



Teaching Heart Institute

Improving Social Emotional Intelligence,
One Day at a Time

Social Emotional Learning Journal Idea

Did your child display a social emotional behavior or attitude today? Write 1-2 sentences in a journal.

- ☐ expressed empathy toward another person
- ☐ did a random act of kindness
- ☐ faced a fear
- ☐ calmed oneself when feeling intense emotion
- ☐ worked out a conflict in a fair way
- ☐ persevered when something was difficult
- ☐ was honest
- ☐ befriended someone who was lonely or hurting
- ☐ shared feelings with you
- ☐ was a team player
- ☐ took a healthy risk and displayed courage
- ☐ tried something new
- ☐ displayed generosity
- ☐ waited patiently and displayed impulse control
- ☐ felt angry and expressed it in a healthy way
- ☐ stepped back from a conflict to reflect and think
- ☐ any other specific behaviors or attitudes that you notice