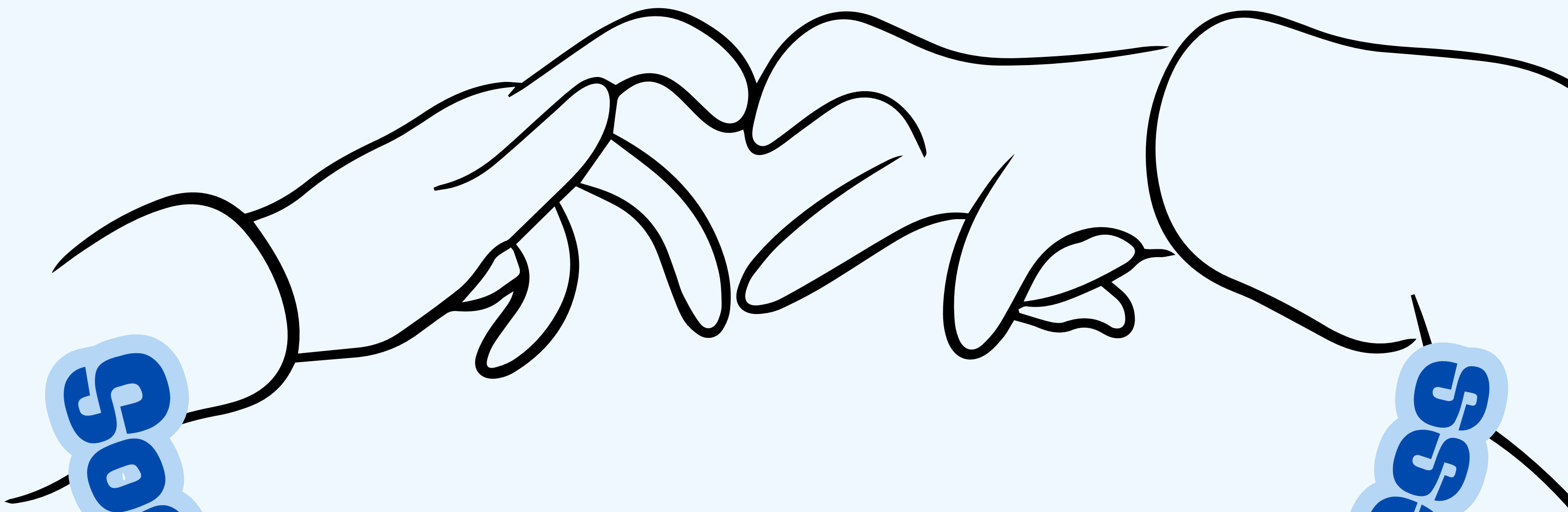


**how to  
be a better ME!**



**Social and Emotional Wellness**

**CREATED BY: KAYLA DAVIS**

**(CASEL, 2025)**



# SELF-AWARENESS

## PART 1

Self-awareness is the ability to recognize my own \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_ and how they influence \_\_\_\_\_.



# Where do you feel your emotions?

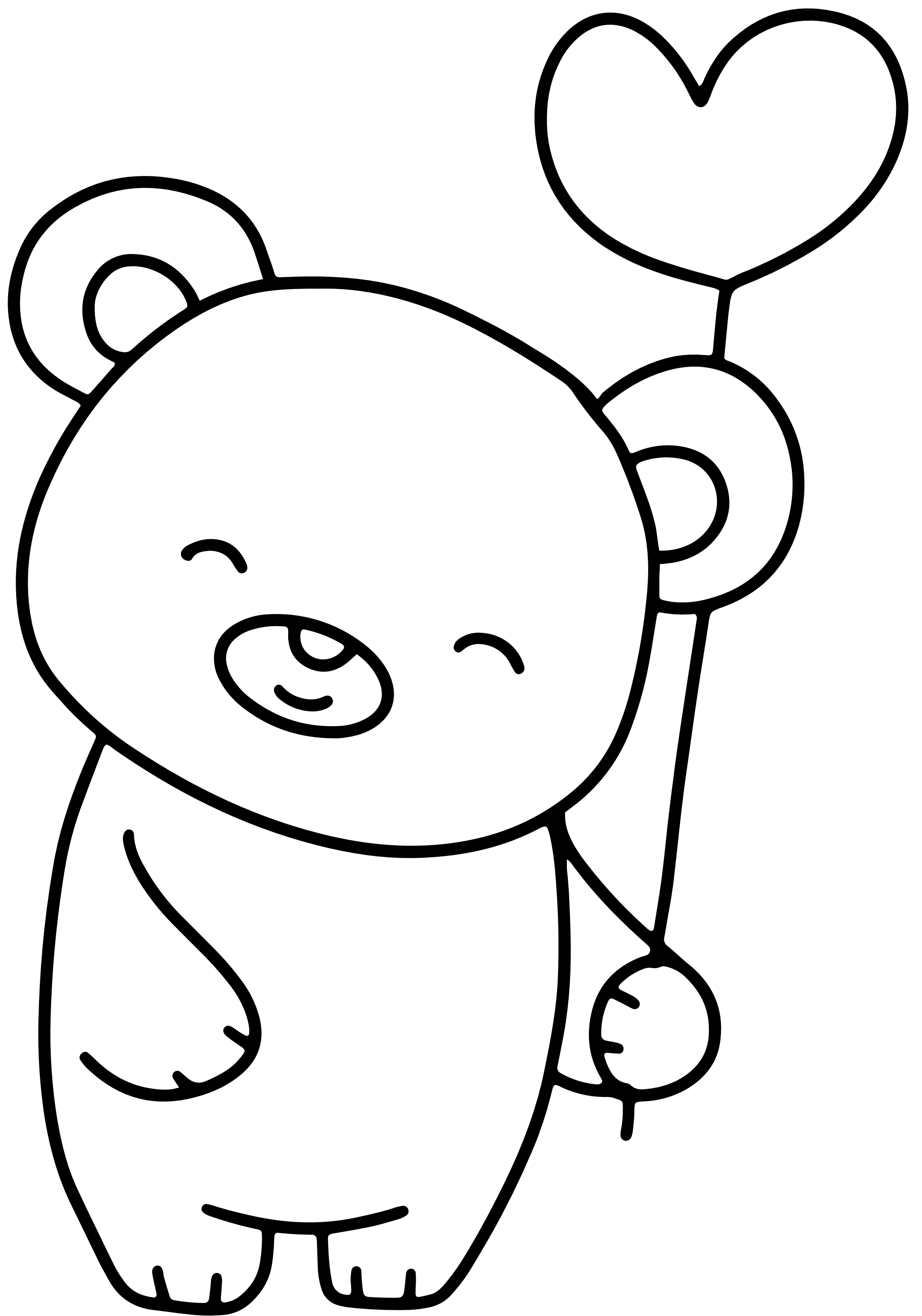
Directions: In order to better understand self-awareness and your emotions you will choose a color for each of the emotions below that you feel best represents that emotion. After you have chosen a color for each emotion, you will use those colors to color or draw where you feel those emotions.

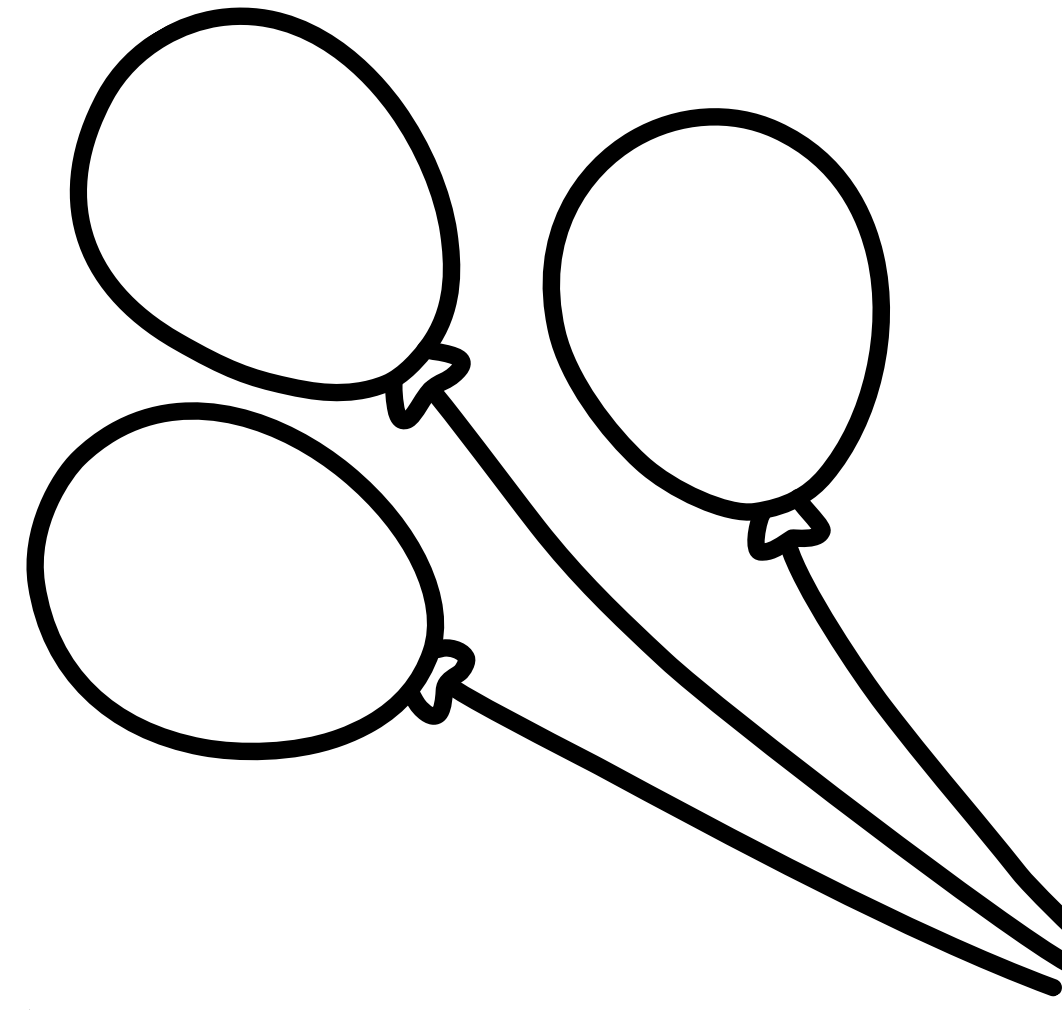
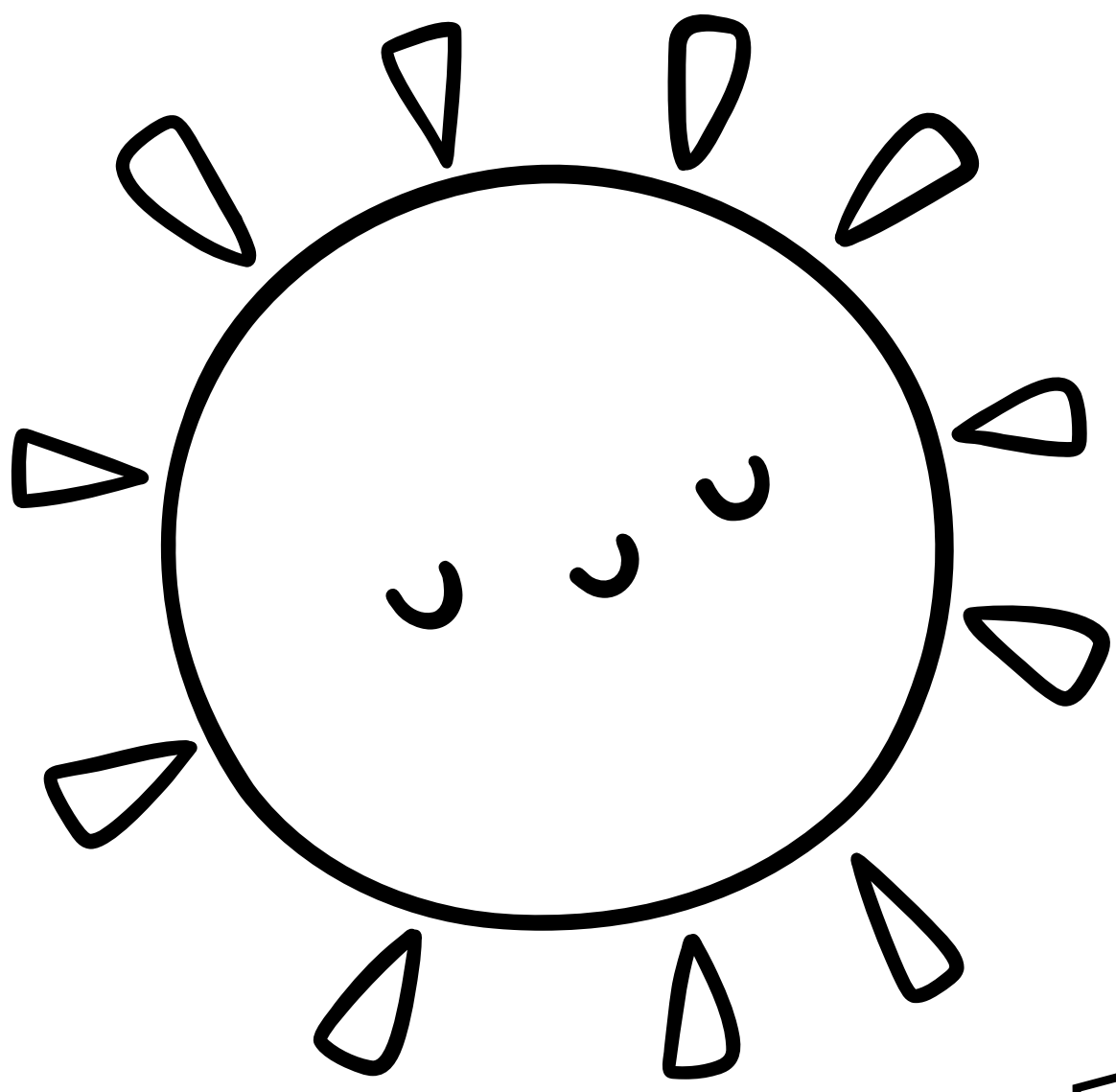
HAPPINESS

SADNESS

LOVE

ANGER

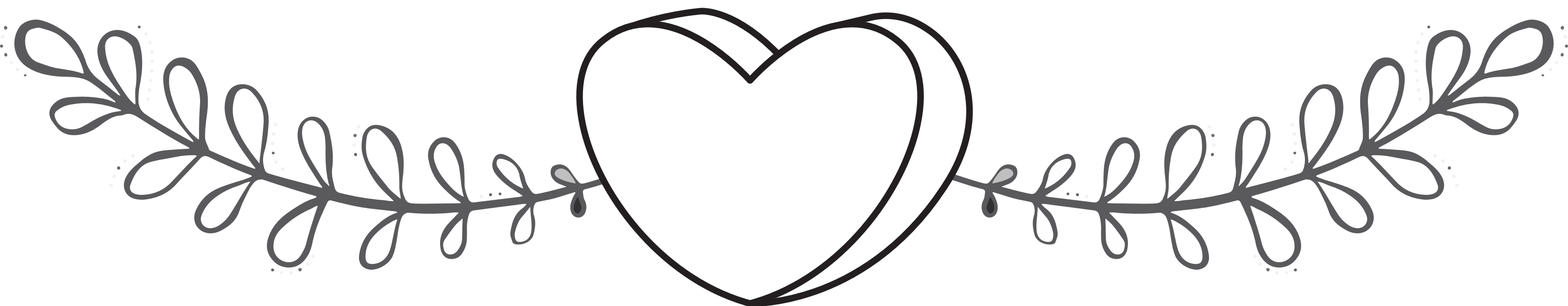




# SELF-MANAGEMENT

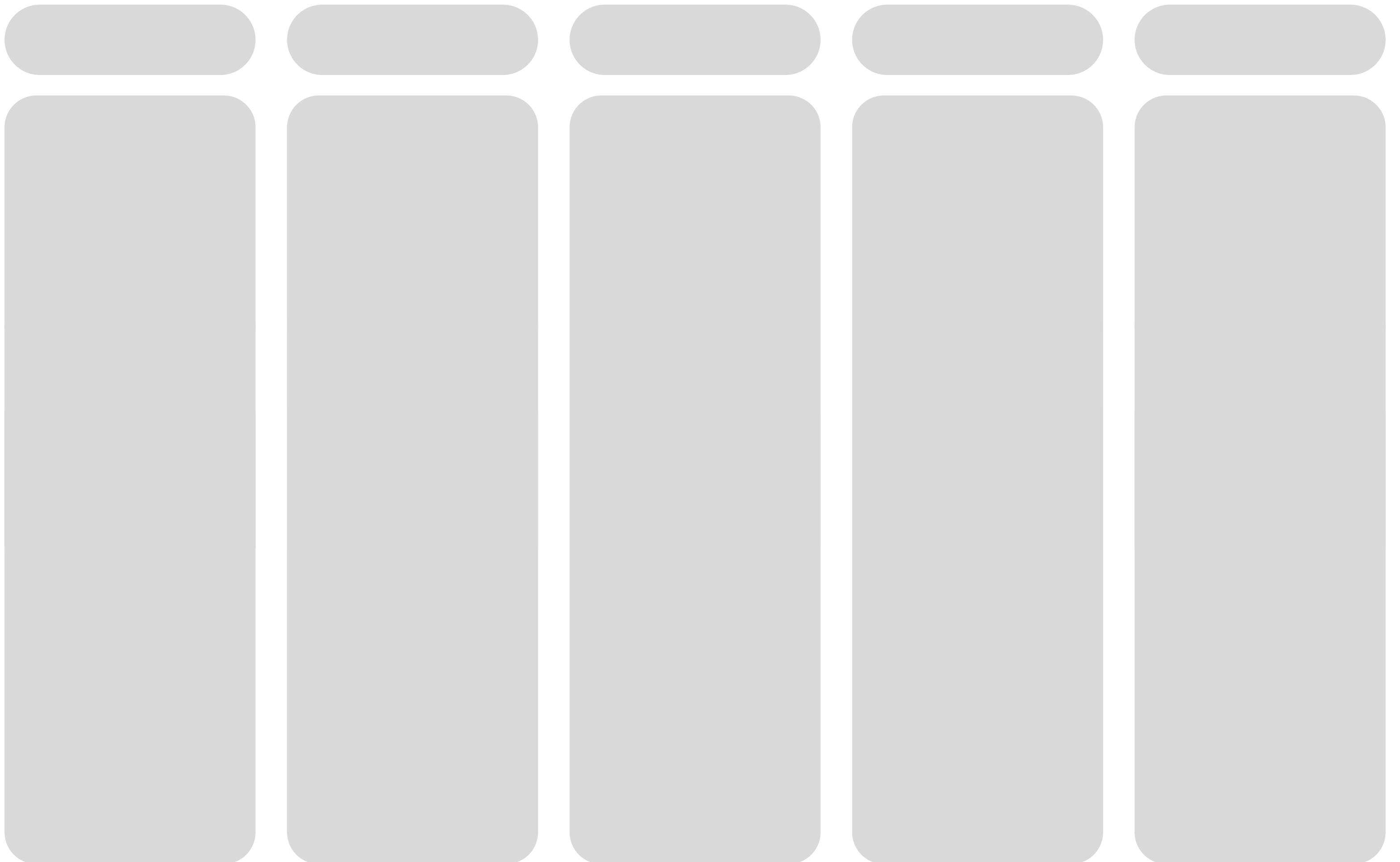
PART 2

**Self-management is the ability  
to regulate my \_\_\_\_\_,  
\_\_\_\_\_, and \_\_\_\_\_  
in different situations.**



# MY WEEKLY PLANNER:

**Directions:** To begin thinking about self-management in your own life you will use the weekly planner below to plan out your week. This will help you think about your responsibilities and how to best prioritize them. (Add things like school, extra curricular activities (if any), school work, tests, etc. to your planner)



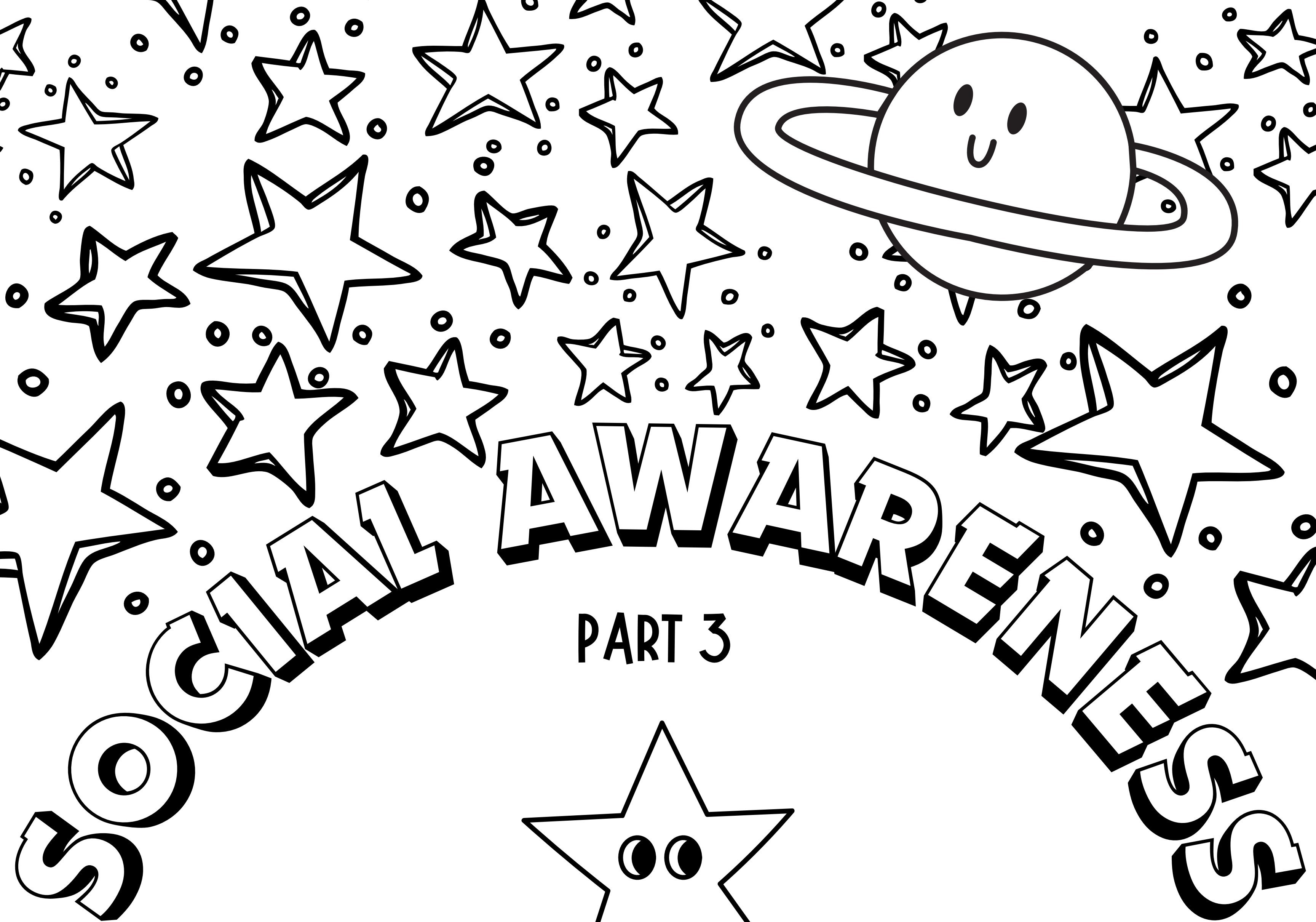
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## MY COPING STRATEGIES!

**Instructions:** Self-management isn't just about managing your responsibilities, but also your thoughts and emotions. What are two ways you make yourself feel better in a time of need?

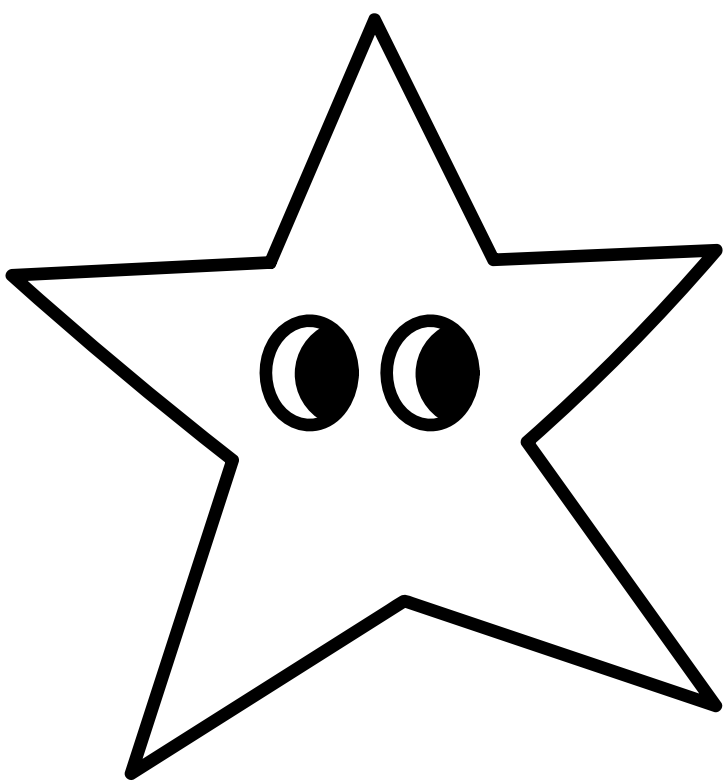
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# SOCIAL AWARENESS

## PART 3



**Social awareness is the ability to understand and empathize with \_\_\_\_\_, including those who may come from different \_\_\_\_\_ than me.**



# The Invisable Gift

**Directions: Imagine that your closest friend is going through a really hard time and is experiencing SADNESS. Draw them a gift that you would like to give to them in their time of need. To get you started think about who they are, what they like, and what they have experienced. What would be helpful for them during this time?**



# RELATIONSHIP SKILLS

PART 4

A simple line drawing of a butterfly with four wings, positioned to the right of the main title.

Relationship skills help me \_\_\_\_\_  
and \_\_\_\_\_ healthy relationships  
with the people around me.





# LET'S MATCH!

Directions: The characteristics of a healthy relationship are pictured and listed down below. To complete this activity you must match each characteristic to the correct image!



TRUST    EMPATHY    FAIRNESS    RESPECT    COMMUNICATION

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## MY IMPORTANT RELATIONSHIPS:

Directions: After learning about the characteristics of a healthy relationship, name 3 people you have a healthy relationship with! (Healthy relationships can be with your family members, friends, teachers, classmates, adults, anyone!)

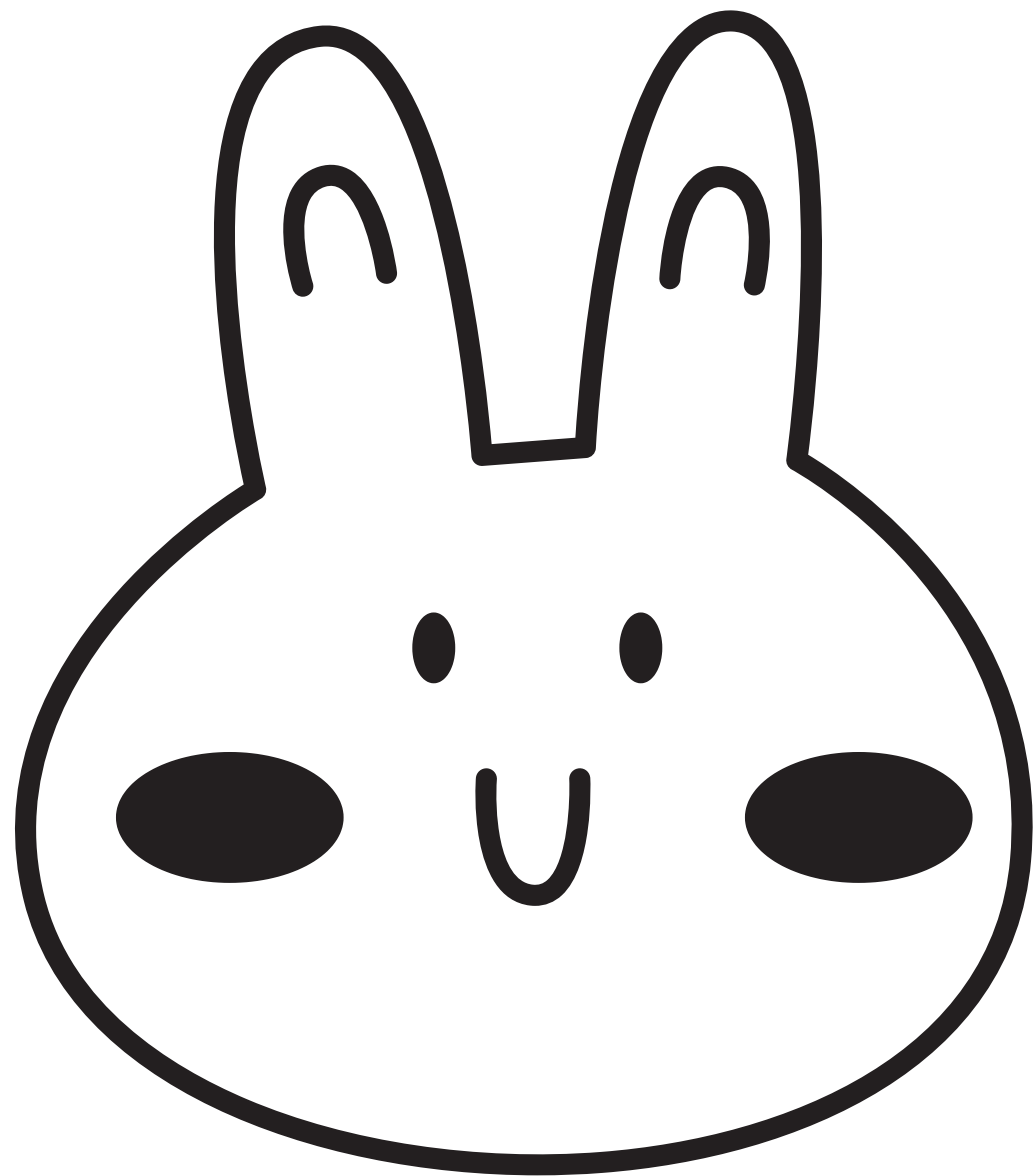
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# RESPONSIBLE DECISION MAKING

PART 5



Responsible decision making  
is the ability to think about my  
\_\_\_\_\_, \_\_\_\_\_, and  
\_\_\_\_\_ to fully consider  
my \_\_\_\_\_ and \_\_\_\_\_.

# MAKE GOOD DECISIONS!

Directions: Using your responsible decision making skills, help the people around you make good decisions. Read each scenario and respond with how you would help each person make a better choice. Remember to think about the choices, options, and possible outcomes that are available.

One of your classmates got ahold of the answer key to a really big test that is coming up in science class, but they haven't told anyone else yet...

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A close friend of yours really wants to go to the football game on Friday night, but does not have enough money to get in. They decided that you will help them sneak into the game...

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You go to the mall with your older sister and while you are shopping in her favorite store you see her stuff a shirt into her purse and continue to walk around...

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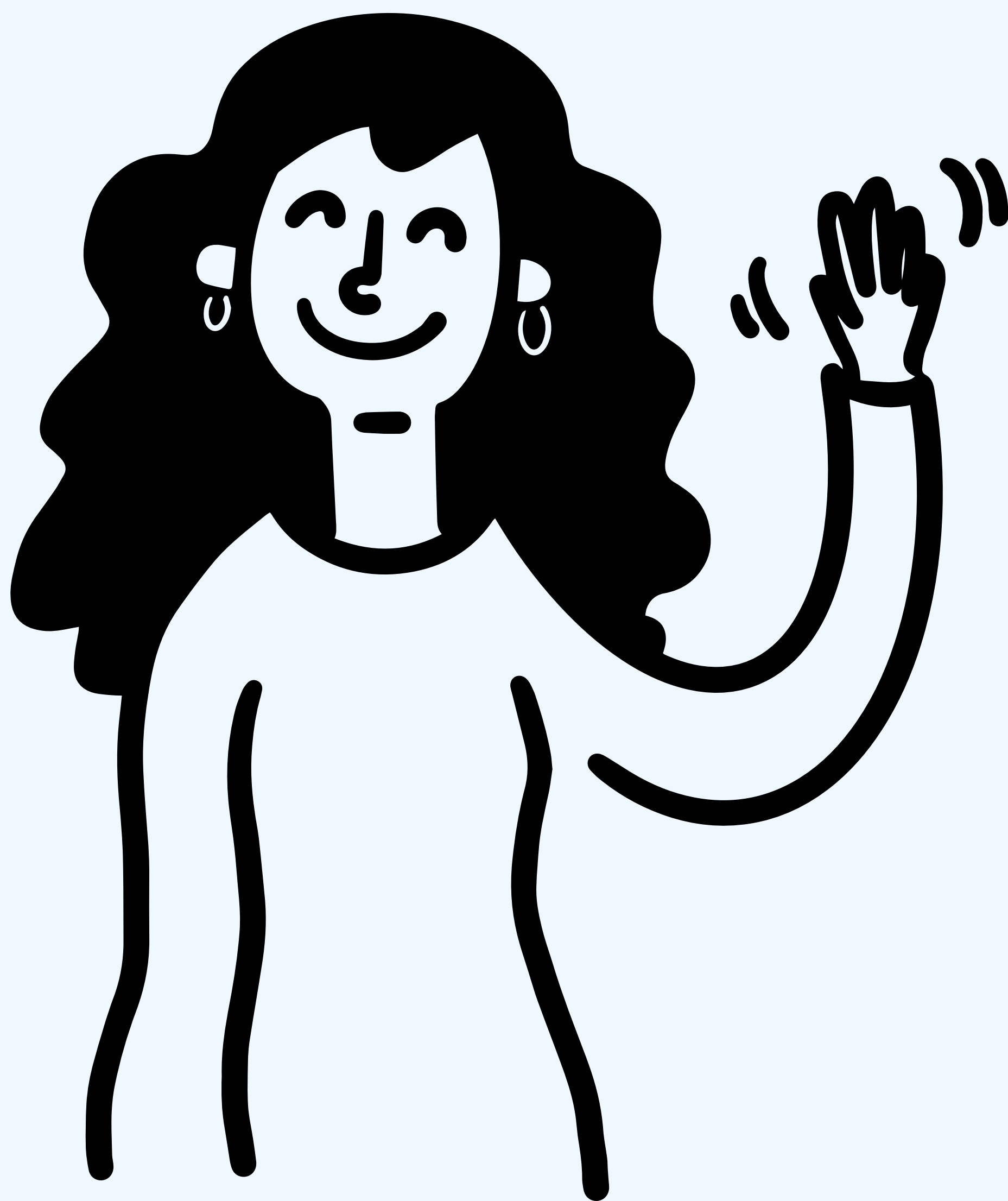
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**What can you do to expand  
your social and emotional skills?**



**See you later!**