

SEL

TEEN LITERACY LIBRARY™

Management: Activity Log

Directions: List activities and doings each day.

Name _____ Date _____

Social Awareness: Complete the Sentences

Directions: Read each sentence about social awareness. Choose a word from the word bank to fill in the blank and complete the sentence.

attention nonverbal empathy react expressions responsibility feeling tolerance language tone

1. Socially aware people notice how others are _____.
2. The key to being more socially aware is to pay _____.
3. Many hints to how people are feeling are _____.
4. The way someone stands or moves their arms or feet is body _____.
5. Facial _____ give important clues to how someone feels.
6. How something is said is _____ of voice.
7. An important part of social awareness is knowing how to _____ to others.
8. Doing your part to get along with others is your social _____.
9. Respecting differences is _____.
10. _____ allows us to feel what others are feeling.

Directions: Answer the question. Use complete sentences.

Name _____ Date _____

Self-Awareness: Getting to Know Yourself





Directions: Complete the sentences to tell about yourself.

1. Some emotions I felt today were _____.

Name _____ Date _____

Moods and Attitudes: My Moods

Directions: Choose four moods you have recently experienced. Draw yourself in each mood. Then complete the rest of the chart.

| Mood | Body language | Things you might say | Things you might do |
|--|---------------|----------------------|---------------------|
| 1. _____  | | | |
| 2. _____  | | | |
| 3. _____  | | | |
| 4. _____  | | | |



Name _____ Date _____

Self-Awareness: Getting to Know Yourself

Directions: Complete the sentences to tell about yourself.

1. Some emotions I felt today were _____.
2. Right now, my body feels _____.
3. When I am angry, I _____.
4. When I am happy, I _____.
5. I feel most comfortable when _____.
6. I feel least comfortable when _____.
7. I am naturally good at _____.
8. I need to work on _____.
9. My favorite social situation is _____.
10. My least favorite social situation is _____.
11. I sometimes worry about _____.
12. I sometimes hide my emotions when _____.
13. I choose friends based on _____.
14. Friends would say my best quality is _____.

Self-Awareness: Ways to Better Know Yourself

Directions: Read each thought. Choose a letter from the box that matches the kind of self-awareness it shows.

- A. Using intuition
- B. Noticing patterns
- C. Understanding motivations
- D. Thinking about how you affect others

- E. Paying attention to body signals
- F. Deciding not to react too quickly
- G. Accepting strengths and weaknesses
- H. Doing activities to feel better

1. ____

I have a funny feeling the teacher is going to call on me next.

2. ____

I feel like quitting, but I probably shouldn't.

3. ____

My heart is pounding, and my chest feels tight. I must be nervous.

4. ____

I want to keep talking about this movie, but I can see my friend is not interested.

5. ____

Every time the sun comes out, I feel happy.

6. ____

I had a rough day, so I'm going to cuddle with my dog to calm down.

7. ____

Do I really like this music, or am I just pretending so I seem cool?

8. ____

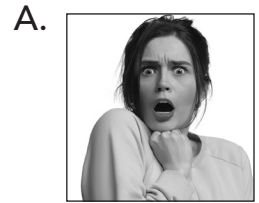
Focusing on details has always been hard for me, but I'm great at seeing the big picture.

Self-Awareness: Match Expressions to Emotions

Directions: Draw a line to connect the emotion word to the correct Emoti-Card image and the correct photo.



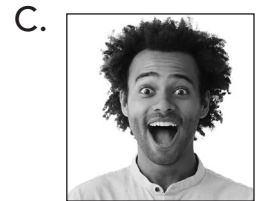
confident



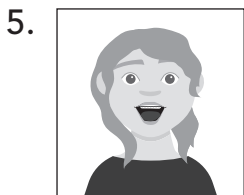
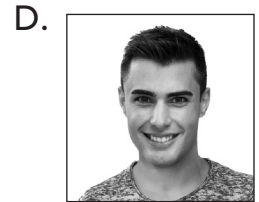
discouraged



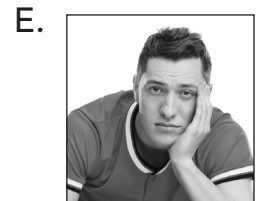
excitement



fear



uncomfortable



Directions: Choose two emotions from the list above and draw your own image of what each one looks like. Write the name of the emotion below each drawing.

Self-Awareness: Unscramble and Match

Directions: Unscramble each phrase to make an emotion word. Then match it to the correct definition.

| | | |
|-----------------------------|---|---|
| 1. TEXT ME NICE _____ | • | • feeling sure of oneself |
| 2. BOAT FROM UNCLE _____ | • | • worry that something will cause harm or pain |
| 3. A DOG IS CURED _____ | • | • an eager, energetic feeling |
| 4. TEN FIN COD _____ | • | • feeling slightly bad or uneasy in a situation |
| 5. A REF _____ | • | • losing hope that something will succeed |

Directions: Draw a scene showing someone experiencing one of the emotions in the activity above. Then write a sentence using that emotion word to describe what you drew.

Self-Awareness: True or False?

Directions: Decide whether each statement is true or false. Write "T" or "F" in the blank.

1. ___ Self-aware people only think about themselves.
2. ___ A motivation is what causes someone to act a certain way.
3. ___ Emotions can sometimes be felt in the body.
4. ___ Most people have only positive emotions.
5. ___ If you have a negative thought, it is always best to ignore it.
6. ___ Most people feel better when they talk about their problems.
7. ___ People cannot control how they react to an emotion.
8. ___ Resilient people give up easily.
9. ___ An activity one person likes may make another person feel uncomfortable.

Directions: Circle "self-aware" or "not self-aware" to describe each action.

- | | | |
|--|-------------------|-----------------------|
| 10. putting a note on the door so you don't forget your keys again | self-aware | not self-aware |
| 11. doing something nice for yourself because you had a bad day | self-aware | not self-aware |
| 12. responding to someone without thinking | self-aware | not self-aware |
| 13. insulting someone because you are in a bad mood | self-aware | not self-aware |
| 14. deciding to follow your "gut feeling" | self-aware | not self-aware |

Self-Awareness: Making Choices

Directions: Read each event from *Losing Control*. Circle what the character did next.

1. Frustrated, Nate took off after the opposing player. He felt tense enough to scream. The other team couldn't score again.
"Stay in position!" Coach Perry shouted.
A. Nate followed Coach Perry's directions.
B. Nate ignored Coach Perry and kept going.
2. "Nate! You're out!" Coach Perry yelled.
A. Nate rushed to the coach and yelled, "Put me back in! That wasn't my fault."
B. Nate sat down and thought about what he could have done differently.
3. The man paid for his items. He swept everything into his arms. A carton of eggs fell. Yellow and white streaks ran across the floor.
A. The man shouted, "That's not my fault!" and left.
B. The man apologized for breaking the eggs.
4. Once again, Nate sat on the bench for the first half. His fingers curled into fists.
A. Nate shouted at the coach to let him play.
B. Nate took deep breaths to feel better.

Directions: Choose one of the decisions a character made above. Tell whether or not it shows self-awareness and why.

Social Awareness: Complete the Sentences

Directions: Read each sentence about social awareness. Choose a word from the word bank to fill in the blank and complete the sentence.

| | | | | |
|-----------|---------|----------------|-----------|----------|
| attention | empathy | expressions | feeling | language |
| nonverbal | react | responsibility | tolerance | tone |

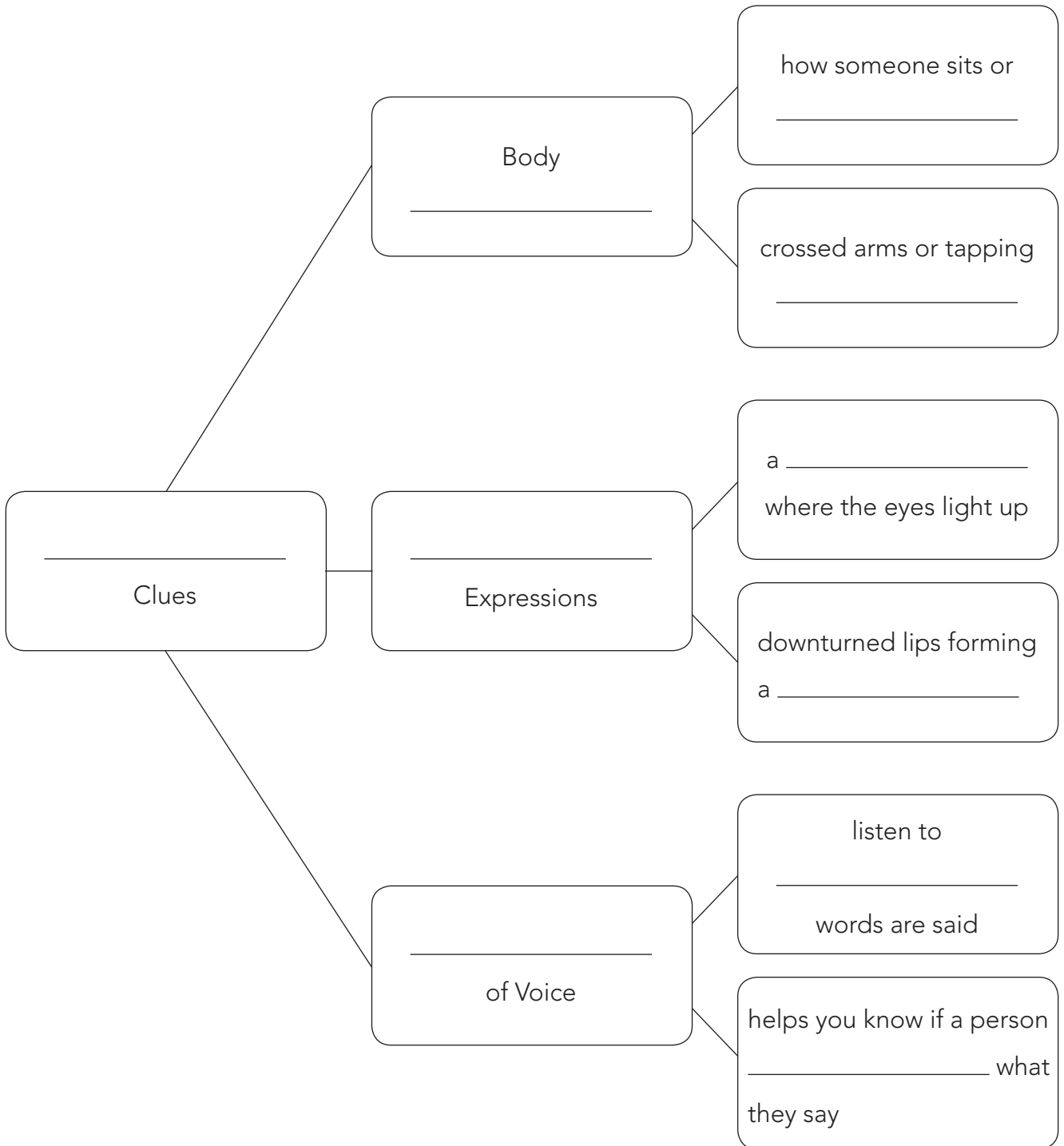
1. Socially aware people notice how others are _____.
2. The key to being more socially aware is to pay _____.
3. Many hints to how people are feeling are _____.
4. The way someone stands or moves their arms or feet is body _____.
5. Facial _____ give important clues to how someone feels.
6. How something is said is _____ of voice.
7. An important part of social awareness is knowing how to _____ to others.
8. Doing your part to get along with others is your social _____.
9. Respecting differences is _____.
10. _____ allows us to feel what others are feeling.

Directions: Answer the question. Use complete sentences.

11. Why is social awareness important?

Social Awareness: Nonverbal Clues

Directions: Fill in the blanks in the rectangles to complete the graphic organizer about the three main types of nonverbal clues.

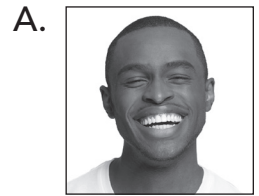


Social Awareness: Match Expressions to Emotions

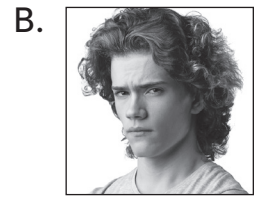
Directions: Draw a line to connect the emotion word to the correct Emoti-Card image and the correct photo.



anger



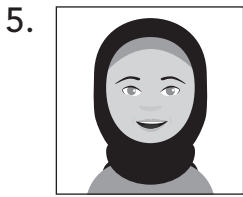
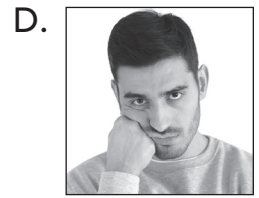
happy



impatient



irritated



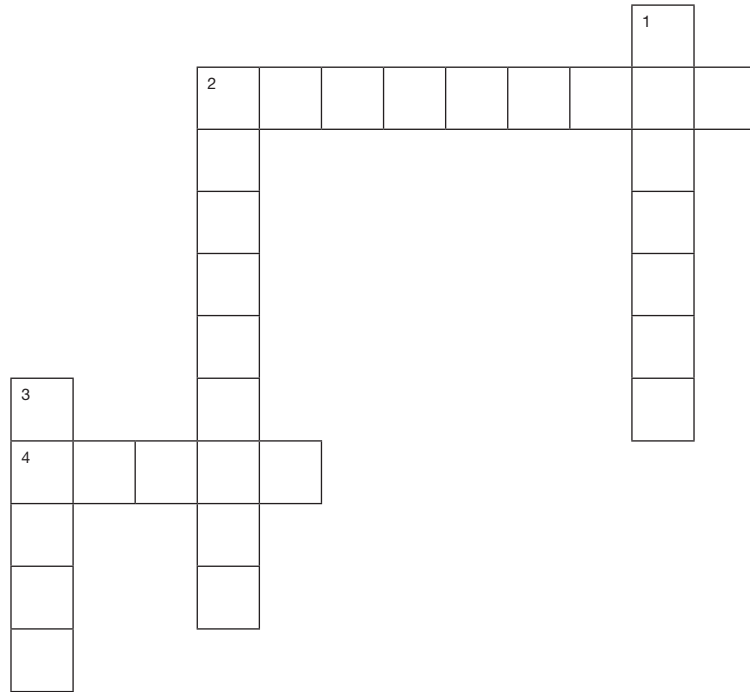
nervous



Directions: Choose two emotions from the list above and draw your own image of what each one looks like. Write the name of the emotion below each drawing.

Social Awareness: Emotion Puzzle

Directions: Use the clues to solve the puzzle.



Across (→)

- 2. bothered by something or someone; annoyed
- 4. the feeling of being upset or mad at someone or something

Down (↓)

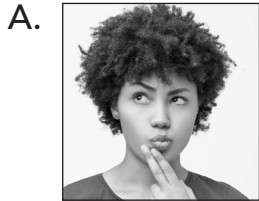
- 1. worried; unsure of how things will turn out
- 2. not willing to wait
- 3. feeling pleasure, contentment, or joy

Directions: Draw a scene showing someone experiencing one of the emotions in the crossword puzzle above. Then write a sentence using that emotion word to describe what you drew.

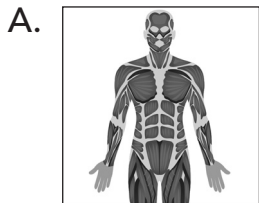
Social Awareness: Choose the Correct Answer

Directions: Read the question. Then circle the photo that shows the correct answer.

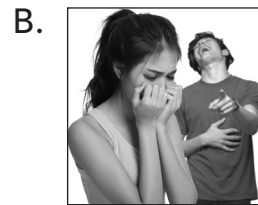
1. Which person from the nonfiction book shows social awareness?



2. Which is an example of body language?



3. What would be a socially aware way to respond to someone who is feeling sad?



4. Which photo shows tolerance?



Directions: Answer the question. Use complete sentences.

5. What is social responsibility, and why is it important?

Social Awareness: Feelings

Directions: Read each line from *Finding Common Ground*. Underline words that give clues about what the character is feeling. Write the correct emotion from the word bank on the line. Some answers will be used more than once.

| | | | |
|-----------|-----------|---------------|-----------|
| anger | confident | happy | impatient |
| irritated | nervous | uncomfortable | upset |


- _____ She clasped her hands together to keep them from shaking.
- _____ She glared sullenly at everyone all the time.
- _____ *She's in my personal space.*
- _____ The man glared at her as she kept pressing buttons.
Tonya gulped.
- _____ The man sighed. "I don't have all day here."
- _____ Felicia rolled her eyes.
- _____ She clocked out and hurried to the bathroom. Tears filled her eyes as she looked at herself in the mirror. *Today was awful*, she thought.
- _____ Felicia's eyes lit up as she smiled. "Thank you."
- _____ Tonya took a deep breath and nodded. She looked over the buttons on the register. *I can do this*, she thought.
- _____ Everything went smoothly. Tonya looked over at Felicia and smiled.


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S T U D E N T A C T I V I T Y W O R K S H E E T S


LOOKING WITHIN YOURSELF


Self-Awareness 
Losing Control

Self-Management 
Running Strong


Moods and Attitudes 
A New Attitude


Decision-Making 
Finders Keepers


Physical Health 
The Bet


Finding Purpose 
Change in Plans


LOOKING BEYOND YOURSELF


Social Awareness 
Finding Common Ground

Relationship Management 
Another Chance

Communicating Effectively 
The Project

Kindness and Respect 
An Act of Kindness

Problem-Solving 
Trail to Nowhere

Finding Help/Resources 
Cry for Help