



ELEMENTARY SCHOOL
LESSON HANDOUT

Today I Feel

Look over the following words. Are there words you don't know?

Color the box next to the word with the color that you think describes the feeling.

Silly

Confused

Bored

Grumpy

Quiet

Happy

Mean

Jealous

Discouraged

Angry

Sad

Frustrated

Hurt

Excited

Glad

Joyful

Cranky

Scared

Proud

Lonely

Love



LESSON HANDOUT

Character Strength Dictionary

This dictionary contains 24 different character strengths that every person has. Read about each character strength and then finish the sentence.



APPRECIATION OF BEAUTY AND EXCELLENCE

- You see beauty and value in people and the world.
- You notice the beauty in small things.

I appreciate beauty and excellence when



BRAVERY

- When things get hard or scary, you are strong and push through.
- You speak up for what is right.

I was brave when



CONNECTION/PURPOSE

- You think about your own life purpose.
- You think about how everything in life is connected.

I am connected when



CREATIVITY

- You come up with new and unique ways to do things.
- People look to you for solutions.
- You are original.

I am creative when



CURIOSITY

- You love to ask questions and learn about everything.
- Some people call you nosy, but you just love to explore.
- You have interest in many things.

I am curious about

because



FAIRNESS

- You do not let your feelings rule how you judge others.
- You treat people according to how you want to be treated (the Golden Rule).

One time that I was fair was when



LESSON HANDOUT

Character Strength Dictionary (Continued)



FORGIVENESS

- You know all people (even you) make mistakes.
- You give people a second chance.

I once forgave

when they



GRATITUDE

- When good things happen, you notice them and are thankful.
- You make sure to thank others when they are kind.

One thing I am grateful for is



HONESTY

- You speak the truth.
- You are true to yourself and are authentic.
- You respond to the world based on what you truly believe inside.

I like being honest because



HOPE

- You are optimistic.
- You know that problems are temporary and your actions can solve them.
- You see good things in the future.

One thing I am hopeful for in the future is



HUMILITY

- You know when you are good at something but do not brag.
- You are modest.

I try to show humility about



HUMOR

- You like to make people smile and laugh.
- You enjoy funny things.

I show humor when



LESSON HANDOUT

Character Strength Dictionary (Continued)



KINDNESS

- You enjoy helping people.
- You are generous with your time and the things that you have.
- You care about others.

One time I showed kindness was



LEADERSHIP

- You organize group activities.
- You inspire people to do their best.
- You encourage people to get things done.

I show leadership when



LOVE

- You value close relationships.
- You enjoy giving and receiving love.

I have love for the following people in my life:



LOVE OF LEARNING

- You are always looking to learn more.
- Sometimes you look things up and get lost in the research.

I love learning about



OPEN-MINDEDNESS

- You are good at considering all perspectives of a situation before responding.
- You do not jump to conclusions.
- You are able to change your mind when given new information.

I am open-minded when



PERSEVERANCE

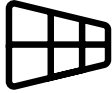
- You rarely give up, especially when things get tough.
- You finish what you start.

A time I persevered was when



LESSON HANDOUT

Character Strength Dictionary (Continued)



PERSPECTIVE

- You appreciate seeing many sides of situations and people.
- You give good advice.
- You can see the big picture.

I have good perspective because



SOCIAL INTELLIGENCE

- You know why people do the things they do.
- You are tuned in to people’s motives, moods and behaviors.

One time I used social intelligence was when



PRUDENCE

- You think about risks before making decisions.
- You are careful.
- You are cautious.

I am prudent when



TEAMWORK

- You can set your own goals and desires aside for the betterment of the group.
- You are loyal.
- You feel responsible for others in your group.

The last time I showed good teamwork was



SELF-REGULATION

- You can control your emotions and impulses.
- You think before you act.

I showed self-regulation when



ZEST

- You are enthusiastic.
- You make people feel energized and excited about life.

I have zest when



HABIT HANDOUT

Attitude of Gratitude

GRATITUDE IS A FEELING OF APPRECIATION OR THANKFULNESS.

What is the secret to happiness? There is no secret. There is only science. And science tells us that creating a habit of gratefulness makes us “more energetic, emotionally intelligent, forgiving, and less likely to be depressed, anxious, or lonely.”³⁰ Science also tells us that if we do not switch up our habit daily, we get bored and stop doing it. Below is a list of 180 gratitudes to do every day of the school year. If you create the attitude of gratitude in your classroom, science says you will have a happier classroom.

DISCUSSION QUESTIONS FOR END OF YEAR

1. What did you value about doing this exercise?
2. What did you learn about yourself while doing this exercise?

DAILY GRATITUDES

1. List 3 things you are grateful for about your parents.
2. List 3 things you are grateful for about your family.
3. List 3 things you are grateful for about friendship.
4. List 3 things you are grateful for about your enemies.
5. List 3 things you are grateful for about your sense of sight.
6. List 3 things you are grateful for about your sense of hearing.
7. List 3 things you are grateful for about your sense of smell.
8. List 3 things you are grateful for about your sense of touch.
9. List 3 things you are grateful for about your sense of taste.
10. List 3 things you are grateful for about your body.
11. List 3 things you are grateful for about your health.
12. List 3 things you are grateful for about your school.
13. List 3 things you are grateful for about your teachers.
14. List 3 things you are grateful for about the earth.
15. List 3 things you are grateful for about time.
16. List 3 things you are grateful for about music.
17. List 3 things you are grateful for about TV.
18. List 3 things you are grateful for about your cell phone.
19. List 3 things you are grateful for about technology.
20. List 3 things you are grateful for about books.
21. List 3 things you are grateful for about nature.
22. List 3 things you are grateful for about rain.
23. List 3 things you are grateful for about the sun.
24. List 3 things you are grateful for about vacation.
25. List 3 things you are grateful for about grocery stores.
26. List 3 things you are grateful for about animals.
27. List 3 things you are grateful for about pets.
28. List 3 things you are grateful for about your bed.
29. List 3 things you are grateful for about your mistakes.
30. List 3 things you are grateful for about your wins.
31. List 3 things you are grateful for about your disappointments.
32. List 3 things you are grateful for about your losses.
33. List 3 things you are grateful for about your tears.
34. List 3 things you are grateful for about your fears.
35. List 3 things you are grateful for about your pain.
36. List 3 things you are grateful for about snow.
37. List 3 things you are grateful for about movies.
38. List 3 things you are grateful for about strangers.
39. List 3 things you are grateful for about laughter.
40. List 3 things you are grateful for about love.
41. List 3 things you are grateful for about life.
42. List 3 things you are grateful for about your house.

³⁰ Shawn Achor, *The Happiness Advantage: How a Positive Brain Fuels Success in Work and Life* (New York: Crown Publishing Group, 2010), 98.



HABIT HANDOUT

Attitude of Gratitude (Continued)

43. List 3 things you are grateful for about mornings.
44. List 3 things you are grateful for about evenings.
45. List 3 things you are grateful for about late nights.
46. List 3 things you are grateful for about the past.
47. List 3 things you are grateful for about the present.
48. List 3 things you are grateful for about the future.
49. List 3 things you are grateful for about your skills.
50. List 3 things you are grateful for about your religion.
51. List 3 things you are grateful for about your values.
52. List 3 things you are grateful for about your knowledge.
53. List 3 things you are grateful for about your hobbies.
54. List 3 things you are grateful for about your accomplishments.
55. List 3 things you are grateful for about your childhood.
56. List 3 things you are grateful for about food.
57. List 3 things you are grateful for about something you recently learned.
58. List 3 things you are grateful for about doctors.
59. List 3 things you are grateful for about museums.
60. List 3 things you are grateful for about cars.
61. List 3 things you are grateful for about beaches.
62. List 3 things you are grateful for about mountains.
63. List 3 things you are grateful for about babies.
64. List 3 things you are grateful for about calculators.
65. List 3 things you are grateful for about candy.
66. List 3 things you are grateful for about vegetables.
67. List 3 things you are grateful for about fruit.
68. List 3 things you are grateful for about food.
69. List 3 things you are grateful for about clouds.
70. List 3 things you are grateful for about trains.
71. List 3 things you are grateful for about airplanes.
72. List 3 things you are grateful for about electricity.
73. List 3 things you are grateful for about language.
74. List 3 things you are grateful for about firefighters.
75. List 3 things you are grateful for about police.
76. List 3 things you are grateful for about google.
77. List 3 things you are grateful for about GPS.
78. List 3 things you are grateful for about history.
79. List 3 things you are grateful for about holidays.
80. List 3 things you are grateful for about clothes.
81. List 3 things you are grateful for about imagination.
82. List 3 things you are grateful for about intelligence.
83. List 3 things you are grateful for about medicine.
84. List 3 things you are grateful for about neighbors.
85. List 3 things you are grateful for about pajamas.
86. List 3 things you are grateful for about peace.
87. List 3 things you are grateful for about plants.
88. List 3 things you are grateful for about recycling.
89. List 3 things you are grateful for about restaurants.
90. List 3 things you are grateful for about roads.
91. List 3 things you are grateful for about seasons.
92. List 3 things you are grateful for about shopping.
93. List 3 things you are grateful for about soap.
94. List 3 things you are grateful for about spell check.
95. List 3 things you are grateful for about stores.
96. List 3 things you are grateful for about texting.
97. List 3 things you are grateful for about toothbrushes.
98. List 3 things you are grateful for about tweezers.
99. List 3 things you are grateful for about water.
100. List 3 things you are grateful for about sports.
101. List 3 things you are grateful for about weather forecasts.
102. List 3 things you are grateful for about Wi-Fi.
103. List 3 things you are grateful for about yesterday.
104. List 3 things you are grateful for about today.
105. List 3 things you are grateful for about tomorrow.
106. List 3 things you are grateful for about magic.
107. List 3 things you are grateful for about board games.
108. List 3 things you are grateful for about playing cards.
109. List 3 things you are grateful for about art.
110. List 3 things you are grateful for about acceptance.
111. List 3 things you are grateful for about organization.



HABIT HANDOUT

Attitude of Gratitude (Continued)

112. List 3 things you are grateful for about generosity.
113. List 3 things you are grateful for about encouragement.
114. List 3 things you are grateful for about accountability.
115. List 3 things you are grateful for about smiles.
116. List 3 things you are grateful for about change.
117. List 3 things you are grateful for about fun.
118. List 3 things you are grateful for about boredom.
119. List 3 things you are grateful for about comfort.
120. List 3 things you are grateful for about hope.
121. List 3 things you are grateful for about patience.
122. List 3 things you are grateful for about honesty.
123. List 3 things you are grateful for about photographs.
124. List 3 things you are grateful for about surprises.
125. List 3 things you are grateful for about dreams.
126. List 3 things you are grateful for about kindness.
127. List 3 things you are grateful for about challenges.
128. List 3 things you are grateful for about sleep.
129. List 3 things you are grateful for about compliments.
130. List 3 things you are grateful for about freedom.
131. List 3 things you are grateful for about writing.
132. List 3 things you are grateful for about listening to others.
133. List 3 things you are grateful for about empathy.
134. List 3 things you are grateful for about feelings.
135. List 3 things you are grateful for about perspectives.
136. List 3 things you are grateful for about creativity.
137. List 3 things you are grateful for about apologies.
138. List 3 things you are grateful for about forgiveness.
139. List 3 things you are grateful for about weekends.
140. List 3 things you are grateful for about Mondays.
141. List 3 things you are grateful for about Fridays.
142. List 3 things you are grateful for about respect.
143. List 3 things you are grateful for about memories.
144. List 3 things you are grateful for about excitement.
145. List 3 things you are grateful for about nervousness.
146. List 3 things you are grateful for about conflict.
147. List 3 things you are grateful for about thoughts.
148. List 3 things you are grateful for about compassion.
149. List 3 things you are grateful for about opinions.
150. List 3 things you are grateful for about electricity.
151. List 3 things you are grateful for about questions.
152. List 3 things you are grateful for about strength.
153. List 3 things you are grateful for about weakness.
154. List 3 things you are grateful for about receiving gifts.
155. List 3 things you are grateful for about giving gifts.
156. List 3 things you are grateful for about breathing.
157. List 3 things you are grateful for about rules.
158. List 3 things you are grateful for about breaking rules.
159. List 3 things you are grateful for about chores.
160. List 3 things you are grateful for about promises.
161. List 3 things you are grateful for about email.
162. List 3 things you are grateful for about running.
163. List 3 things you are grateful for about tools.
164. List 3 things you are grateful for about fire.
165. List 3 things you are grateful for about bicycles.
166. List 3 things you are grateful for about carnivals.
167. List 3 things you are grateful for about space.
168. List 3 things you are grateful for about your bedroom.
169. List 3 things you are grateful for about your grandparents.
170. List 3 things you are grateful for about optimism.
171. List 3 things you are grateful for about pessimism.
172. List 3 things you are grateful for being good at.
173. List 3 things you are grateful for about money.
174. List 3 things you are grateful for about your town.
175. List 3 things you are grateful for about government.
176. List 3 things you are grateful for about clocks.
177. List 3 things you are grateful for about remote controls.
178. List 3 things you are grateful for about clean laundry.
179. List 3 things you are grateful for about traffic.
180. List 3 things you are grateful for about gratitude!

**LESSON HANDOUT****Fixed to Growth**

Change each fixed mindset sentence to a growth mindset sentence.

FIXED MINDSET

I cannot do multiplication.

GROWTH MINDSET

If I practice math, I will get better!

I cannot do it.

That is just who I am. I will never be able to draw.

This project is too hard.

I will never figure out this problem.

I am so frustrated.

I do not want to play lacrosse. I have never done it.

I quit. I keep making mistakes.

The teacher gave me a lot of corrections on my paper.
I am embarrassed.

Make up your own sentences:



HABIT HANDOUT

Regulating My Feelings Mini-Book Templates

Regulating My Feelings Mini-Book

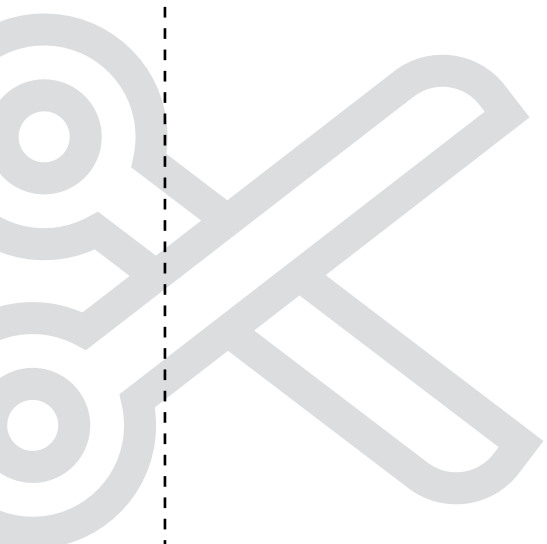
These are the ways I can calm myself down.

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Today, I calmed myself down by ...

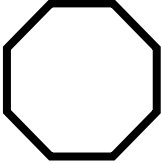



Illustration:

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Be Your Own Boss

STOP	THINK	DECIDE	CHOOSE
			
Stop what you are doing.	Think about what you are going to say or do.	Decide if it will make the situation better or worse.	Choose the behavior that makes the situation better.

BE YOUR OWN BOSS SCENARIOS

- You are in an argument with your sister, and she hits you.
- The person sitting next to you in class keeps tapping their pen on the table.
- You want to have ice cream after dinner, but your parent is not letting you.
- You are going to music class, and you want to run in the hallway.
- Your teacher is in the middle of a math lesson, and you want to ask a question that is not about math.
- You are playing a game with a friend, who is taking a long time during their turn and you have to wait.
- Create your own scenario.



HABIT HANDOUT

What? Why? How?

Mistakes happen. We do not always handle problems the right way. Take a moment to answer the following questions:

WHAT went wrong?

WHY did it go wrong?

HOW can I fix it next time?





LESSON HANDOUT

Inner Grump vs. Inner Optimist

SITUATION

The Inner Grump Says...

The Inner Optimist Says...

I know the problem is only temporary, so this is the action I will take to make the situation better.

When you arrive at school, it is raining and you do not have a raincoat. You run through the rain to enter the school.

Now I am all wet, and I am going to be uncomfortable all day.

I am going to go to the bathroom and use the hand dryer to dry my socks.

You really want steak for dinner, but your dad makes hot dogs instead.

You get in a fight with your friend at school because he takes your fruit snacks and eats them all.

You have a big test in the morning, and your grandmother makes you go to bed early.

Your father tells you he will pick you up immediately after school, but he arrives an hour late.

Your soccer team does not win the championship.

You are bored, and you have no more screen time left.



HABIT HANDOUT

I am an Optimist

Use this handout when you want to help yourself be an optimist.

Write a brief description of the adversity (problem or difficulty).

What do you feel about the problem?

Remembering that the problem is only temporary, how can you change your feelings about the situation, or what actions can you take to make the situation better, even if it is only a little better?



**LESSON HANDOUT****Great Goal**

Directions: Write your goal at the top of the paper. Answer the questions below.

GOAL:

1. Why is this goal important?

2. What are three to five small steps you will need to do in order to achieve your goal?

3. What are some obstacles (or problems) you might see?

4. What will you do to overcome these obstacles?

5. Who will you ask for help to achieve your goal?



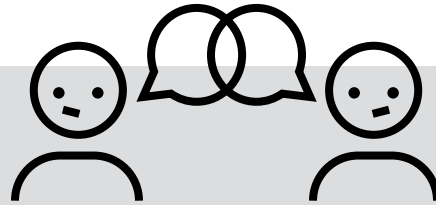
LESSON HANDOUT

Respect for Me

Directions: Interview your partner using the questions below. Write your partner's responses in the space below the question.

Your Name: _____

Your Partner's Name: _____



- ① What is something you are really good at?
- ② How are you a good friend to others?
- ③ What are some things you do in your home to help your family?
- ④ What is your favorite thing about having siblings (or about being an only child)?
- ⑤ If you could have any pet, which pet would you have and why?
- ⑥ What is your favorite thing to do on the weekends and why?
- ⑦ What do you like best about yourself and why?
- ⑧ What is something that is hard for you that you have tried?
- ⑨ Who do you respect and why?



LESSON HANDOUT

Social Cue Clue Cards

NOTE: For younger students, you may want to create a chart listing these social cues for the students to use as a reference while playing the game.

YOU ARE ANNOYED.

YOU WANT TO BE LEFT ALONE.

YOU ARE EXCITED.

YOU ARE HAPPY TO SEE SOMEONE.

**YOU ARE NERVOUS TO
SEE SOMEONE.**

YOU FEEL PROUD.

YOU ARE EMBARRASSED.

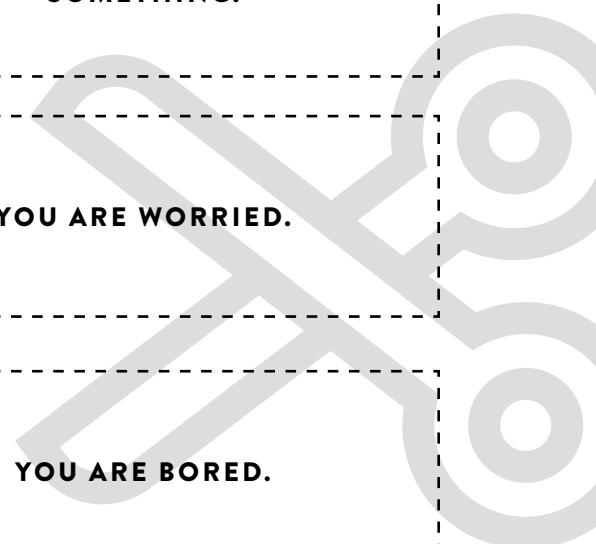
**YOU DO NOT UNDERSTAND
SOMETHING.**

**YOU ARE INTERESTED IN WHAT
SOMEONE IS SAYING.**

YOU ARE WORRIED.

YOU ARE SAD.

YOU ARE BORED.





LESSON HANDOUT

Priya's Story

Priya is new to school. Her mother knows she loves samosas and packed some for her lunch today. When Priya arrives at the lunchroom, she sees that all the other students are eating peanut butter and jelly sandwiches. Priya knows that her lunch will attract attention because no one else in the lunchroom is eating samosas. They smell and look different.

PRIYA CHOOSES TO BE VULNERABLE, AND SHE EATS HER SAMOSAS.

Directions: Answer the questions below.

- 1 What problems could Priya face by eating her unpopular lunch in front of the other students?

- 2 What positive things could happen to Priya because she took a risk and ate her lunch in front of everyone?



LESSON HANDOUT

Madelyn’s Story

Madelyn is really smart, but she never raises her hand to answer a question or to participate. She is always worried that she might look like a know-it-all. Today, Madelyn is really interested in the science lesson.

MADELYN CHOOSES TO BE VULNERABLE AND RAISES HER HAND TO ANSWER A QUESTION IN SCIENCE CLASS.

Directions: Answer the questions below.

1 What problems could Madelyn face by raising her hand?

2 What positive things could happen for Madelyn because she took the risk of raising her hand?

**LESSON HANDOUT****Soner's Story**

Soner has a hard time leaving his family to come to school. He often feels worried that something bad is going to happen. Because he feels worried, it is hard for him to concentrate in class. One day, a classmate sees he is worried. The classmate asks if he is okay.

SONER CHOOSES TO BE VULNERABLE AND TELLS HIS CLASSMATE THAT HE IS NOT OKAY AND THAT HE OFTEN COMES TO SCHOOL FEELING WORRIED.

Directions: Answer the questions below.

- 1** What problems could Soner face because he told his classmate he is worried about his family?

- 2** What positive things could happen for Soner because he took the risk to share his worries about his family?



LESSON HANDOUT

Jeremiah's Story

Jeremiah loves basketball. He often worries that he is not good enough to play but has decided that he needs to practice to get better at the sport. He does not know the kids who play basketball at recess, but he really wants to start playing with them.

JEREMIAH CHOOSES TO BE VULNERABLE AND ASKS TO PLAY BASKETBALL AT RECESS.

Directions: Answer the questions below.

- 1 What problems could Jeremiah face when he asks kids he does not know if he can join their game?

- 2 What positive things could happen for Jeremiah because he took the risk of asking to join the game?



LESSON HANDOUT

Krystal's Story

Krystal lives with her grandfather. A classmate named Ciara asks Krystal if her mother can call Ciara's mother so they can play together outside of school. Krystal is worried about telling Ciara that she does not live with her parents.

KRYSTAL CHOOSES TO BE VULNERABLE AND TELLS CIARA THE TRUTH ABOUT WHO SHE LIVES WITH.

Directions: Answer the questions below.

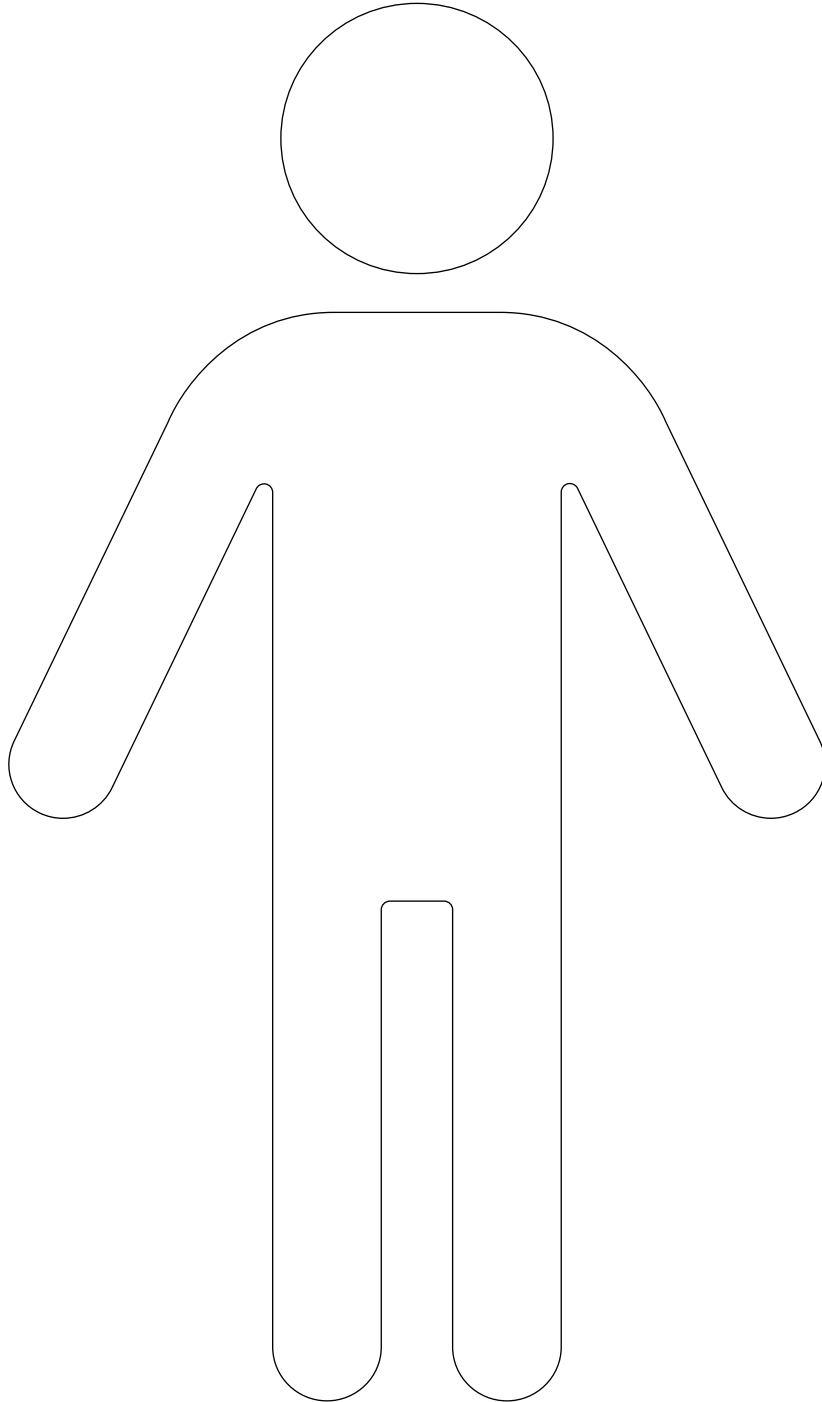
1 What problems could Krystal face because she tells Ciara the truth about who she lives with?

2 What positive things could happen to Krystal and Ciara's relationship because Krystal told the truth?



LESSON HANDOUT

This Is Me on the Outside

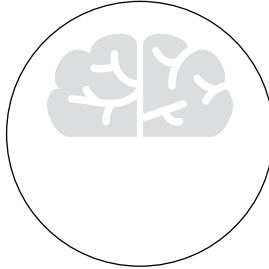




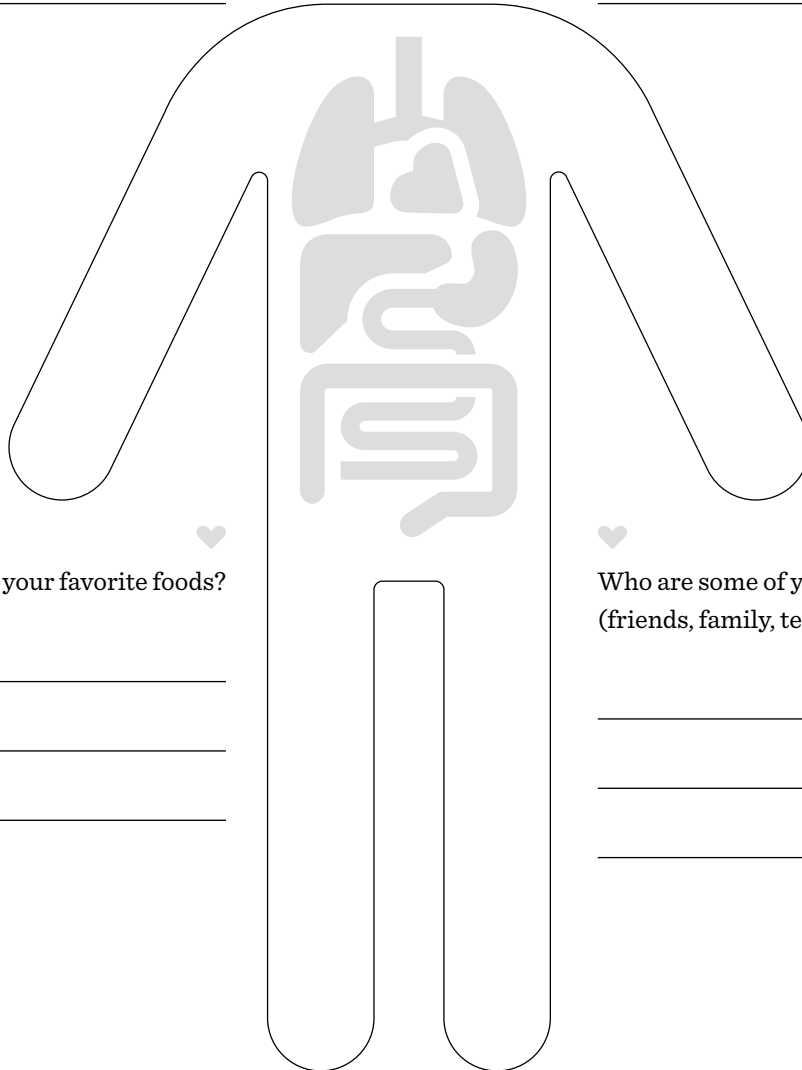
LESSON HANDOUT

This Is Me on the Inside

♥ What are some of your favorite things to do?



♥ What are some things you do *not* like to do?



♥ What are your favorite foods?

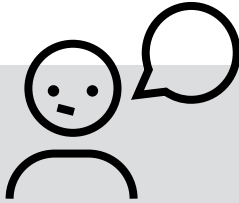
♥ Who are some of your favorite people (friends, family, teachers, etc.)?

♥ What is your favorite thing about your personality?



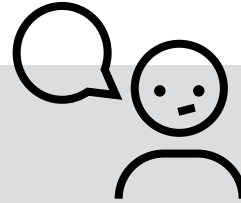
LESSON HANDOUT

One-to-One Strategy



THE INITIATOR

The person who starts the conversation to solve the conflict.



THE RESPONDER

The person who agrees that a conversation needs to happen to solve the conflict.

Below are instructions on how to have a positive conversation to solve a conflict between two people.

→ INITIATOR GOES FIRST

→ RESPONDER LISTENS

1 Can we talk?

2 I am upset because _____

3 I feel _____

because _____

4 I would like _____

→ RESPONDER GOES SECOND

→ INITIATOR LISTENS

1 I am upset because _____

2 I feel _____

because _____

4 I would like _____



WORK IT OUT

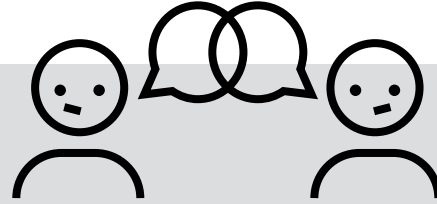
How can you both get what you want?



LESSON HANDOUT

One-to-One Practice Scenarios

Directions: As partners, read the following scenarios and practice solving the conflicts using the One-to-One Strategy. Using the four steps, take turns being the initiator (person 1) and the responder (person 2).

**1**

Someone took a pencil off your desk without asking. You have to solve this without telling a teacher. You decide to try the One-to-One Strategy.

2

Someone hit you with a ball on the playground at recess. There is no teacher or aide in sight, and you have to solve the problem yourself. You decide to try the One-to-One Strategy.

3

You see some people playing kickball after school. You go over to ask if you can play. They tell you that they already have enough players, but you see they need more. You feel angry that they are excluding you. You decide to try the One-to-One Strategy with a person you know who is playing.

4

Your friend keeps telling you what to do in art class. You already know what to do, and she is bothering you. Use the One-to-One Strategy to avoid getting into an argument.



LESSON HANDOUT

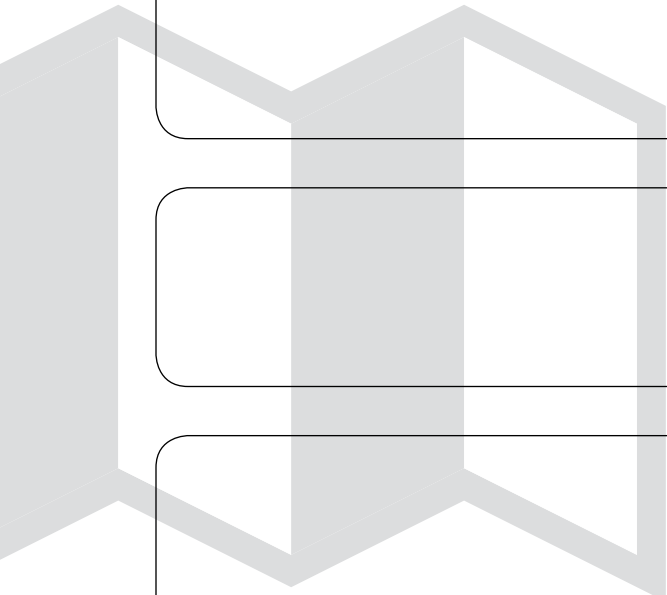
My Resource Map



WHAT I NEED HELP WITH



WHO I CAN ASK TO HELP ME



LESSON HANDOUT



Problem-Solving!



DESCRIBE YOUR PROBLEM HERE?

Three horizontal lines for writing the problem description.

HOW DO YOU FEEL?

One horizontal line for writing how you feel.

1 COULD-DO...

Three horizontal lines for writing the first 'could-do' option.

2 COULD-DO...

Three horizontal lines for writing the second 'could-do' option.

Upside box: rounded rectangle with an upward-pointing arrow and the word 'UPSIDE' in the center.

Upside box: rounded rectangle with an upward-pointing arrow and the word 'UPSIDE' in the center.

Downside box: rounded rectangle with a downward-pointing arrow and the word 'DOWNSIDE' in the center.

Downside box: rounded rectangle with a downward-pointing arrow and the word 'DOWNSIDE' in the center.

PROBLEM SOLVED! After considering the upsides and downsides of your "could-dos," use this space to explain the best path to solve your problem.

Two horizontal lines for explaining the best path to solve the problem.



ELEMENTARY
SCHOOL

LESSON HANDOUT

Positive Intent/ Negative Impact

Directions: Read the scenario as a group. Fill in the columns.

SCENARIO	What is the intent?	What can you do to take responsibility for the negative impact after it happens?	What can you do to prevent the negative impact in the first place?
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1 You are excited about a playdate with your friend. You start talking about it in front of some other friends who were not invited. They get quiet and look down.

_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

2 You are playing foursquare at recess and hit someone in the face with a ball. You win and are excited. The person you hit has a big red mark on their cheek.

_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

3 Your friend talks about being embarrassed when he tripped and fell in the hallway. You laugh but notice he is not laughing with you.

_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

4 You are working on a project with a group. You know the topic very well and you are telling everyone what to do. You notice people looking at each other and rolling their eyes.

_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____