

RESOURCE BUNDLE

Winter SEL

Kindergarten - 4th Grade



Community Helper SNOWMEN

Firefighter Basketball Player Mail Carrier

Chef Singer Lifeguard

Builder Farmer Ballet Dancer

Painter Astronaut

Detective

I want to be a **BALLET DANCER**.
Ballet dancers are graceful. I want to dance like the

I want to be an **ASTRONAUT**.
Astronauts get to explore space in a rocket ship. I want to fly to the moon!



Name: _____

SNOWMAN APOLOGY
Write an apology using the 3 steps

James threw food on Juanita at lunch.

STEP 1: Say what you did wrong.
"I'm sorry that I..."

STEP 2: Share why your choice was hurtful.
"I see that I..."

STEP 3: Share what you'll do differently next time.
"Next time I'll..."

Just like it takes snow to make a snowman, it takes...

THIS BUNDLE INCLUDES

9 Resources

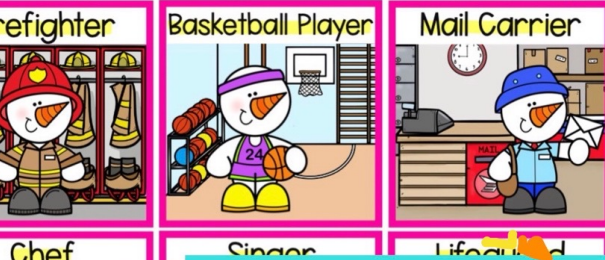
- Snowman Community Helpers Lesson
- Snowman Apologies Lesson
- Snowman Feelings & Coping Skills Lesson
- Snowman Feelings Game
- Gingerbread Feelings & Coping Skills Lesson
- New Years Resolutions & Goal-Setting
- "Extra Yarn" Companion Lesson
- Winter & Christmas-Themed Kindness Notes
- Christmas Feelings Game

**classroom, group,
& individuals**

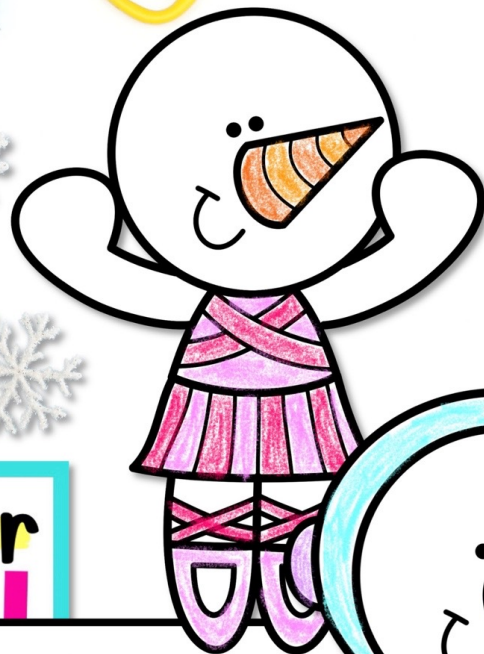
SNOWMAN CAREERS



Community Helper SNOWMEN



Community Helper SNOWMEN



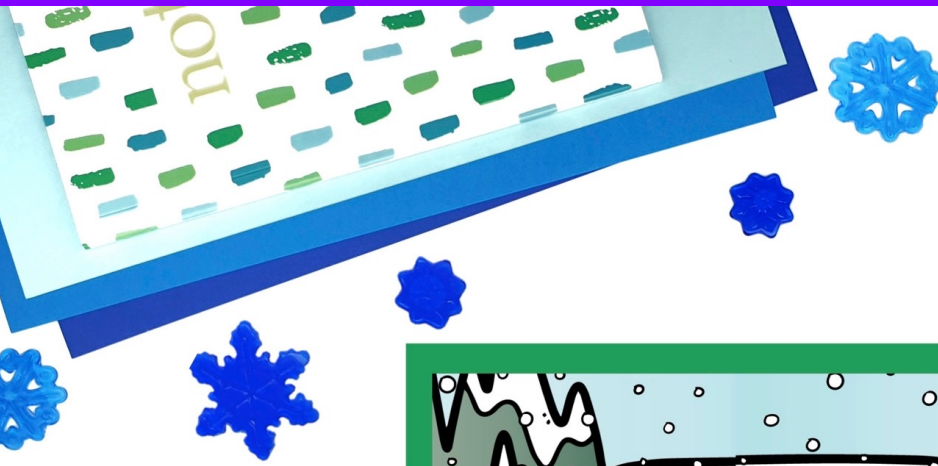
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SNOWMAN APOLOGY



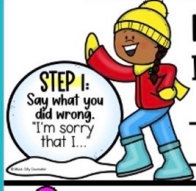
Name: _____
SNOWMAN APOLOGY

Write an apology using the 3 steps below.

Katie ignored Ja'Kya when she was talking to her.



1) Share what you did wrong.
I'm sorry that I...



2) Share why your choice was hurtful.
I see that I...



3) Say what you'll do differently next time.
Next time I will...



Name: _____
SNOWMAN APOLOGY

Write an apology using the 3 steps

James threw food when Juanita at lunch.



STEP 1:

STEP 3:
Share what you'll do differently next time.
"Next time I'll..."

STEP 2:
Share why your choice was hurtful.
"I see that I..."

STEP 1:
Say what you did wrong.
"I'm sorry that I..."

STEP 1:
Say what you did wrong.
"I'm sorry that I..."

STEP 2:
Share why your choice was hurtful.
"I see that I..."

STEP 3:
Share what you'll do differently next time.
"Next time I'll..."

STEP 1:
Say what you did wrong.
"I'm sorry that I..."



STEP 3:
Share what you'll do differently next time.
"Next time I'll..."

STEP 2:
Share why your choice was hurtful.
"I see that I..."

STEP 1:
Say what you did wrong.
"I'm sorry that I..."

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Just like it takes 3 snowballs to build a snowman, it takes 3 steps to apologize.

SNOWMAN APOLOGY

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SNOWMAN APOLOGY

STEP 3:
"Next time I'll..."



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STEP 2:
"I see that I made you feel..."



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STEP 1:
"I'm sorry that I..."



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You can't take a turn!



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STEP 3:
Share what you'll do differently next time.
"Next time I'll..."

STEP 2:
Share why your choice was hurtful.
"I see that I..."

STEP 1:
Say what you did wrong.
"I'm sorry that I..."



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SNOWMAN APOLOGY



SNOWMAN FEELINGS & COPING SKILLS LESSON



HOW DO YOU FEEL TODAY?
Build a snowman that shows how you feel today.

MUSIC CITY COUNSELOR



Name: Hailey

I feel **SCARED** when...
I go too fast down the sledding hill. I lose control.

When I feel **SCARED**, I can...
Take deep breaths, ask for a hug, or take a break.

MUSIC CITY COUNSELOR

SNOWMAN FEELINGS GAME








GINGERBREAD FEELINGS & COPING SKILLS LESSON



My Favorite COPING SKILLS

Which are your favorite strategies? Which ones would you like to try?

<p>Take deep breaths.</p> 	<p>Spread kindness and joy.</p> 	<p>Talk it out.</p> 	<p>Think happy thoughts</p> 
<p>Count to 10.</p> 	<p>Ask for a hug.</p> 	<p>Relax in a safe spot.</p> 	<p>Take a walk.</p> 


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Name: _____

I feel **HAPPY** when...

When I feel **HAPPY**, I can...



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My Gingerbread FEELINGS

 <p>Happy</p>	 <p>Sad</p>	 <p>Angry</p>	 <p>Excited</p>
 <p>Scared</p>	 <p>Nervous</p>	 <p>Proud</p>	 <p>Surprised</p>

© Miss City Counselor

NEW YEARS GOALS



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Name Charlotte

New Year, Better ME!

I feel hopeful for a new year.

I hope that I'll achieve my goals.

I dream of being the star on the team.

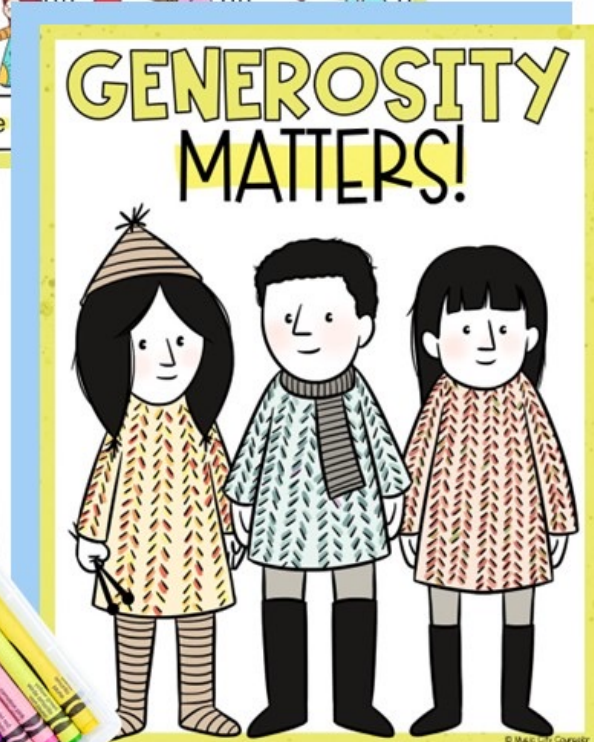
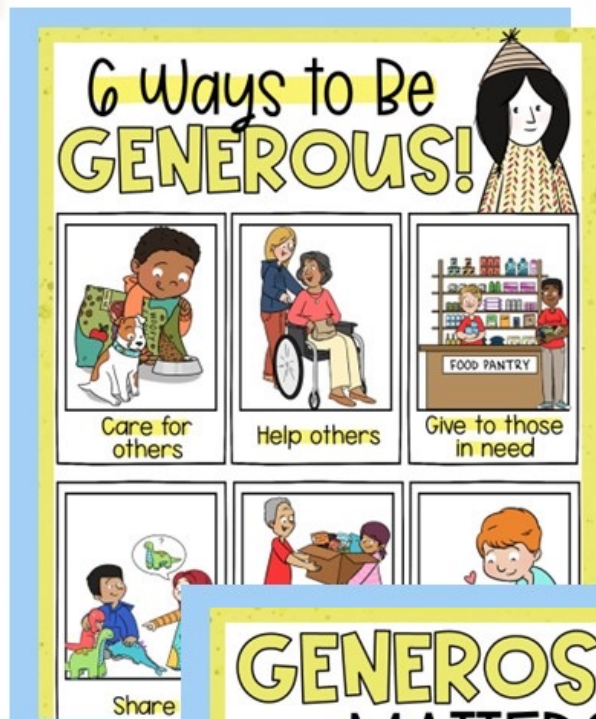
I wish I could spend time with my dad.

I can try my best in school.

I will be the best "me" I can be!

"EXTRA YARN"

Companion Lesson



WINTER KINDNESS NOTES



Let's make
MERRY MESSAGES
to spread holiday cheer.
And show
**GRATITUDE
& KINDNESS**
to our peers!

A snowman wearing a blue hat and scarf is on the left. A gnomelike character with a blue hat and a snowflake on its chest is on the right. The text is in a playful, bubbly font.

MERRY MESSAGE
To: Everett
From: Finn
Thanks for inviting me to
your birthday party.
I had a blast!

A snowman wearing a blue hat and scarf is on the left. A gnomelike character with a blue hat and a snowflake on its chest is on the right. The text is in a playful, bubbly font.

MERRY MESSAGE
To: Tommy
From: Juan Carlos
Thanks for sitting with me on
the bus on my first day of
school. You're such a great
friend!

A snowman wearing a blue hat and scarf is on the left. A gnomelike character with a blue hat and a snowflake on its chest is on the right. The text is in a playful, bubbly font.

MERRY MESSAGE
To: Candace
From: Tameka
You are so funny. You
make everyone
laugh!

A snowman wearing a blue hat and scarf is on the left. A gnomelike character with a blue hat and a snowflake on its chest is on the right. The text is in a playful, bubbly font.

CHRISTMAS KINDNESS NOTES



Let's make
MERRY MESSAGES
to spread holiday cheer.
And show
GRATITUDE & KINDNESS
to our peers!

MERRY MESSAGE
To: Tommy
From: Juan Carlos
Thanks for sitting
on the bus on
first day
Wh

MERRY MESSAGE
To: Candace
From: Tameka
You are so funny. You
make everyone

HAPPY HOLIDAYS!



MERRY MESSAGE
To: De'Shawn
From: Maria
You have the prettiest smile. Your kindness
makes me so happy. Keep being you!
Shine bright!

HAPPY HOLIDAYS!

CHRISTMAS FEELINGS GAME

