

## Social and Emotional Learning

Name: \_\_\_\_\_ Date: \_\_\_\_\_

### 1 Read and circle.

Happy	excited	proud	sad	frustrated
scared	jealous	lonely	guilty	embarrassed
insecure	rejected	angry	disappointed	hopeful

### 2 Read and complete.

1. I feel this way because: \_\_\_\_\_

2. The way I feel is affecting my behavior at:            school            home

### 3 Fill in the chart. What are the pros and cons of my behavior?

PROS	CONS

### 4 Read and answer: *What can I do to improve my behavior and feel better?*

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