

This is me!

My favourite ...

Places

1. _____
2. _____
3. _____

Things

1. _____
2. _____
3. _____

Foods

1. _____

I would like to learn to _____

If I had a super power it would be to _____

If I could travel anywhere I would go to _____

When I leave school I would like to be _____

Follow the steps to create your own affirmations

1. start with **I** or **you**

2. Then choose **am** or **are**

3. End with any of the following words...

LOVED

HARDWORKING

GRATEFUL

CAPABLE

UNIQUE

RESILIENT

SELFLESS

FUNNY

OPTIMISTIC

DETERMINED

KIND

BRAVE

SMART

HELPFUL

STRONG

CREATIVE

LOYAL

FEARLESS

I

1. _____

2. _____

3. _____

4. _____

5. _____

AM

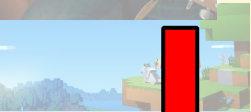
AMAZING



I AM GOOD AT



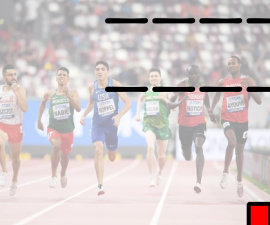
I am good at this because



I AM BEST AT



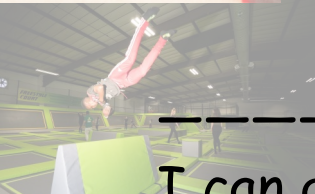
I am best at this because



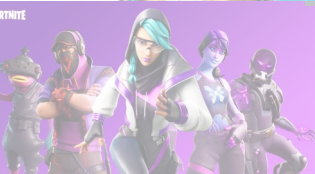
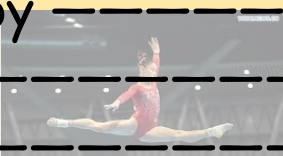
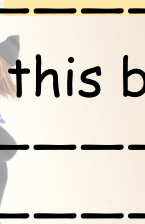
I WOULD LIKE TO BE



BETTER AT



I can get better at this by



Primary

Lesson 1
9:15am-10:00am

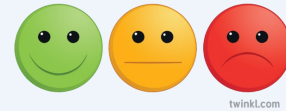


Lesson 2
10:00-10:15am



10:15am-11:00am

Breaktime

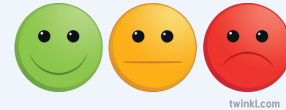


Lesson 3
11:00am-12:00am



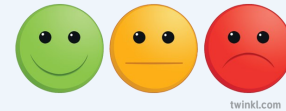
12:00am-12:20pm

Lunchtime



12:20pm-12:40pm

Break-



Lesson 4
12:50pm-1:40pm



Lesson 5
1:40pm-2:20pm



2:20pm-2:30pm



Date:---/---/---

What's on your mind?

"I feel"...

Happy
Sad
Excited
Lonely
Upset
Angry
Loved
Confused
Lost
Annoyed
Secure
Tired
Glad
Worried
Cheerful
Optimistic
Scared
Stressed
Anxious
Determined
Safe
Fearful
Brave
Strong

Date:---/---/---

TODAY WAS...

AWESOME

THE BEST PART OF MY
DAY WAS...

TODAY I AM THANKFUL
FOR...

TODAY I LEARNED...

TOMORROW WILL BE
BETTER BECAUSE...

SUPER HERO

IF YOU COULD BE ANY OF YOUR HEROES WHO
WOULD YOU BE?-----

Fill in the boxes with 6 characteristics you would have as a hero.

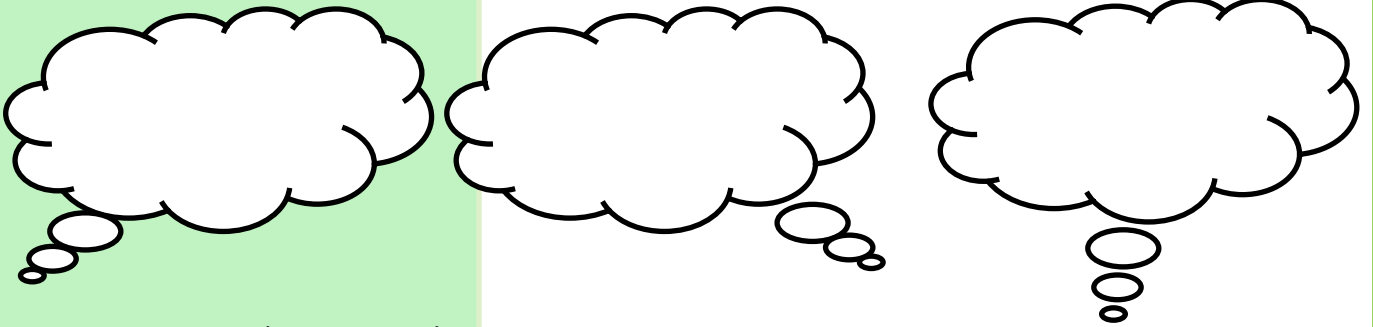


Date:---/---/---

ANXIETY BREAKDOWN

What is triggering my anxiety?

What are some of the thoughts I am having?

Three thought bubbles are arranged horizontally. Each bubble is a cloud-like shape with a small tail at the bottom left. They are intended for the user to write down their thoughts.

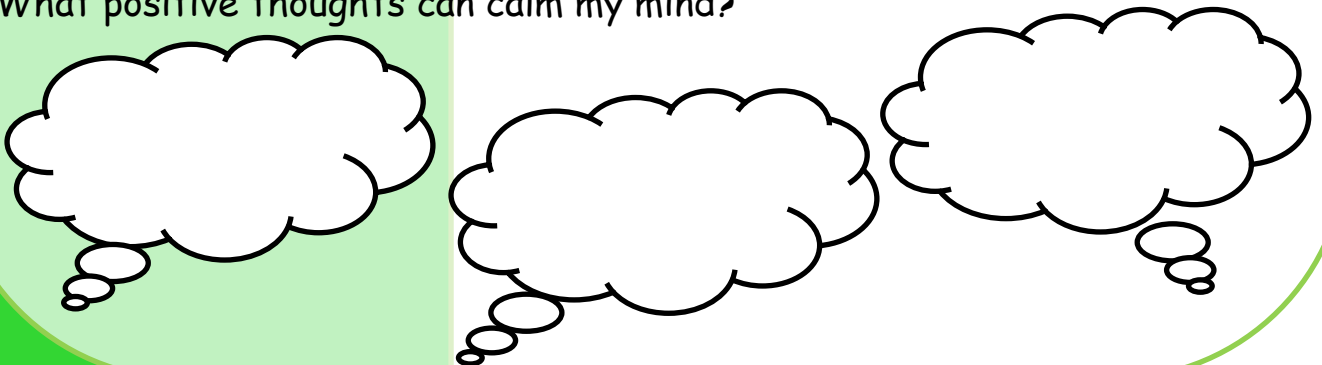
How is my body responding?

What is the worse thing that can happen?

What do I have in my control to keep this from happening?

What can I do to calm my body down?

What positive thoughts can calm my mind?

Three thought bubbles are arranged horizontally. Each bubble is a cloud-like shape with a small tail at the bottom left. They are intended for the user to write down positive thoughts that can help calm their mind.

SELF CARE




Self-care is when you take the time to do something that makes your body and mind feel chilled and happy. Here's a list of coping tools to try.

- Read a book or magazine
- Climb a tree
- Write a letter or diary
- Make a collage or scrap book
- Take a break
- Go for a walk or a run
- Drink water
- Play a board game
- Do something kind
- Make or play with slime
- Discover nature
- Take a shower or a bath
- Exercise
- Have a cuppa
- Practice Yoga
- Do some gardening
- Trampoline
- Play with your pet
- Do a puzzle
- Blow bubbles
- Laugh
- Go for a bike ride
- Go to the skate park
- Do some origami
- Cook
- Talk to someone you trust
- Knitting
- Build something
- Stretch
- Make art
- Use positive affirmations
- Take slow, mindful breaths
- Clean
- Cry
- Scream
- Learn something new
- Listen to music
- Use a stress ball or other fidget toy
- Play with a ball
- Play outside
- Sing or dance.

MY SELF-MONITORING CHECKLIST

Create your own daily self-management checklist to monitor using the skills below.

- | | |
|--|--|
| <ul style="list-style-type: none"> • ^{GH} Hands to self • Follow instructions • Quiet/inside voice • Stay in my seat • Keep my feet on the floor • Do my work • Use my words | <ul style="list-style-type: none"> • Work Quietly • Focus on my work • Ask before leaving class • No shouting out • Be nice to others • No swinging on my chair • Tidy up after myself • Don't upset others ^{tay S} |
|--|--|

1		   <small>twinkl.com</small>
2		   <small>twinkl.com</small>
3		   <small>twinkl.com</small>
4		   <small>twinkl.com</small>

Date:---/---/---

SOCIAL SKILLS CHECKLIST

Which skills do you think you need to improve on? Place a tick next to the sentences that are true to you.

- I have a hard time controlling the volume of my voice.
- I don't tell other people how I feel when I am upset with them.
- I get nervous and anxious when I am around new people.
- I have been told I have poor manners.
- I'm not sure how to make friends.
- I have a hard time understanding how people feel
- I don't work well with other people.
- I can't keep friends for a long time.
- I get easily distracted when I'm spoken to.
- I avoid talking to people because I don't know what to say.
- I invade people's personal space sometimes.
- People usually don't laugh at my jokes.
- I rarely say "please", "thank you", or "excuse me".
- I can be a sore winner or a sore loser sometimes.
- I can't keep a conversation going because I don't know what to say.
- I give into peer pressure pretty quickly.
- I say inappropriate things sometimes.
- I yell and scream, and insult people, or throw things whenever I get mad.
- People often tell me that I need to act my age.

BASIC SOCIAL SKILLS BINGO

Tick which skills have you completed this week?



**Following
Instructions**



**Using
manners**



**Positive
attitude**



**Working with
others**



**Good
hygiene**



**Using polite
words**



**Taking
turns**



Greetings



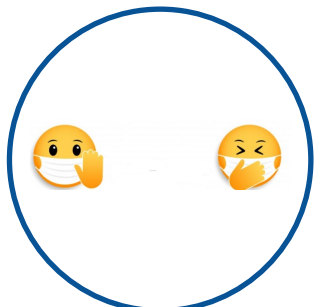
**Being patient &
waiting**



**Being a good
sport**



**Listening to
others**



**Understanding
personal space**

Score: __/12

EMPATHY SKILLS BINGO

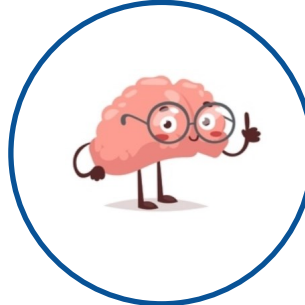
Which skills have you completed this week?



Thinking about
other's feelings



Reading social
clues



Seeking
someone else's
perspective



Staying open-
minded



Helping others
in need



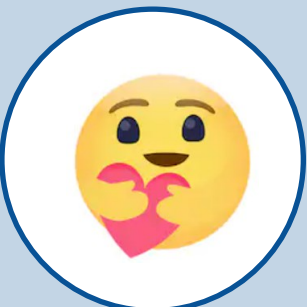
Treating others
with kindness



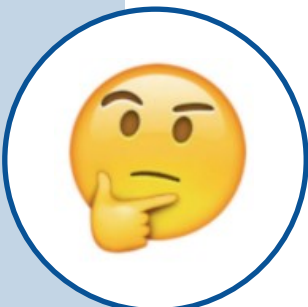
Appreciating
differences



Using flexible
thinking



Showing
empathy



Thinking before
speaking or
acting



Accepting
different
opinions

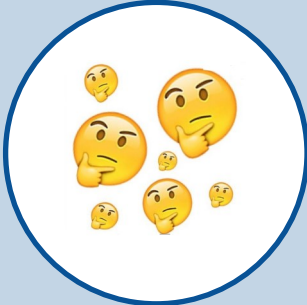


Solving prob-
lems with per-
spective taking

Score: __/12

DECISION MAKING SKILLS BINGO

Which skills have you completed this week?



**Understanding
Choices**



**Dealing with
problems and
conflicts**



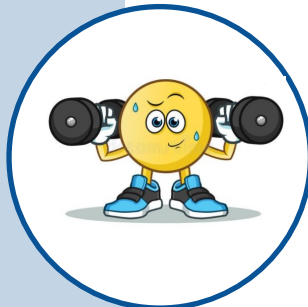
**Using self
control**



**Seeing how
actions impact
others**



**Planning
solutions**



**Developing
healthy habits**



**Taking
responsibility**



**Considering
consequences**



**Weighing
options**



**Admitting
mistakes**



**Being
reflective**



**Accepting
consequences**

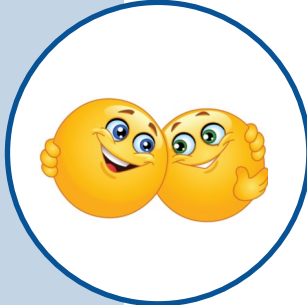
Score: __/12

KINDNESS SKILLS BINGO

Which skills have you completed this week?



Let someone
else go first



Give a kind
compliment



Greet
someone



Share with
someone else



Offer to help
someone



Invite someone
to join you



Work with
someone new



Do an extra
chore



Forgive
someone for a
mistake



Just listen to a
friend



Spend time
with a friend



Ask someone
how they are

Score: __/12

SELF AWARENESS SKILLS BINGO

Which skills have you completed this week?



**Understanding
your own
strengths**



**Recognising
your own
thoughts**



**Identifying
interests**



**Developing a
growth mindset**



**Using positive
thinking skills**



**Recognising
hopes and
dreams**



**Striving for
self
improvement**



**Developing
confidence**



**Developing
self-love**



**Understanding
your challenges**



**Recognising
your feelings**



**Identifying
your talents**

Date:---/---/---

PROBLEM SOLVING SCENARIOS

Tick the responses to the scenarios that you believe are right.

1. You are talking to someone who isn't listening to you

- You raise your voice to get their attention.
- Ask if they would prefer you talk to them later.
- Get upset and shout at them for being rude.
- Understand they may not have heard you.

☐
☐
☐
☐

2. You ask an adult for something and they say no

- Get upset and begin throwing things and screaming.
- Take it anyway.
- Accept there is a reason you can't have what you want.
- Politely ask why.

☐
☐
☐
☐

3. Someone has something that you want

- Take it from them without asking.
- Ask if you could have it after they have finished.
- Kick up a fuss screaming and shouting that it is yours.
- Quietly find something else.

☐
☐
☐
☐

4. You don't want playtime to end.

- Run away and hide so you don't have to go back in.
- Follow instructions from adults once play is over.
- Make the most of the time you have.
- Waste your playtime complaining there isn't enough playtime.

☐
☐
☐
☐

Date:---/---/---

GOOD SKILLS, BAD SKILLS

Having good social skills means that you behave in a way that makes people want to be around you, having poor social skills means you behave in a way that makes people not want to be around you.

Read the following examples and put a G next to the good skills and P next to the poor skills.

- Being friendly and kind to people ---
- Sharing your toys with other people ---
- Thinking about what you want to say before talking to others ---
- Not covering your mouth when you sneeze ---
- Saying "excuse me" when you want to get by other people ---
- Walking away when someone is talking to you ---
- Encouraging your team mates ---
- Expressing your feelings kindly, even when you are angry ---
- Giving good eye contact to whoever you are speaking to ---
- Congratulating someone if they beat you at a game ---
- Touching other people's things without asking first ---
- Interrupting other people's conversations ---
- Knowing how to start a conversation and keep it going ---
- Taking care of your hygiene so it doesn't bother others ---
- Always wanting to go first during activities ---
- Trying to make other people annoyed ---
- Talking loudly when you are supposed to be quiet ---
- Complaining when you don't get your own way ---
- Showing others that you are listening when they are talking ---
- Respecting other's personal space ---
- Putting people down and making them feel bad ---
- Being mean when someone disagrees with you ---
- Saying "please" and "thank you" ---

Date:---/---/---

APPROPRIATE CONVERSATION TOPICS

5

TOPICS TO SHARE WITH PARENTS

- Private thoughts and feelings about anything.
- Your interests and dislikes and how to solve your problems.

4

TOPICS TO SHARE WITH FRIENDS

- Private thoughts and feelings about your relationship, past, present and future.
- Hobbies and experiences

3

TOPICS TO SHARE WITH TEACHERS

- Schoolwork, problem solving and learning goals.
- What interests you.

2

TOPICS TO SHARE WITH ACQUAINTANCES

- Sharing of common interests, hobbies and experiences.
- Thoughts and feelings about common interests.

1

TOPICS TO SHARE WITH STRANGERS

- Greetings, the weather, emergency questions you have.
- Stay away from making plans.

*1-2 Do **NOT** talk about body parts, bodily functions, secrets or medical problems.

Date:---/---/---

HOW BIG IS MY PROBLEM?

EMERGENCY!!! <ul style="list-style-type: none">• Earthquake, tornado, fire• Broken bone• Someone's hurting me	I CAN... Cry, scream for help, feel worried or scared.
GIGANTIC!! <ul style="list-style-type: none">• Hurt or bleeding• Parents are divorcing• Grandparent is very sick• Pet passed away	I CAN... Cry, tell the teacher, feel sad, worried or scared.
PRETTY BIG! <ul style="list-style-type: none">• Someone disrespected your personal space.• Feeling really sick.• Someone is destroying your or classroom property	I CAN... Tell a teacher, feel frustrated or disappointed
MEDIUM <ul style="list-style-type: none">• Forget homework• Argued with a friend• Someone is being mean or bugging you•	I CAN... Take a break, write a message or meaningful apology, feel irritated, frustrated, or annoyed
SMALL <ul style="list-style-type: none">• Got a toy taken away• Someone cut in front of you in a line• Stuck on a question in a piece of work.• Working with someone you don't like	I CAN... Take a break, breath, try a different question, ask for help, feel irritated, frustrated or annoyed.
MEH <ul style="list-style-type: none">• Don't have a pencil• Teacher didn't pick me when I had my hand up• I'm not first in line	I CAN... Borrow a pencil, feel disappointed

Date:---/---/---

SELF AWARENESS WORKSHEET

I am strong in these areas:-----

I struggle with: -----

My favourite thing about school is: -----

The teachers I am most comfortable with make me comfortable by:-----

The most stressful part of my school day is: -----

I'd like some help with:-----

When I need help, I am comfortable asking for it in the following ways:-----

Date:---/---/---

ANGER EXPLORATION WORKSHEET

What happened to make me feel angry?

What other feelings did I experience?

- | | | | |
|----------------------------------|----------------------------------|--------------------------------------|--------------------------------|
| <input type="checkbox"/> sad | <input type="checkbox"/> annoyed | <input type="checkbox"/> guilty | <input type="checkbox"/> ----- |
| <input type="checkbox"/> worried | <input type="checkbox"/> scared | <input type="checkbox"/> stressed | <input type="checkbox"/> ----- |
| <input type="checkbox"/> jealous | <input type="checkbox"/> lonely | <input type="checkbox"/> embarrassed | |

What thoughts were going through my head?

How did I respond?

- | | | |
|--|---|---|
| <input type="checkbox"/> yelling and screaming | <input type="checkbox"/> hitting or kicking | <input type="checkbox"/> throwing objects |
| <input type="checkbox"/> name-calling | <input type="checkbox"/> threatening | <input type="checkbox"/> running away |
| <input type="checkbox"/> crying | <input type="checkbox"/> swearing | <input type="checkbox"/> slamming doors |
| <input type="checkbox"/> ----- | <input type="checkbox"/> ----- | <input type="checkbox"/> ----- |

What ended up happening?

What was my consequence?

What can I do differently next time this situation happens again?

- | | | |
|--|---|--------------------------------|
| <input type="checkbox"/> Walk away | <input type="checkbox"/> deep breathing | <input type="checkbox"/> ----- |
| <input type="checkbox"/> Tell an adult | <input type="checkbox"/> count to ten | <input type="checkbox"/> ----- |
| <input type="checkbox"/> Distraction | | |

Date:---/---/---

SELF-ESTEEM CHECK IN

Rate each statement using the



Believe



not sure



don't believe

1. I am happy to be me
2. I believe in myself
3. I'm not afraid to make mistakes
4. I would rather be me than someone else
5. I focus on my successes and not my failures
6. I am proud of my accomplishments
7. I know my positive qualities
8. I feel good when I get compliments
9. I love myself even when others reject me
10. I can handle criticism
11. I like the way I look
12. I am good at solving problems
13. I respect myself
14. I love trying new things
15. I am just as valuable as other people

Overall how would you rate your self-esteem on this scale?

0

I completely
dislike who I am

10

I completely
like who I am

What would you need to do to move up this scale by 1?

Date:---/---/---

THE FEAR LADDER

Situation	Anxiety 1-10
5.	
4.	
3.	
2.	
1.	



Pick a situation that you commonly avoid due to anxiety and uncomfortable feelings. Write it down below next to #5 at the top of your ladder. Think of other smaller steps you can take to expose yourself to the fear you listed at the top of your ladder. Rate each step with the intensity of anxiety it would cause you to complete. Remember, you want each step to cause some level of anxiety. Once you decide to work on your ladder, you can start at the bottom and move up, or you can randomly pick any step and practice over and over.