INSTRUCTIONS

- Print out worksheets
- Have students read the sentence
- Write the sentence
- Draw a picture of the sentence
- And color the picture
- Easy, no prep, social emotional learning worksheets!

COLOR IT

READ IT

When I am upset, I can take some deep breaths.

DRAW IT

WRITE IT

Name_____ Date_____

READ IT

When I am upset, I can hug a stuffed animal.

DRAW IT

WRITE IT

©teachingbehaviortogether
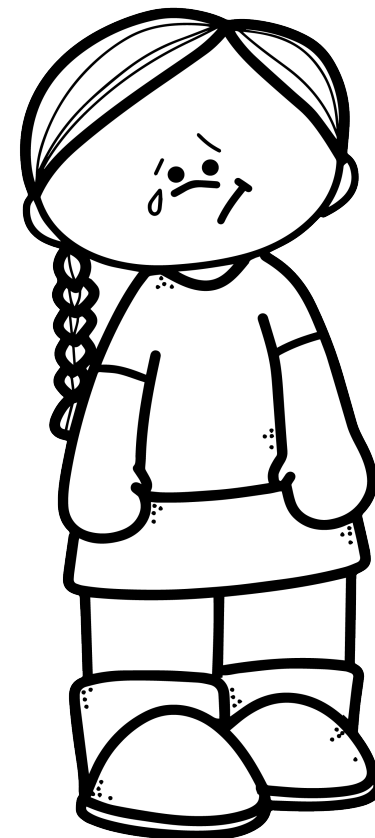
Name_____ Date_____

READ IT

When I am sad, I can put my head down and relax.

DRAW IT

WRITE IT

COLOR IT

READ IT

When I am frusturated, I can ask to take a break.

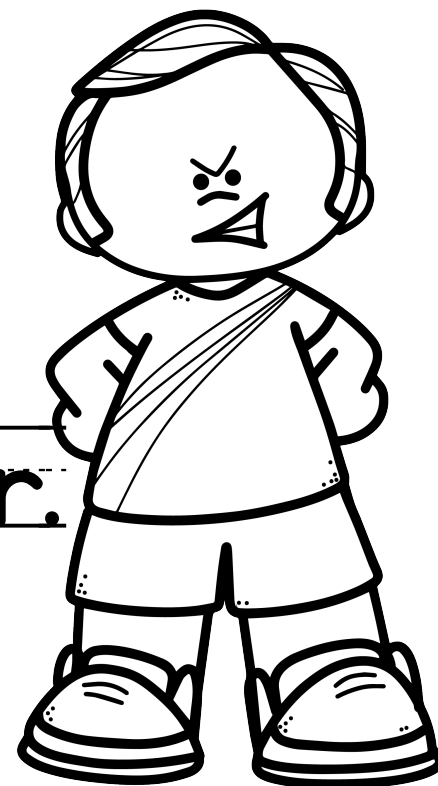**DRAW IT**

WRITE IT

Name_____ Date_____

COLOR IT

READ IT

When I am angry, I can ask to get a drink of water.

DRAW IT

WRITE IT

Name_____ Date_____

COLOR IT

READ IT

When I am confused, I can raise my hand and ask a question.

DRAW IT

WRITE IT

COLOR IT

READ IT

When I think the work is hard, I can ask my friend to help me.

DRAW IT

WRITE IT

Name_____ Date_____

COLOR IT

READ IT

When I am overwhelmed, I can ask to take a walk to clear my head.
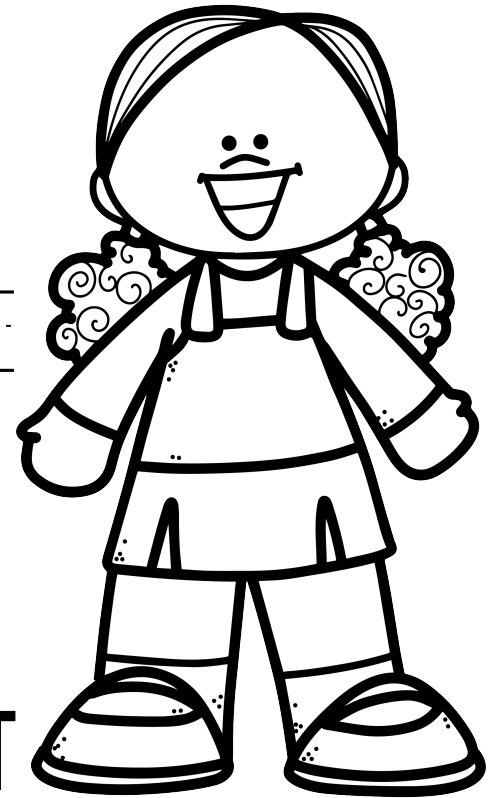
DRAW IT

WRITE IT

Name_____ Date_____

READ IT

When I am happy, I can tell my friends why I am happy.

DRAW IT

WRITE IT

Name_____ Date_____

READ IT

When I am nervous, I can think positive thoughts.

DRAW IT

WRITE IT

Name_____ Date_____

READ IT

When I am worried, I can ask my teacher for help.
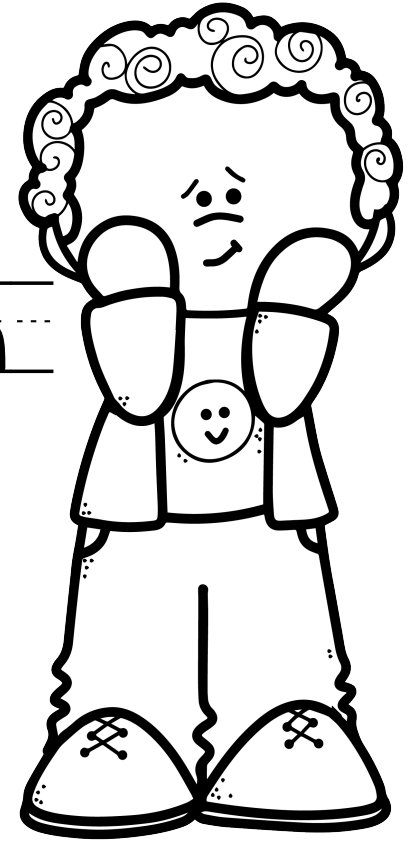
DRAW IT

WRITE IT

Name_____ Date_____

READ IT

Using a coping skill when I am upset is a good choice.

DRAW IT

WRITE IT

©teachingbehaviortogether

COLOR IT

READ IT

I can make new friends by sitting next to someone new at lunch.

DRAW IT

WRITE IT

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COLOR IT

READ IT

I can make new friends by inviting everyone to play the game.

DRAW IT

WRITE IT

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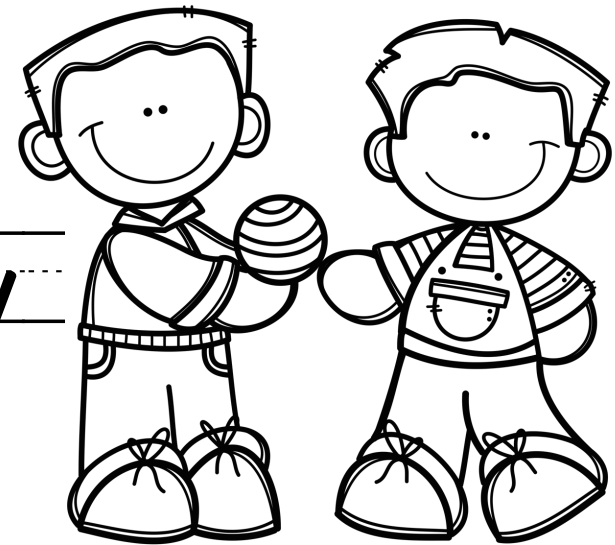
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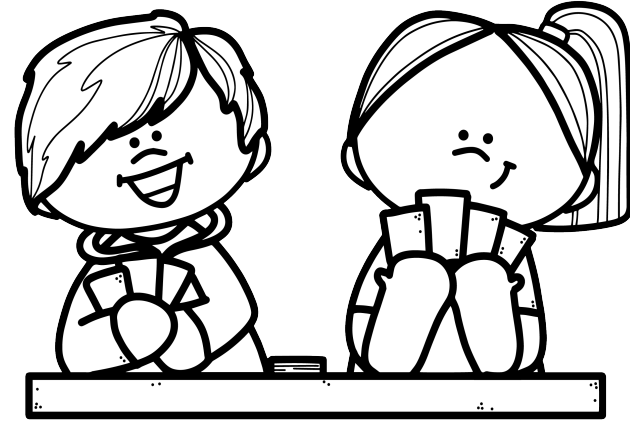
Name_____ Date_____

READ IT

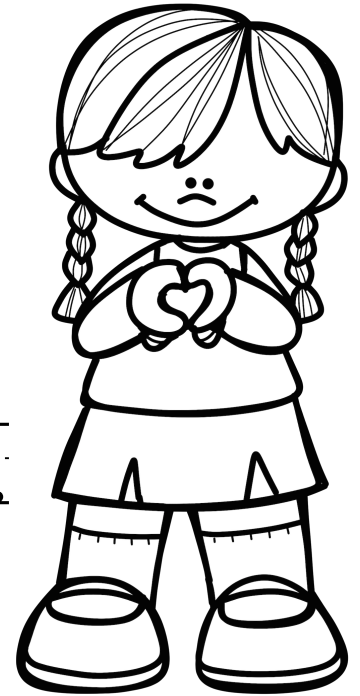I can make new friends by sharing my toy with them.

DRAW IT

WRITE IT

Name_____ Date_____

READ IT

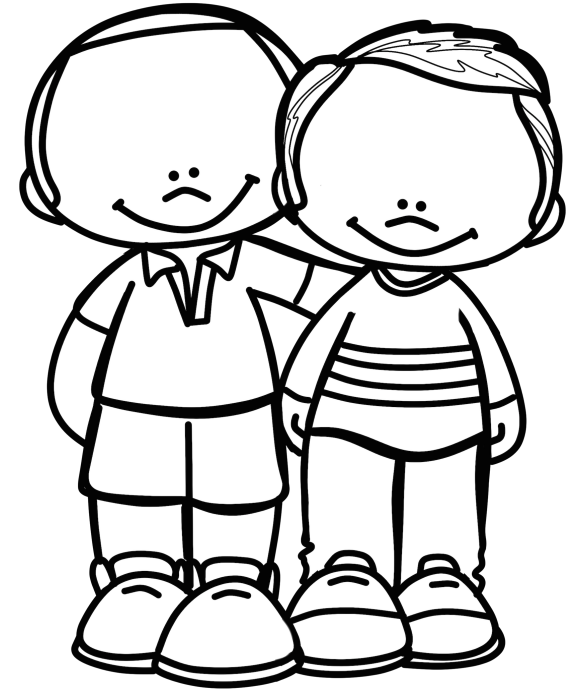I can be kind by using nice words when I talk to my teacher.

DRAW IT

WRITE IT

Name_____ Date_____

READ IT

I can be kind by saying thank you when someone gives me something.

DRAW IT

WRITE IT

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Name_____ Date_____

READ IT

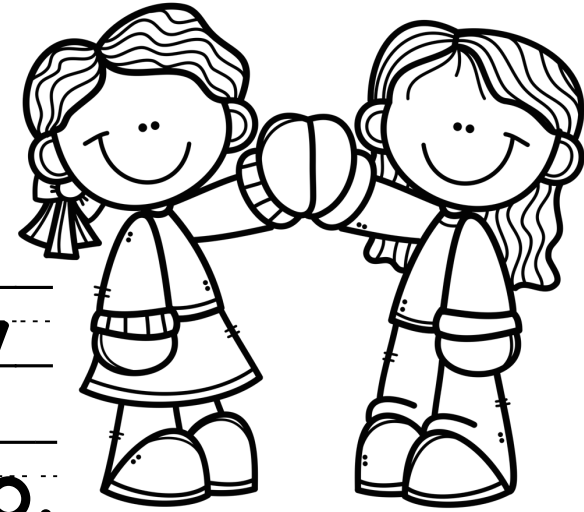I can be kind by helping a peer with their work.

DRAW IT

WRITE IT

Name_____ Date_____

COLOR IT

READ IT

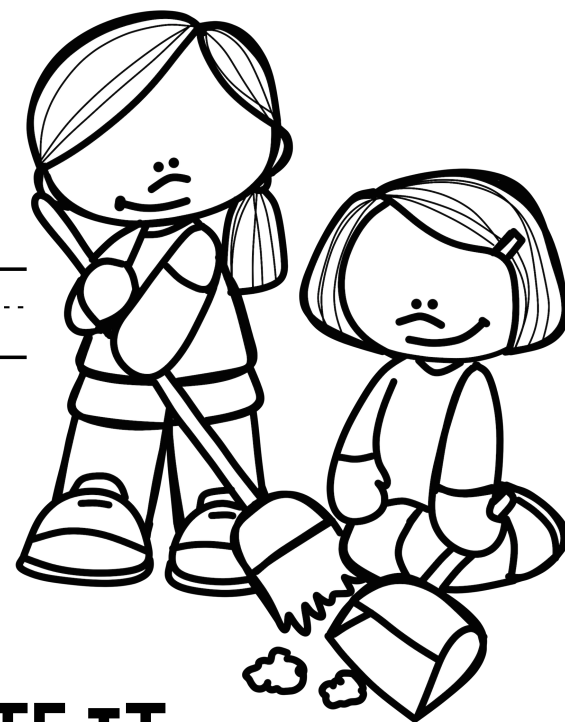I can be kind by high fiving my friend when they do a good job.

DRAW IT

WRITE IT

Name_____ Date_____

READ IT

I can be a good friend by helping them clean up.

DRAW IT

WRITE IT

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THANK YOU

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