

# INTRODUCTION

**Congratulations** on downloading your free copy of *52 Social Emotional Learning Prompts*! This resource is designed to help young learners explore and express their emotions, build empathy, enhance communication skills, and make thoughtful decisions.

Whether used as a tool for personal reflection, as a conversation starter in group settings, or as a structured activity in classrooms, each prompt is crafted to nurture the social and emotional growth of children in a supportive and engaging manner.

The prompts are divided into the following five categories:

**Self-Awareness:** Recognizing and understanding one's emotions, thoughts, and values, and how they influence behavior, while acknowledging strengths and weaknesses.


**Self-Regulation:** The ability to control emotions, thoughts, and behaviors in various situations, manage stress, and motivate oneself to achieve personal and academic goals.


**Social Awareness:** Understanding and empathizing with others from diverse backgrounds and cultures, recognizing social cues, and appreciating community norms.


**Interpersonal Skills:** Developing and maintaining positive relationships, communicating clearly, listening well, cooperating with others, and managing conflicts constructively.


**Responsible Decision-Making:** Making thoughtful decisions about personal and social behavior based on ethical standards, safety concerns, and the well-being of oneself and others.


**Here are a few ways you can utilize these prompts at school, at home, or in a counseling environment:**

 **Morning Meetings:** Kickstart each day with a prompt to foster a sense of community and self-reflection among students. Helping you set a positive tone for the day and encourage openness and sharing.

 **Group Discussions:** Use the prompts as conversation starters in small groups to facilitate deeper discussions about feelings, experiences, and perspectives. This can help enhance empathy, listening skills, and social understanding among peers.

 **Journaling:** Allocate time for individual journaling, allowing children to privately explore their thoughts and feelings. This practice supports self-awareness and emotional expression in a safe, personal space.

 **Parent-Child Activities:** Share this resource with parents to encourage meaningful conversations at home. Discussing these prompts can provide insights into a child's emotional world and strengthen parent-child relationships.

 **Counseling Sessions:** For school counselors, these prompts can be invaluable tools in one-on-one or group therapy settings, helping to guide conversations and uncover feelings or issues that may need to be addressed in a supportive environment.

We hope this resource becomes a valuable addition to your toolkit, aiding in the development of emotionally intelligent, self-aware, and socially competent children.

## Self Awareness

1. What emotion did you feel most strongly today?
2. Describe a dream you have for your future.
3. What is something you love about yourself?
4. When do you feel most like yourself?
5. How does your mood change during the day?
6. Reflect on a time you changed your opinion.
7. What's a talent or skill you're proud of?
8. When have you felt misunderstood? Why?
9. What challenge have you overcome recently?
10. How do your thoughts affect your mood?
11. Describe a time you felt confident in yourself.
12. What makes you laugh the most?

## Self Regulation

13. How do you calm down when you're upset?
14. What strategies help you focus on tasks?
15. Describe a time you had to wait patiently for something.
16. How do you prepare for a stressful event?
17. What can you do to improve a bad day?
18. Share a goal and how you plan to achieve it.
19. What's a healthy way you express your feelings?
20. How do you decide when to say no?
21. Describe a time you resisted a temptation.
22. What helps you stay motivated when you're bored?

## Social Awareness

23. How can you tell someone is happy/sad?
24. Describe how someone might feel in a new place.
25. What does empathy mean to you?
26. How can you help someone who is struggling?
27. Why is it important to understand different perspectives?
28. What's a cultural tradition you're curious about?
29. How do you feel when you see someone being left out?
30. What can you do to make someone feel included?
31. Share a time you learned about another culture.
32. How does helping others benefit you and them?

## Interpersonal Skills

33. How do you start a conversation with someone new?
34. What makes a friendship strong?
35. Describe how to be a good listener.
36. How can you resolve a disagreement peacefully?
37. What do you appreciate in a friend?
38. How do you show someone you care about them?
39. What's the best way to ask for help?
40. Share a time you worked well in a team.
41. How do you respect others' boundaries?
42. What role do you usually take in group activities?

## Responsible Decision Making

43. How do you decide what's right and wrong?
44. What steps do you take to solve a problem?
45. Describe a decision you made that you're proud of.
46. How can you contribute to a positive environment at school/home?
47. What's a responsibility you have and how do you manage it?
48. How do actions have consequences for yourself and others?
49. Share a time you had to choose between two difficult options.
50. What can you do to stay safe online?
51. How do you know if a source of information is trustworthy?
52. How can you support a friend in making a good decision?

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# 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://selpowerpack.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://selpowerpack.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://selpowerpack.com/seltrackers/>

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

Visit [selpowerpack.com](https://selpowerpack.com) to learn more today.

