



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 of 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