STUDENT ACTIVITY WORKSHEETS

GO! SEL

LITERACY LIBRARY™

Sample

Name _____ Date _____

Physical Health: My Healthy Lifestyle

DIRECTIONS: The activities listed below are good ways to get exercise. Fill in the bubble n

Name _____ Date _____

Self-Awareness: Ways to Better Know Yourself

DIRECTIONS: Draw a line to connect each example to the type of self-awareness that it best shows.

A. Knowing what makes you

Name _____ Date _____

Finding Purpose: Exploring My Interests

DIRECTIONS: Fill in the blanks below to help you get a sense of your interests.

1. I am happy to spend hours _____.

2. My favorite subject at school is _____.

3. Something I've always wanted to try is _____.

4. I can teach others about _____.

5. I'm excited to get up in the morning when _____.

6. Others have told me I'm good at _____.

7. My favorite hobby is _____.

8. If I could invent a class to take, it would be _____.

9. My dream job is _____.

10. I feel most comfortable in activities that _____.

DIRECTIONS: Answer the question below. Use complete sentences.

11. What did you learn about your purpose from completing the statements

Name _____ Date _____

Moods and Attitudes: Attitude Check

DIRECTIONS: Read each attitude. Fill in the circle to show whether you think it might limit a person or help them grow.

	Limiting Attitude	Growth Attitude
1. If something is hard, keep trying.	○	○
2. Nothing ever works out for me.	○	○
3. I already know everything I need to know.	○	○
4. Mistakes are chances to learn.	○	○
5. Why try if I'm going to fail?	○	○
6. Tomorrow is a fresh start.	○	○

DIRECTIONS: Write a sentence that sums up your attitude about each subject. Then tell how this attitude affects your behavior.

7. My attitude about school:

How it affects my behavior:

8. My attitude about friendship:

How it affects my behavior:

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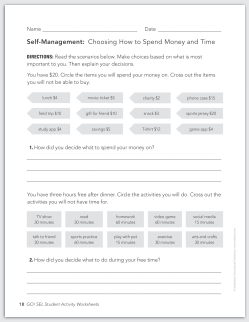
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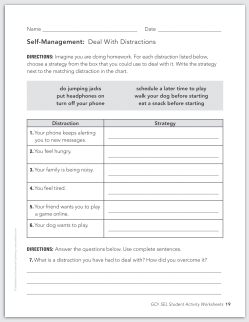
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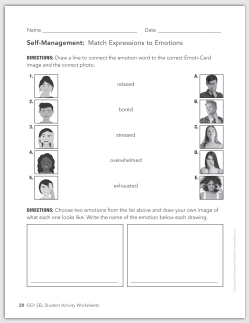
Sample

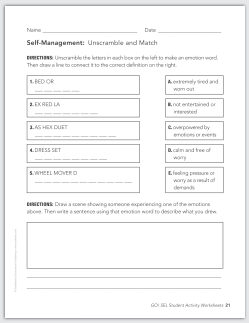




TOPIC-CENTERED WORKSHEETS

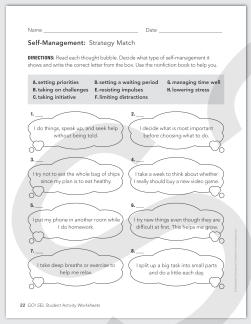
The first two worksheets center around key points of the topic, using graphic organizers, fill-in-the-blank exercises, short-answer questions, and categorization activities to help students review and apply what they have learned about the topic. Activities are intentionally varied so that formats rarely repeat from topic to topic.





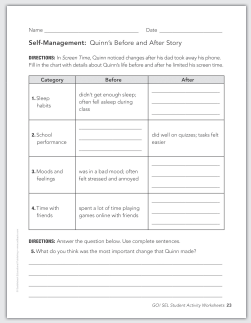
EMOTION VOCABULARY WORKSHEETS

The third and fourth worksheets focus on the five emotion vocabulary words introduced in the topic's two books in the *GO! SEL Literacy Library*. These words include common emotions, moods, and attitudes. Students match the emotion words to visual representations from the Emoti-Cards and the nonfiction books as well as to their definitions. Activities help students apply their understanding of the emotions so that they can more easily recognize when others are exhibiting them and respond appropriately.



NONFICTION BOOK WORKSHEET

The fifth worksheet focuses on the content learned when reading the nonfiction book for the topic. While it echoes the content emphasized on the first two worksheets, it often directly references passages from the nonfiction book to ensure that students have read and comprehended the text.



FICTION BOOK WORKSHEET

The final worksheet is centered around the fiction book for the topic. It may ask students to identify the main idea and major plot points of the fiction book to check comprehension. Like the fiction book itself, this activity showcases how the topic can play out in a real-world scenario.

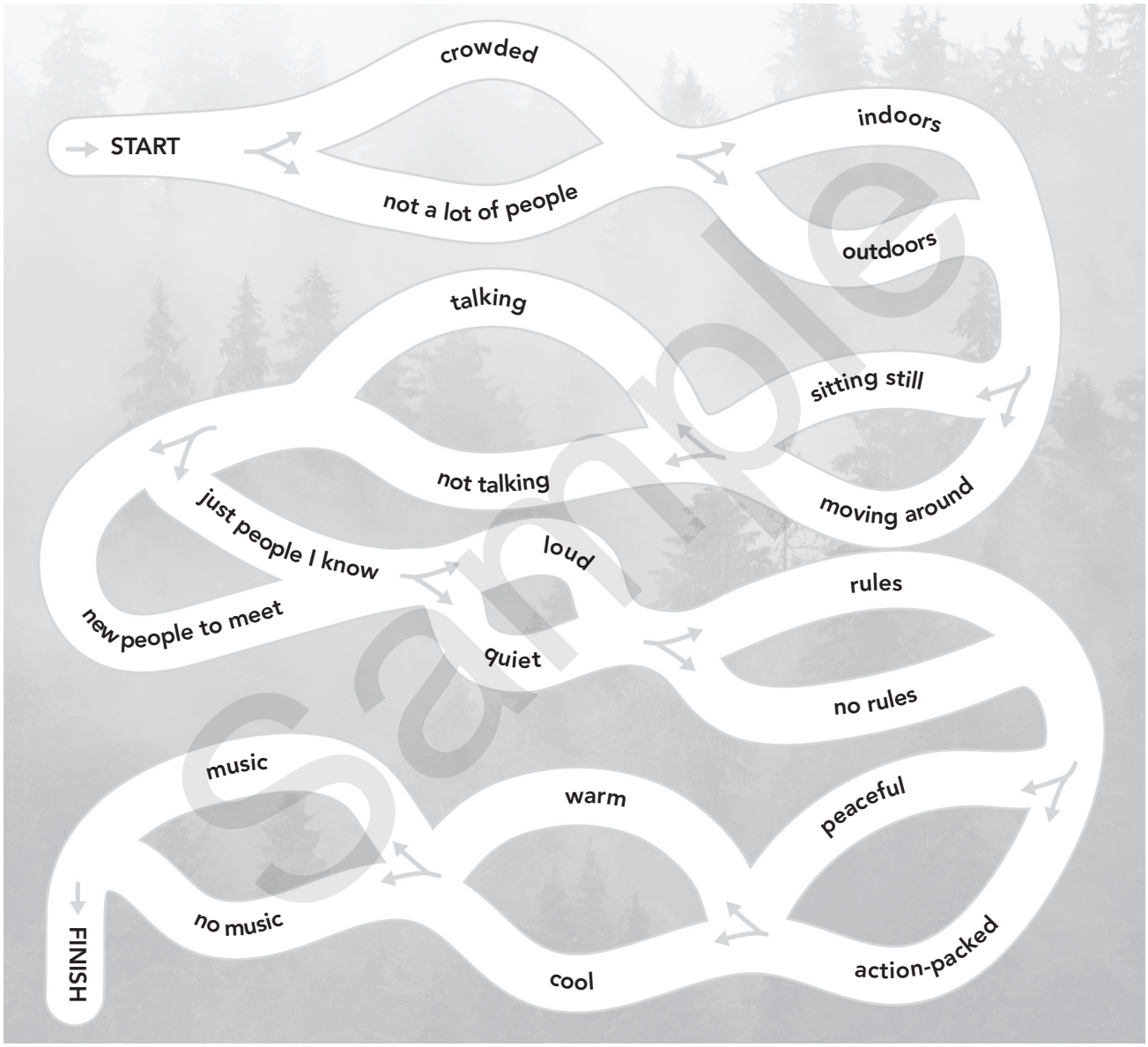
Sample

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Name _____ Date _____

Self-Awareness: Path to My Comfort Zone

DIRECTIONS: At each place where the path splits, ask yourself which option you prefer. Then draw a line along the path that keeps you in your comfort zone.



Sample

DIRECTIONS: Describe the place where you feel most comfortable.

_____

_____

_____

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Name _____ Date _____

Self-Awareness: Me in Four Snapshots

DIRECTIONS: In each frame, write or draw about yourself as you are right now. Use the questions to help.

My Emotions

(Are you happy or sad? Excited or bored? Hopeful or fearful? Has your mood changed today?)

How My Body Feels

(Are you hot or cold? Do you feel tired or full of energy? Are you hungry or thirsty? Do you have any aches or pains?)

My Thoughts

(What's on your mind? Do you have any daydreams? If you could do anything right now, what would it be?)

How I Appear to Others

(What is the expression on your face? What does your body language show? What can others tell about you?)

Sample

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Name _____ Date _____

Self-Awareness: Match Expressions to Emotions

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

1. 

2. 

3. 

4. 

5. 

confident

discouraged

excitement

fear

uncomfortable

A. 

B. 

C. 

D. 

E. 

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.

_____ _____

Sample

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Name _____ Date _____

Self-Awareness: Dear Diary

DIRECTIONS: Read each diary entry. Fill in each blank with the best word from the box. Then choose one entry to illustrate in the box below.

confident	discouraged	excitement	fear	uncomfortable

September 25 Dear Diary,
The first dance recital of the year is tomorrow. I've practiced these moves so many times I could do them in my sleep. Everyone said our rehearsal went really well. I'm feeling **(1)** _____!

November 7 Dear Diary,
I can't sleep. Tomorrow is my oral report for social studies. What if my note cards get mixed up or my hands start shaking? I don't know how to get over my **(2)** _____.

January 15 Dear Diary,
I just saw that friend I got into a fight with last year. She ended up right behind us in line at the grocery store. It was really awkward standing there and waiting for the line to move. I felt so **(3)** _____.

February 3 Dear Diary,
My brother is trying to teach me how to skate, but I just keep wiping out. This is my third day of practice. Will I ever get the hang of it? I'm starting to lose hope. Falling down makes me feel so **(4)** _____.

March 16 Dear Diary,
I have the best spring break plans. Molly invited me to the lake with her family. They have a boat. There's also a great beach for swimming. After a long winter, I'm ready for some **(5)** _____!

Sample

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Name _____ Date _____

Self-Awareness: Ways to Better Know Yourself

DIRECTIONS: Draw a line to connect each example to the type of self-awareness that it best shows.

1. I was secretly glad when my friend missed a free throw.	**A.** Knowing what makes you comfortable and uncomfortable
2. Big groups make me nervous, so I think I'll skip the party my friend is throwing.	**B.** Understanding motivations
3. I work hard because I'm a competitive person.	**C.** Facing weaknesses
4. It's hard for me to remember my books each day, so I put a note by the door as a reminder.	**D.** Noticing feelings

5. Right now I feel like quitting, but I'm going for a walk instead.	**E.** Paying attention to thoughts
6. When I'm sitting in a quiet place, my friend's face appears in my mind. She looks mad.	**F.** Choosing how to react
7. The new kid who just got on the bus seems like someone I'd get along with.	**G.** Identifying what is important to you
8. My family means a lot to me. I really enjoy our game nights.	**H.** Listening to instincts

Sample

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Name _____ Date _____

Self-Awareness: What Motivated Tien?

DIRECTIONS: In *Camping Disaster*, Hoa helped Tien learn self-awareness by identifying her motivations. Circle the answer that best shows why Tien acted the way she did.

1. Why did Tien agree to go camping with Mia?

A. Tien loved camping and the outdoors.

B. Tien hoped to become good friends with Mia.

2. Why was Tien cranky in the morning?

A. She did not get enough sleep.

B. Mia and Mr. Cortez treated Tien rudely.

3. Why did Tien tell Mia she had "toad hands"?

A. Tien was angry that Mia would not help her with the sleeping bag.

B. Tien was embarrassed that she could not roll the sleeping bag herself.

4. Why did Tien bring cookies to the Cortez family's house?

A. She wanted to apologize to Mr. Cortez.

B. She was hoping to fix things with Mia.

5. Why did Tien invite Mia to come to her house and decorate cookies?

A. She wanted to share an activity she liked with Mia.

B. She wanted to show off her frosting roses.

DIRECTIONS: Answer the question below. Use complete sentences.

6. Think of a time you agreed to do an activity you do not like. What motivated you to do it?

_____

_____

_____

_____

Sample

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