

# SEL Worksheet

**Note:** You will need three copies of this worksheet.

1. For the class or classes you teach, identify three different SEL competencies and the focus skills you think are important to address with your students.
2. For each, unpack what that focus skill should look like, sound like, and feel like for your students and what it shouldn't look like, sound like, and feel like.
3. Determine how you might use this exercise with your students.

SEL competency: \_\_\_\_\_

Grade level or subject: \_\_\_\_\_

**Focus skill:** \_\_\_\_\_

| What It Looks Like               | What It Sounds Like               | What It Feels Like               |
|----------------------------------|-----------------------------------|----------------------------------|
|                                  |                                   |                                  |
|                                  |                                   |                                  |
|                                  |                                   |                                  |
|                                  |                                   |                                  |
|                                  |                                   |                                  |
| What It <i>Doesn't</i> Look Like | What It <i>Doesn't</i> Sound Like | What It <i>Doesn't</i> Feel Like |
|                                  |                                   |                                  |
|                                  |                                   |                                  |
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