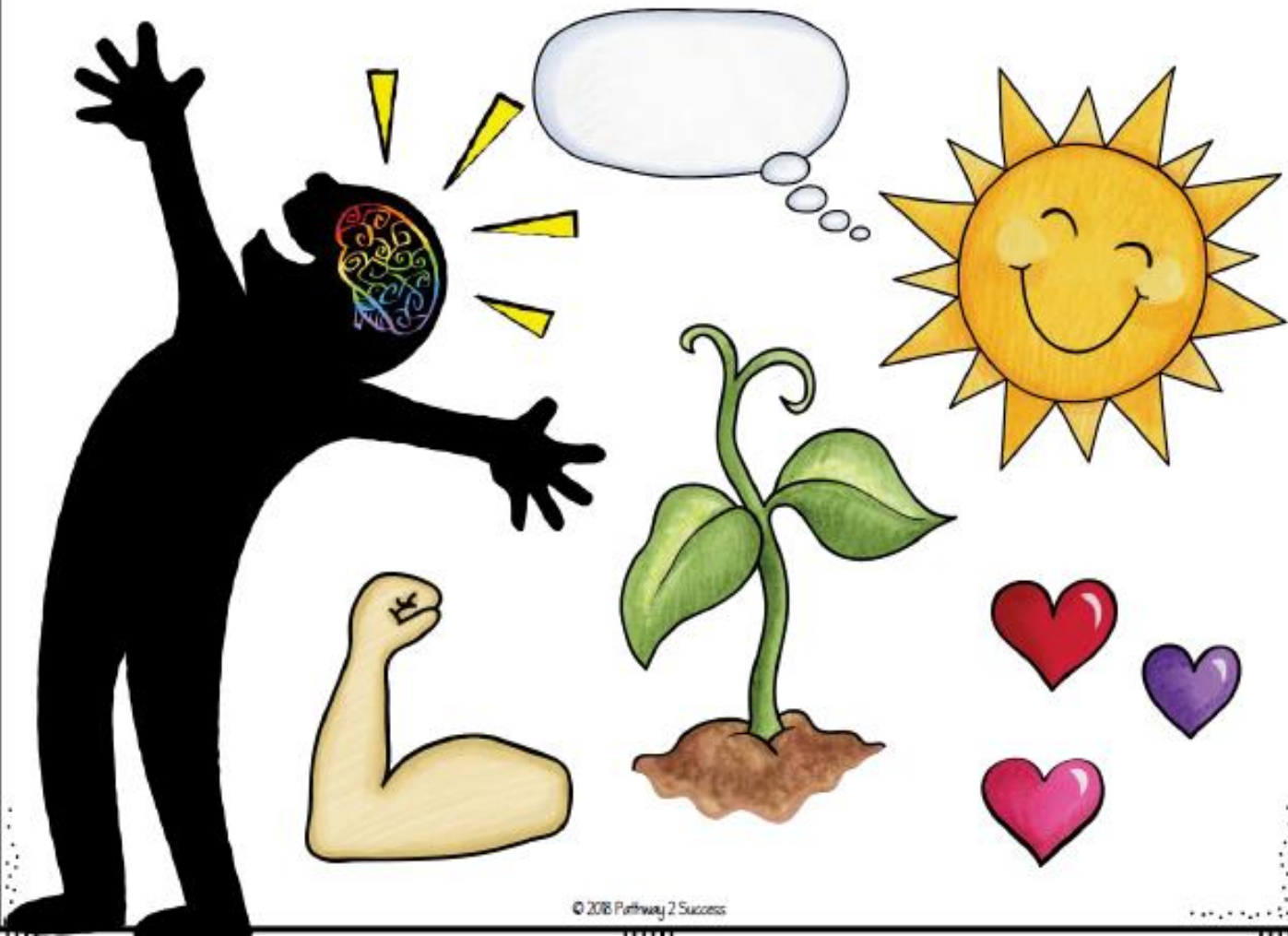


My Social Emotional Learning Journal

Name: _____



Name: _____

Date: _____

Week
#1

Strengths & Challenges

Monday

You are unique and have your own individual strengths! List, draw, or describe at least five of your biggest strengths. Try to think about what you are great at, what you could teach someone else, or what a friend might say about you.



Tuesday

Let's debate: Can someone turn a weakness or challenge into a strength over time? Why or why not?

Wednesday

What academic skills are the biggest challenges for you? What are strategies you use to help you with those challenges?

Name: _____

Date: _____

Week
#1

Strengths & Challenges

Thursday

Read and respond to the quote. What does it mean to you? Do you agree or disagree? Why?

"You are strong when you know your weaknesses. You are beautiful when you appreciate your flaws. You are wise when you learn from mistakes."

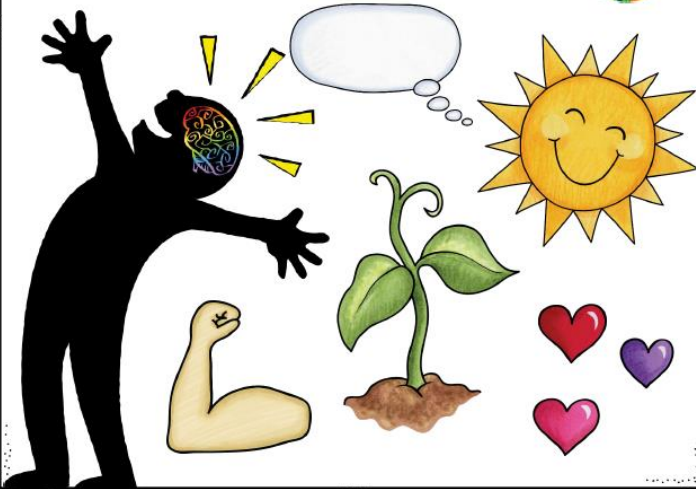
Friday

Our strengths are often great tools to help us achieve our goals and dreams. What are some ways you'd like to use your strengths to achieve your dreams for the future?



Social Emotional Learning Journal

free sample



• Social Emotional Learning Journal •

Educator Guide

This Social Emotional Learning Journal is intended to be a simple but effective way to add social emotional learning skills into your daily curriculum and instruction. Note that this is a small sample of my [Social Emotional Learning Journal](#) that includes 175 unique prompts for the entire year. These can be used with a whole class or a small group.

Which skills are included?

This free sample includes a focus on self-awareness by highlighting individual student strengths and challenges.

How else could these be used?

As an alternative to daily journal prompts, these activities can be sent home for nightly homework.

What prep work is required?

Once copies are made, no prep work is required!

How can I start?

Start by letting students know you are working on improving their social-emotional skills. Explain that these are the skills we use to help us be socially and emotionally healthy in our lives. That includes how we see ourselves, make friends, work to our potentials, manage our emotions, and understand the world around us.

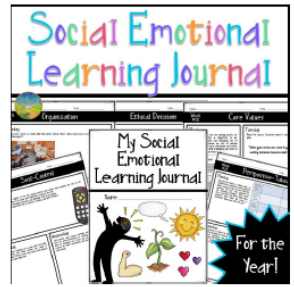
You can read the daily prompt and talk about it first to give some background knowledge. Then, give students time to respond on their own. After finishing, students can share their response with a partner or with the entire class/group. If students have additional thoughts or questions, give appropriate time for discussion related to the social-emotional skills being learned.

It is also helpful to highlight the skills throughout your week to support generalization and learning over time.

Where can I find more?

If you love these journal activities, you can purchase the [full year version of the Social Emotional Learning Journal](#). It focuses on all social emotional learning skills, including

- **Self-Awareness:** strengths & challenges, building confidence, feelings, good character, growth mindset, positive thinking, and hopes for the future
- **Self-Management:** planning, organization, self-control, managing emotions, coping strategies, perseverance, and resilience
- **Social Awareness:** social expectations, social cues, respect, perspective-taking, empathy, kindness & compassion, and celebrating diversity
- **Relationships:** Friendship skills, healthy relationships, effective communication, working with others, compromising, dealing with conflicts, and making up for mistakes
- **Decision-Making:** responsibility, core values, owning your choices, problem-solving, ethical decisions, peer pressure, and healthy habits



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About the Author



Kristina Scully has been a special educator for over 10 years. She has a bachelor's degree in special and elementary education from the University of Hartford, along with a master's degree in special education with a specialization in autism from the University of St. Joseph. She has worked extensively with kids and young adults with behavioral challenges, learning disabilities, autism, ADHD, anxiety, and other needs.

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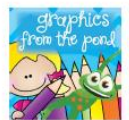
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