



# Self-Awareness

secondSTEP

## ABOUT COMMITTEE FOR CHILDREN

SEL Academic Integration Activities are designed for K–8 classroom teachers. These simple activities integrate self-regulation and social-emotional concepts and skill practice into academic areas (literacy, math, science, social studies, fine art, music, and physical education). The activities are adapted from Second Step: Skills for Social and Academic Success.

# Literacy, Feelings Journal

By: Second Step



## Literacy

### Feelings Journal

Have students keep a daily feelings journal for one week. Give students a writing prompt each day.

**Day 1:** Describe one or more situations when your feelings could get out of control. What is the feeling you might experience in that situation? What word or words could you use as a signal to help stop your escalating feelings?

**Day 2:** In the situation you described on Day 1, let's say you decided to use slow, deep, centered breathing to help you calm down. Describe in full sentences what you do when you use this technique.

**Day 3:** In the situation you described on Day 1, what are three positive things you could say to yourself that would help you calm down?

**Day 4:** Describe in full sentences two other things in addition to slow, deep, breathing and positive self-talk that you could do to help yourself calm down.

**Day 5:** Reflect on your week.

**Excerpted from:** Academic Integration Activities in the *Second Step* Grade 5 Emotion Management Unit

**Unit goal:** To develop students' ability to manage their own strong feelings before feelings escalating result in negative consequences

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Early Learning–Grade 8

The research-based *Second Step* program teaches students social-emotional skills that help prevent problem behaviors; build safe, supportive schools; and empower success.