



Social and Emotional Learning Activities

- Engaging activities
- Empathy, cultural sensitivity, creativity, gratitude, self-care, mindfulness, self-talk, curiosity and open-mindedness, critical thinking skills

SAMPLER



Self-Management

Social Awareness

Self-Awareness

Social & Emotional Learning

Responsible Decision-Making

Relationship Skills

FREE
Activities



Evan-Moor®

Social and Emotional Learning Activities

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18 Lower Ragsdale Drive, Monterey, CA 93940-5746. Printed in USA.

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SEL and Writing

SEL and Reading

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SEL and Social Studies

Answer Key

Things I Can Do

Name: _____

I am good at many things.

Circle the pictures that show what you are good at.



singing



dancing



drawing



playing a sport



playing an instrument



being a friend

Mind and Body

Name: _____

Some people like how they feel when they do yoga. Yoga can make you feel calm. Yoga can make your mind and body feel good.

Do each yoga move below for five seconds or more.

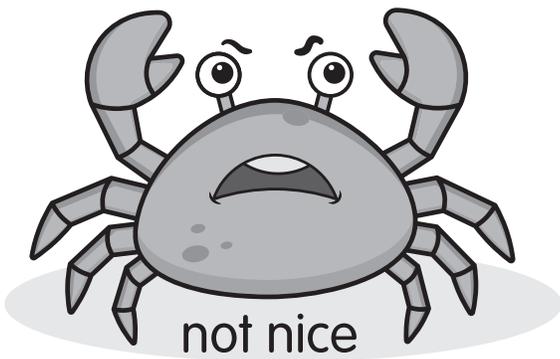
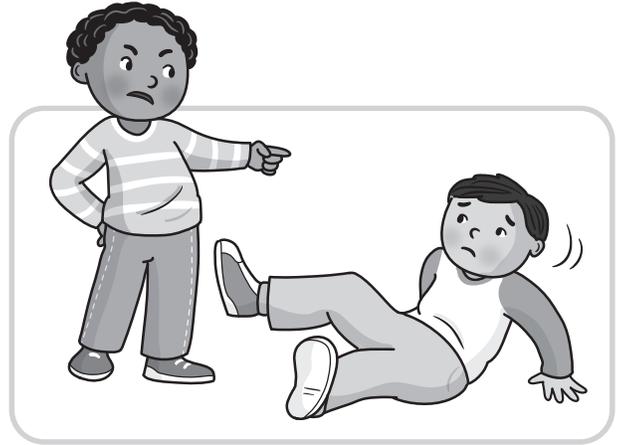
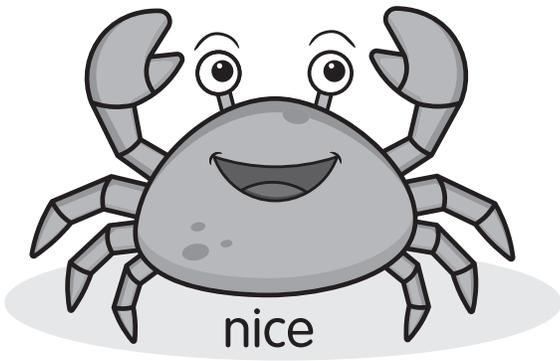


Feeling Crabby

Name: _____

Everyone feels  **crabby** sometimes. When you feel crabby, you might not feel like being nice to other people. But you can still try to be nice, even if you feel crabby.

Look at the pictures that show something you might feel like doing when you feel crabby. Then draw a line to a crab to tell if the action is  nice or  not nice.



Use Your Words

Name: _____

Sometimes a friend will use words to tell you how he or she feels. It is important to listen to the words your friend says.

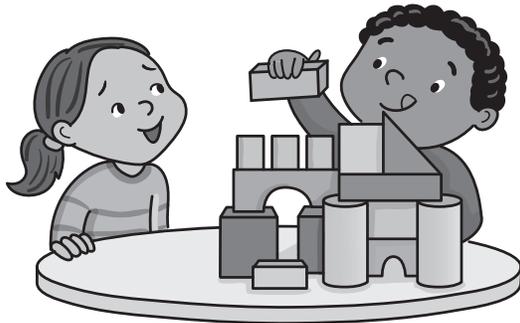
Look at the picture.

Trace **yes** if both friends want to play together.

Trace **no** if one friend does not want to play.



no



yes



no

Show How They Feel

Name: _____

People sometimes feel



happy



sad

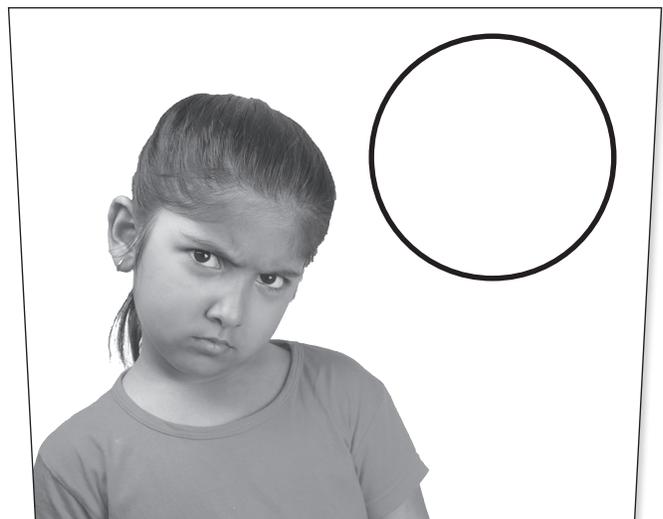
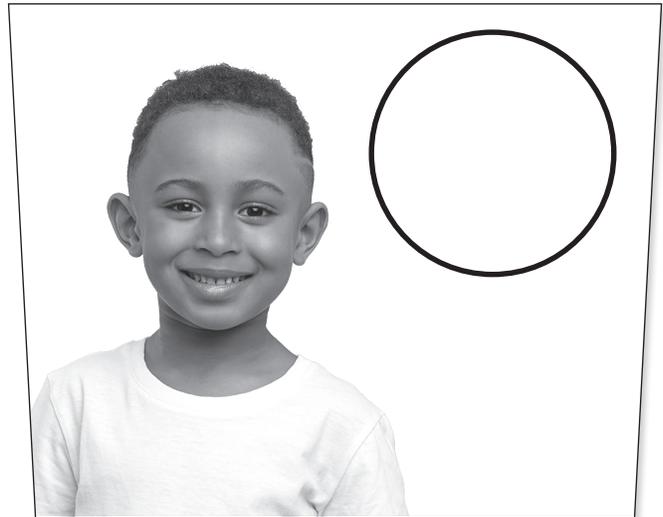


mad



surprised

Look at the pictures. Draw an emoji face next to each picture to show how the child feels.



When I Am Angry

Name: _____

Everyone feels angry sometimes. It is okay to feel angry. When we feel angry, we can still treat other people with kindness.

What do you do when you are angry? Color the cloud if the sentence tells something you do.

I yell.

I want to talk.

I don't want to talk.

I say mean things.

I stomp my feet.

I want a hug.

I throw something.

I cry.



Write 1 thing that you can do to help yourself when you feel angry.

People and Places Are Different

Name: _____

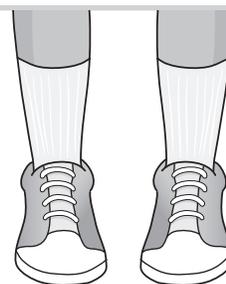
Read the sentences about your friend. Color the circle that tells what you would do.

1. You are at your friend's house. The rule at your friend's house is that everyone must take their shoes off at the door. But this is not a rule at your house.

I would take my shoes off at my friend's house.



I would not take my shoes off because I don't have to at my house.



2. At lunch, your friend starts eating a food that has a smell. You have never seen it or smelled it before. You don't know what it is called.

You would make a funny face and say, "Your food smells."



You would ask what the food is called and tell your friend that you've never seen it before.



Treat Other People Well

Name: _____

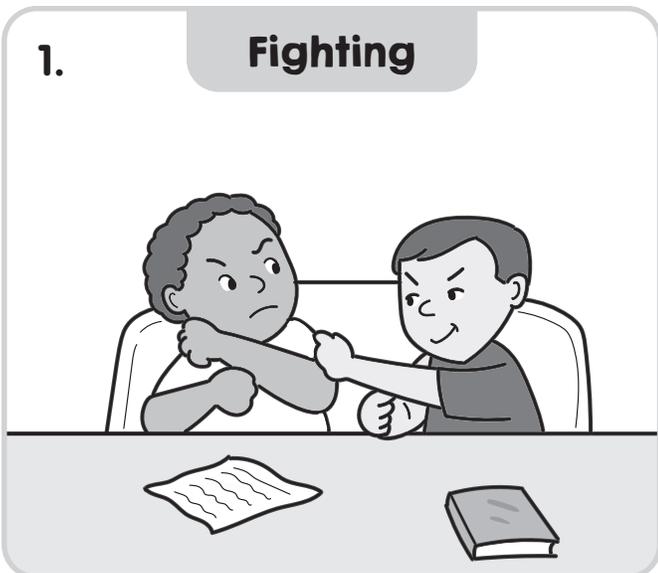
Think of how you want other people to treat you. You want them to be caring and helpful. That is how other people want you to treat them, too.

Look at the pictures. Circle the pictures that show children being nice. 😊

Write an **X** on the pictures that show children being mean. ☹️

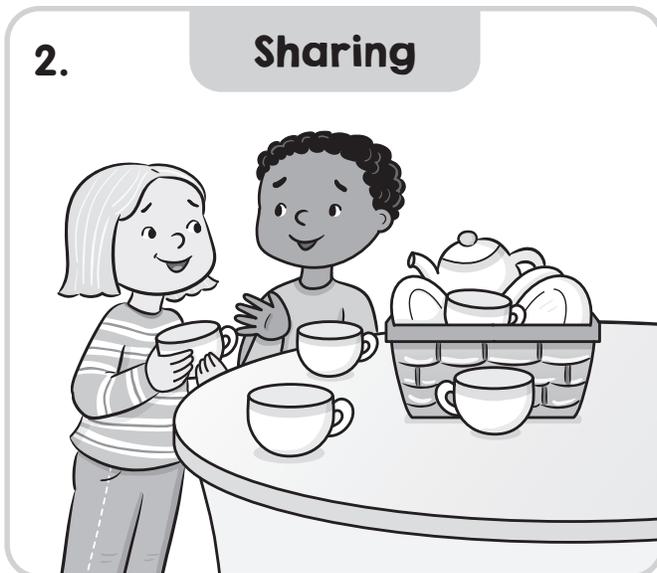
1.

Fighting



2.

Sharing



3.

Helping



4.

Making fun of others



Is It a Good Choice?

Name: _____

Color 😊 if it is a good choice. Color ☹️ if it is not the best choice.



1. I can make a mess.



2. I can fold my clothes.



3. I can help clean up.



4. I can rip pages in my book.



Stop or Go?

Name: _____

Read the sentence. Circle  if it tells something that is not the best choice.

Circle  if the sentence tells something that is a good choice.

1. At recess, your friend is climbing over the gate at the school playground.



2. Your brother took your mom's phone out of her purse without asking.



3. You are playing on the old wooden ladder, even though your dad told you that it is not safe.



4. Your aunt said that it is not okay to get a snack before dinner, so your cousin put the cookies back in the kitchen.



Write one rule that you want people to follow.

5. _____

What I Value

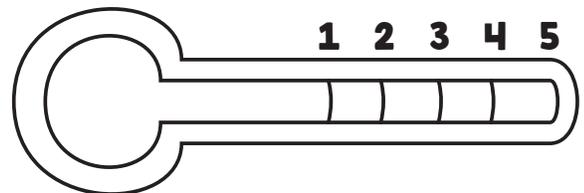
Name: _____

When you **value** something, you feel that it is very important.
Most people try to make time for the things they value.

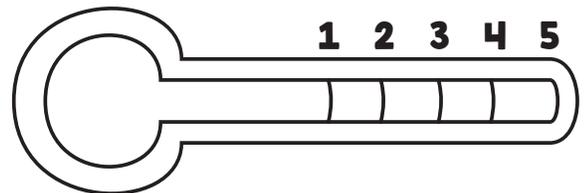
Read each question. Then color the thermometer to answer.
Color up to the number that tells how much you value each thing.

1 = You do not value it. 5 = You value it a lot.

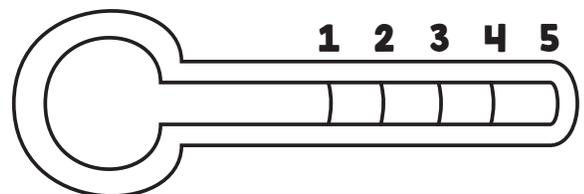
1. How much do you value the time you spend with your family?



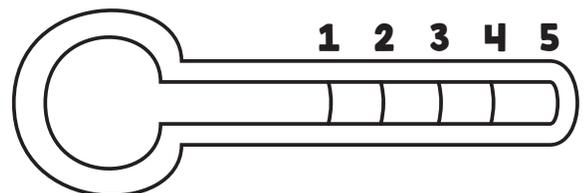
2. How much do you value the time you spend with your friends?



3. How much do you value your toys, games, and other belongings?



4. How much do you value time with your pets? If you do not have a pet, show how much you value nature.



Do I Worry?

Name: _____

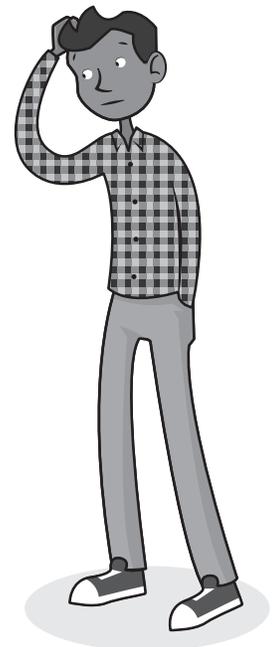
When people **worry**, they feel uneasy about something that could happen. Everyone worries sometimes, and worrying is normal. Try to remember that worrying about something means you care about it a lot.

Read each sentence. Then write a checkmark in the box to tell if you agree or disagree.

- | | Agree | Disagree |
|--|--------------------------|--------------------------|
| 1. I worry that other people do not like me. | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. I worry that my culture is different from the cultures of my friends. | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. I worry that I am not smart enough. | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. I worry about my family. | <input type="checkbox"/> | <input type="checkbox"/> |
| 5. I worry about my safety. | <input type="checkbox"/> | <input type="checkbox"/> |

Write a paragraph to explain what you worry about and why.

6. _____

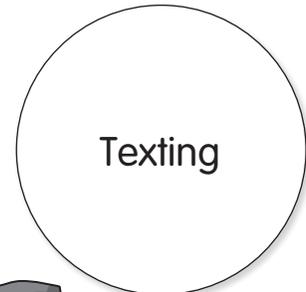
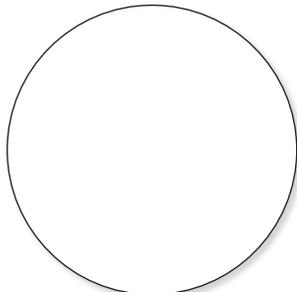
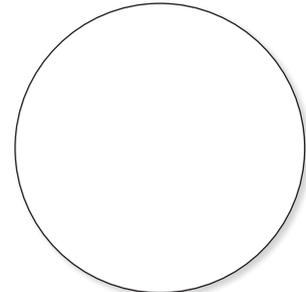
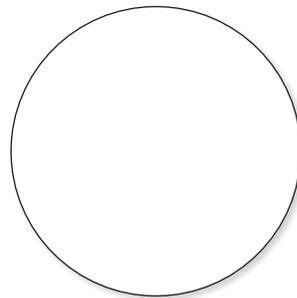


People Cope

Name: _____

The word **cope** means to deal with something that is difficult. People have different ways of coping with their feelings. Some ways of coping might be healthier than others. Think about the ways you choose to cope.

Imagine that you are very upset. Color the circle if the words inside tell something that could make you feel better. For the circles with no words, write something that you think could make you feel better.



Thinking About Our Actions

Name: _____

Read each action. Then write a ✓ to tell how often you think you do this action.

Actions	Never	Sometimes	A lot
Keeping your hands to yourself	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Really listening when someone else is speaking to you	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Looking at a person who is speaking to you	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Welcoming someone new	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Washing your hands, using a tissue, and doing other things to help protect yourself and others from germs	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Pointing at someone you are talking about	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Whispering or telling secrets in front of people who are not being told the secret	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Laughing at how someone looks, talks, or acts	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Staring at other people for a long time	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Saying something that isn't very nice without thinking about it first	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Rolling your eyes at someone after they say or do something	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Feel Empathy

Name: _____

We do not know all of the hard things that other people have to go through. That is why it is important to try to be understanding of all people. When you try to understand how other people feel, you have **empathy**.

Read what each person said. Then color the circle to tell if the person's comment shows empathy.

1.



Look at Consuela's shoes. They are so old! I bet her parents don't love her enough to buy her new shoes that fit well.

empathy

no empathy

2.

I asked Tyrone to come over after school, but he can't. He has to help take care of his mom every day. She has been sick for a long time. He helps make her food and clean the house. I wonder if sometimes he wishes he could just play with us after school instead of doing hard work.

empathy

no empathy



3.



I can't believe that Melanie is picking on Oliver again! She laughs at him every day at recess. I bet he could use a friend.

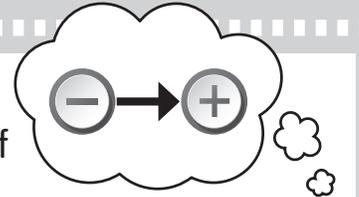
empathy

no empathy

Thoughts About Myself

Name: _____

All people have thoughts about themselves. It is important to try to pay attention to the thoughts you have about yourself and recognize what you like about yourself.



In the shape, write a **negative thought** that you sometimes have about yourself. Then write a **positive thought** to replace it.

Negative Thought

Positive Thought

1.

2.

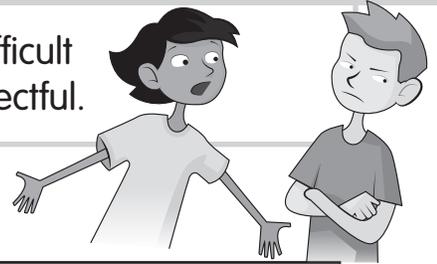
3.

4.

Respectfully Disagree

Name: _____

Sometimes we disagree with someone. When we have a difficult conversation with another person, we can still try to be respectful.



Rewrite each statement to be more respectful.

You always ignore me!	➔	
You never text me back!	➔	
Stop being a cry baby!	➔	
This is your fault!	➔	

Okay and Not Okay

Name: _____

We all have opinions. It is okay to state your opinions, even if you disagree with others. But it is not okay to be disrespectful or to say things that are unkind and **uninformed**, or not based on facts.

Read the comment. Then color the circle to tell whether the comment is **okay** or **not okay** to say.

1.

All people from that ethnic group have big noses.



okay not okay

2.



Well, everyone has their own unique style of speaking.

okay not okay

3.

You know, she is probably very lazy. All people who look like she does are lazy.



okay not okay

4.



Every person's body is different. The world is made up of different body types!

okay not okay

How to Handle It

Name: _____

When we are **productive**, we are trying to make progress and get stuff done. We can choose to communicate with others in a productive way, or in a way that helps solve a problem or helps us to understand each other.

Read about the situation. Then write inside the boxes to tell what happened that was **productive** what was **not productive**.



1. Wendy stormed into her brother's bedroom and called him a mean name. He was surprised. She kept yelling at him. His feelings were hurt, but in a calm voice he gently said to Wendy, "I want to talk about this, but we should wait until we can have a calm conversation."

PRODUCTIVE

NOT PRODUCTIVE

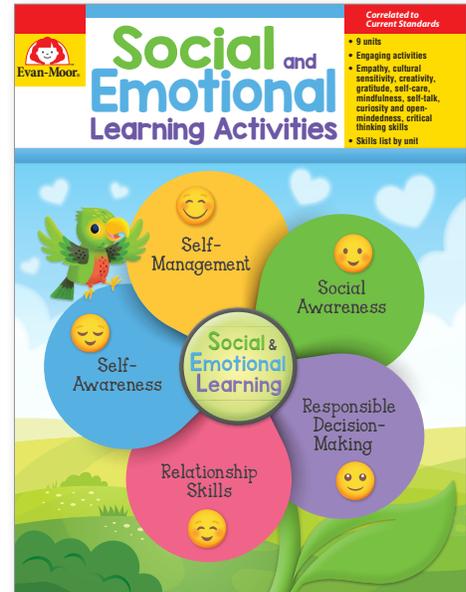
2. At dinner, Nacho's parents said they had a serious question to ask him. "Nacho, we are not accusing you of anything," said Nacho's dad. "Mr. Fox said you were throwing rocks at his mailbox. Is this true?" Nacho didn't say anything. "You can be honest with us, Honey," said his mom. Nacho got up from his chair and stomped out of the room without saying a word.

PRODUCTIVE

NOT PRODUCTIVE

Social and Emotional Learning Activities

EMPOWER Children to Succeed with Social and Emotional Learning Activities!



Research shows that SEL experiences improve student achievement, reduce stress, and increase positive behaviors such as kindness, gratitude, and empathy.

Social and Emotional Learning Activities includes:

- **100+ engaging activities** that weave social and emotional learning activities into the busy school day
- SEL instruction that incorporates **writing, reading, math, social studies, and cultural diversity**
- **Creative writing, puzzles, games, art projects, and real-world scenarios** that engage children in practicing positive behaviors and that boost self-image

The **nine units** cover the five domains of social and emotional learning.

- * **Self-Awareness**
- * **Self-Management**
- * **Social Awareness**
- * **Responsible Decision-Making**
- * **Relationship Skills**

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Four grade levels are included in this series!

Teacher Resource Book

112 reproducible pages

Grades PreK-K	EMC 6095
Grades 1-2	EMC 6096
Grades 3-4	EMC 6097
Grades 5-6	EMC 6098