.

RECOMMENDED RESOURCES



Periodic Table of Social Emotional Learning

Hard copy, 14 x 22" poster featuring 35 social emotional learning elements. Helps introduce SEL concepts in a fun and engaging way. Includes printable handouts with SEL journaling prompts.

<https://selfpowerpack.com/poster/>



Rainbow Breathing Sticker

Reusable 2.5 x 3.5" sticker with satisfying sandy texture. Features a cool rainbow design with tracing paths for guided deep breathing and relaxation.

Free for a limited time only!

<https://selfpowerpack.com/rainbow/>



Social Emotional Habit Trackers

12 monthly challenges to build social emotional skills and let your kindness shine! Each tracker includes 5 daily SEL tasks for kids to complete. Every time you complete a task, simply color in a section of the tracking sheet.

Download and print as many as you need for personal or classroom use!

<https://selfpowerpack.com/seltrackers/>

Looking for more social emotional learning resources? Our website is filled with hundreds of printable games, lesson plans and worksheets to make SEL come alive for kids.

Visit selfpowerpack.com to learn more today.

