



Emotions

Kindergarten Social & Emotional Learning Worksheets

Read each description and color each face.



This face is **ANGRY**.
Color it **RED**.



This face is **EXCITED**.
Color it **YELLOW**.



This face is **HAPPY**.
Color it **ORANGE**.



This face is **SAD**.
Color it **BLUE**.



Emotions

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This face is **ANGRY**.
Color it **RED**.



This face is **EXCITED**.
Color it **YELLOW**.



This face is **HAPPY**.
Color it **ORANGE**.











This face is **SAD**.
Color it **BLUE**.



Emotions

Kindergarten Social & Emotional Learning Worksheets

Circle the face with the correct feeling.









Sad		
Happy		
Scared		
Angry		



Emotions

Kindergarten Social & Emotional Learning Worksheets

Circle the face with the correct feeling.

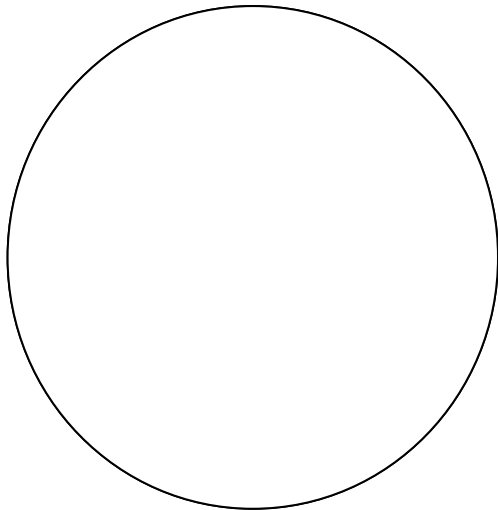
Sad		
Happy		
Scared		
Angry		



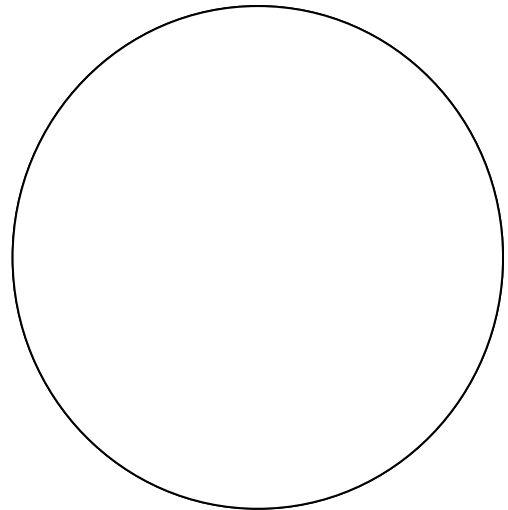
Emotions

Kindergarten Social & Emotional Learning Worksheets

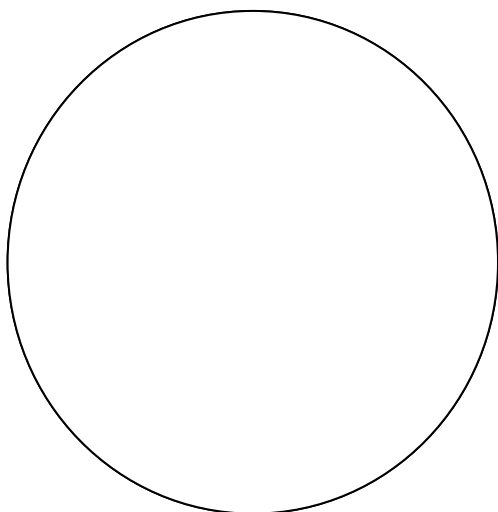
Draw a face for each emotion.



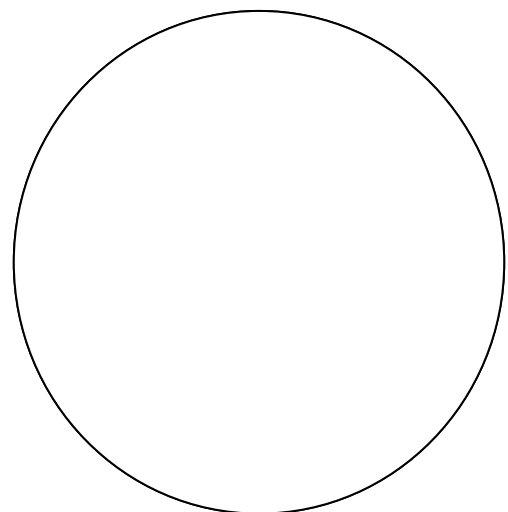
Happy



Sad



Angry



Scared



Emotions

Kindergarten Social & Emotional Learning Worksheets

Draw a face for each emotion.



Happy



Sad



Angry



Scared



Emotions

Kindergarten Social & Emotional Learning Worksheets

Match the boy's emotions.



Happy



Sad



Angry



Scared



Emotions

Kindergarten Social & Emotional Learning Worksheets

Match the boy's emotions.



Happy

Sad

Angry

Scared



Emotions

Kindergarten Social & Emotional Learning Worksheets

Choose the correct word for each picture.



Sad

Surprised



Happy

Sad



Tired

Angry



Scared





Sleepy



Emotions

Kindergarten Social & Emotional Learning Worksheets

Choose the correct word for each picture.

 <input type="radio"/> Sad <input checked="" type="radio"/> Surprised	 <input type="radio"/> Happy <input checked="" type="radio"/> Sad
 <input checked="" type="radio"/> Tired <input type="radio"/> Angry	 <input checked="" type="radio"/> Scared <input type="radio"/> Sleepy









Identify feelings

Kindergarten Social & Emotional Learning Worksheets

Color the emotion that matches how you feel.
Complete each sentence.

I feel _____

 happy	 nervous	 sad
 mad	 bored	 tired

I feel this way because _____



All about me!

Kindergarten Social & Emotional Learning Worksheets

Tell us all about yourself!



Draw a picture of yourself.

My name is _____
.....
_____ .

I am _____
..... years old.

I am in _____
.....
_____ .


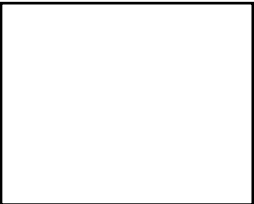

I am _____
.....
_____ !






Identify likes and dislikes

Kindergarten Social & Emotional Learning Worksheets

Draw and write three things you like and three things you dislike.

	I like _____ _____ _____
	I like _____ _____ _____
	I like _____ _____ _____



	I dislike _____ _____ _____
	I dislike _____ _____ _____
	I dislike _____ _____ _____



Self-control strategies

Kindergarten Social & Emotional Learning Worksheets

Sort into the correct category.

Self Control 	Not Self Control 



taking space	squeezing a stress ball	breaking items	stomping away
yelling	hitting	talking it out	taking breaths



Effects of actions

Kindergarten Social & Emotional Learning Worksheets

Draw a line to match the action to its effect.

Yelling at your friend

Makes people feel cared for

Asking someone if they're okay

Students can learn

Not cleaning up your activity

Everyone has fun playing

Being quiet during a lesson

People can find items easily

Following the rules in a game

Makes your friend sad

Putting things back in their place

Hurts the body and feelings

Pinching

Someone else has to clean your mess





Effects of actions

Kindergarten Social & Emotional Learning Worksheets

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Respecting others

Kindergarten Social & Emotional Learning Worksheets

Sort into the correct category.

Respectful 	Disrespectful 



telling the truth	listening to others	hitting	laughing at others	laughing with others
bullying	interrupting	lying	apologizing	following directions



Feelings in others

Kindergarten Social & Emotional Learning Worksheets

Read the sentence. Write how the person may be feeling.

1. Zahid keeps getting interrupted while telling a story.

Zahid may be feeling_____.

2. Jared's dad has not come to pick him up from school.

Jared may be feeling_____.

3. Sofia saved enough money to buy a new toy.

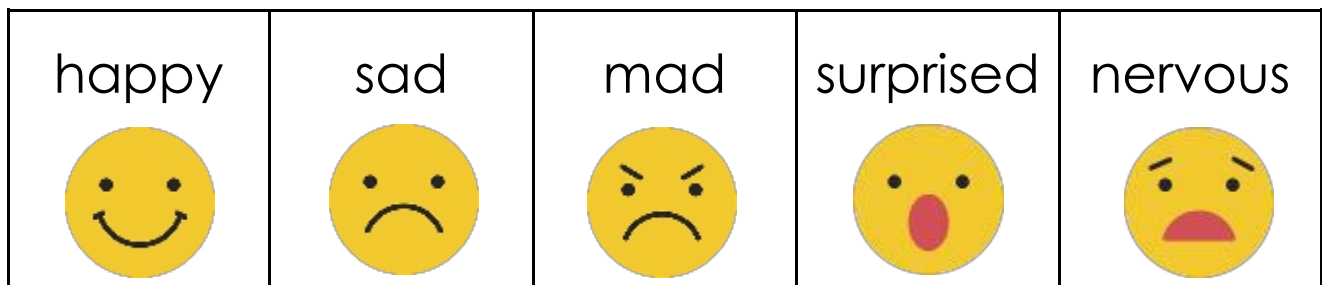
Sofia may be feeling_____.

4. Nakala's mom gave her a puppy for her birthday.

Nakala may be feeling_____.

5. Reagan's best friend is moving away.

Reagan may be feeling_____.





Good manners

Kindergarten Social & Emotional Learning Worksheets

Match the pictures to the sentences. Trace the sentences.



Always greet people with a handshake.



Always introduce yourself to new people.



Always say goodbye when you leave.



Always answer when others ask you questions.



Good manners

Kindergarten Social & Emotional Learning Worksheets

Match the pictures to the sentences. Trace the sentences.



Always greet people with a handshake.

Always introduce yourself to new people.

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Good manners at school

Kindergarten Social & Emotional Learning Worksheets

Match the pictures to the sentences. Trace the sentences.



Always help others.



Always say sorry
when you are wrong.



Always be kind to
others.



Always say please and
thank you.



Good manners at school

Kindergarten Social & Emotional Learning Worksheets

Match the pictures to the sentences. Trace the sentences.



Always help others.

Always say sorry
when you are wrong.

Always be kind to
others.

Always say please and
thank you.



Good manners at home

Kindergarten Social & Emotional Learning Worksheets

Match the pictures to the sentences. Trace the sentences.



Always chew your food with your mouth closed.



Always ask permission before you leave the table.



Always throw your trash in the trash can.



Always help to clean and tidy up.



Good manners at home

Kindergarten Social & Emotional Learning Worksheets

Match the pictures to the sentences. Trace the sentences.



Always chew your
food with your mouth
closed.

Always ask permission
before you leave the
table.

Always throw your
trash in the trash
can.

Always help to clean
and tidy up.



Good manners

Kindergarten Social & Emotional Learning Worksheets

Fill in the missing word.

Don't point your _____ at people.

Color the picture.





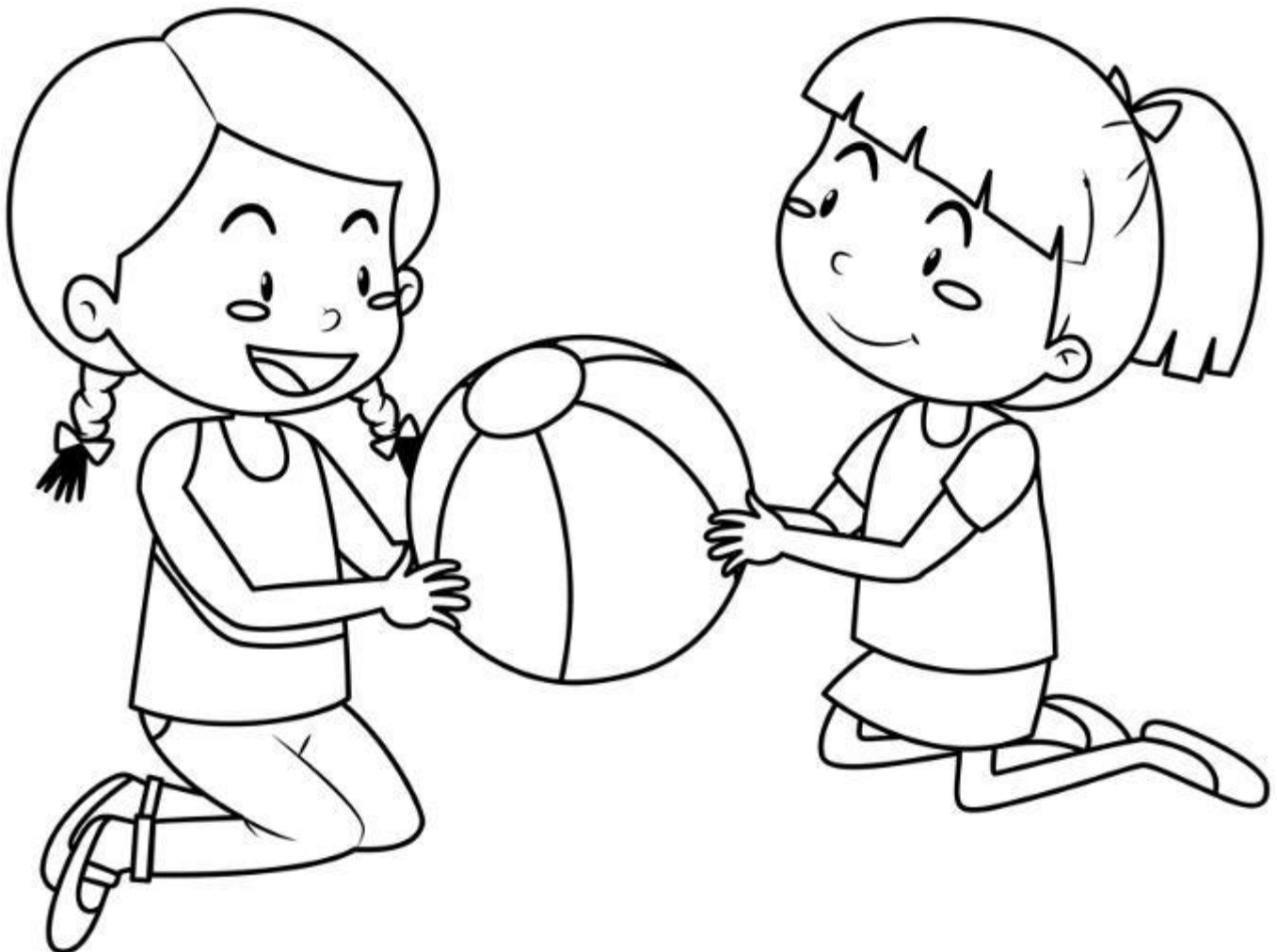
Good manners

Kindergarten Social & Emotional Learning Worksheets

Fill in the missing word.

Always be a good _____.

Color the picture.





Good manners

Kindergarten Social & Emotional Learning Worksheets

Fill in the missing word.

Always return things you have _____
from others.

Color the picture.





Friendship skills

Kindergarten Social & Emotional Learning Worksheets

Read the story and answer the question.



Gianna and Manuel are building a tower with blocks. Gianna wants to add a bridge and Manuel wants to add another room, but they don't have enough blocks to do both. Manuel begins to cry, and Gianna is getting mad. Gianna pushes the blocks, and they all fall over. Mr. Martinez makes them clean up the blocks.



Questions

1. What was the problem in the story?
 - a. Gianna and Manuel don't have enough blocks.
 - b. Gianna and Manuel are reading a scary story.
 - c. Gianna pushed Manuel.

2. What could Gianna and Manuel have done to solve their problem?
 - a. Argue until someone gives in.
 - b. Tell on each other to their teacher.
 - c. Build the bridge first and then the room.

3. How do you think Gianna and Manuel felt after having to clean up the blocks?



Answers

1. What was the problem in the story?
 - a. *Gianna and Manuel don't have enough blocks.*
2. What could Gianna and Manuel have done to solve their problem?
 - c. *Build the bridge first and then the room.*
3. How do you think Gianna and Manuel felt after having to clean up the blocks?



Answers will vary.



Friendship skills

Kindergarten Social & Emotional Learning Worksheets

Sort into the correct category.

Teamwork 	Not Teamwork 



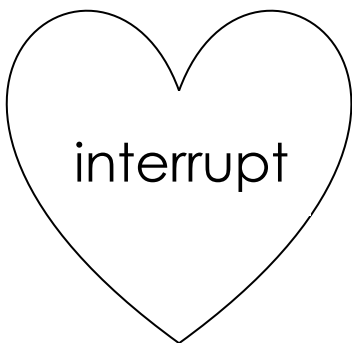
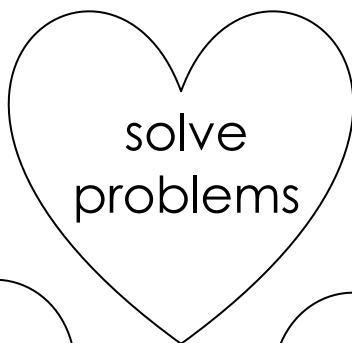
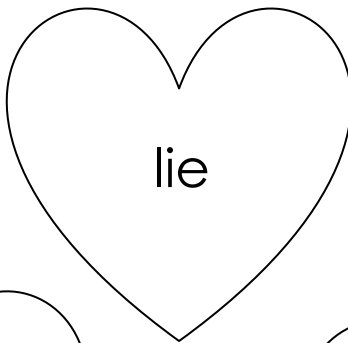
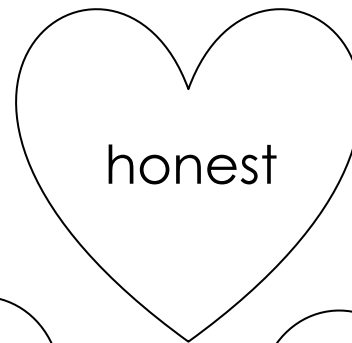
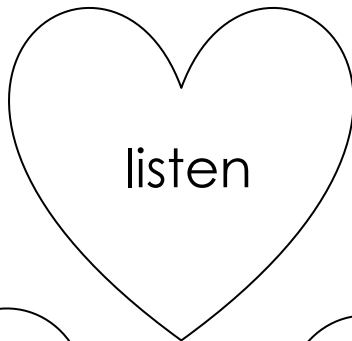
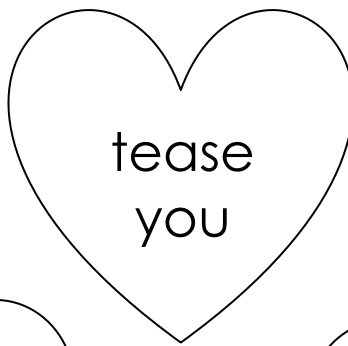
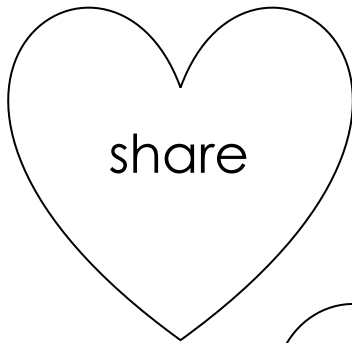
Listen	Tell others they're wrong	Argue	Let others participate
Boss others	Take over	Encourage others	Help others



Friendship skills

Kindergarten Social & Emotional Learning Worksheets

Color the hearts that tell what good friends are and do.





Answers

share

tease
you

steal

listen

honest

supportive

lie

hurt
you

solve
problems

hug
you

interrupt

help

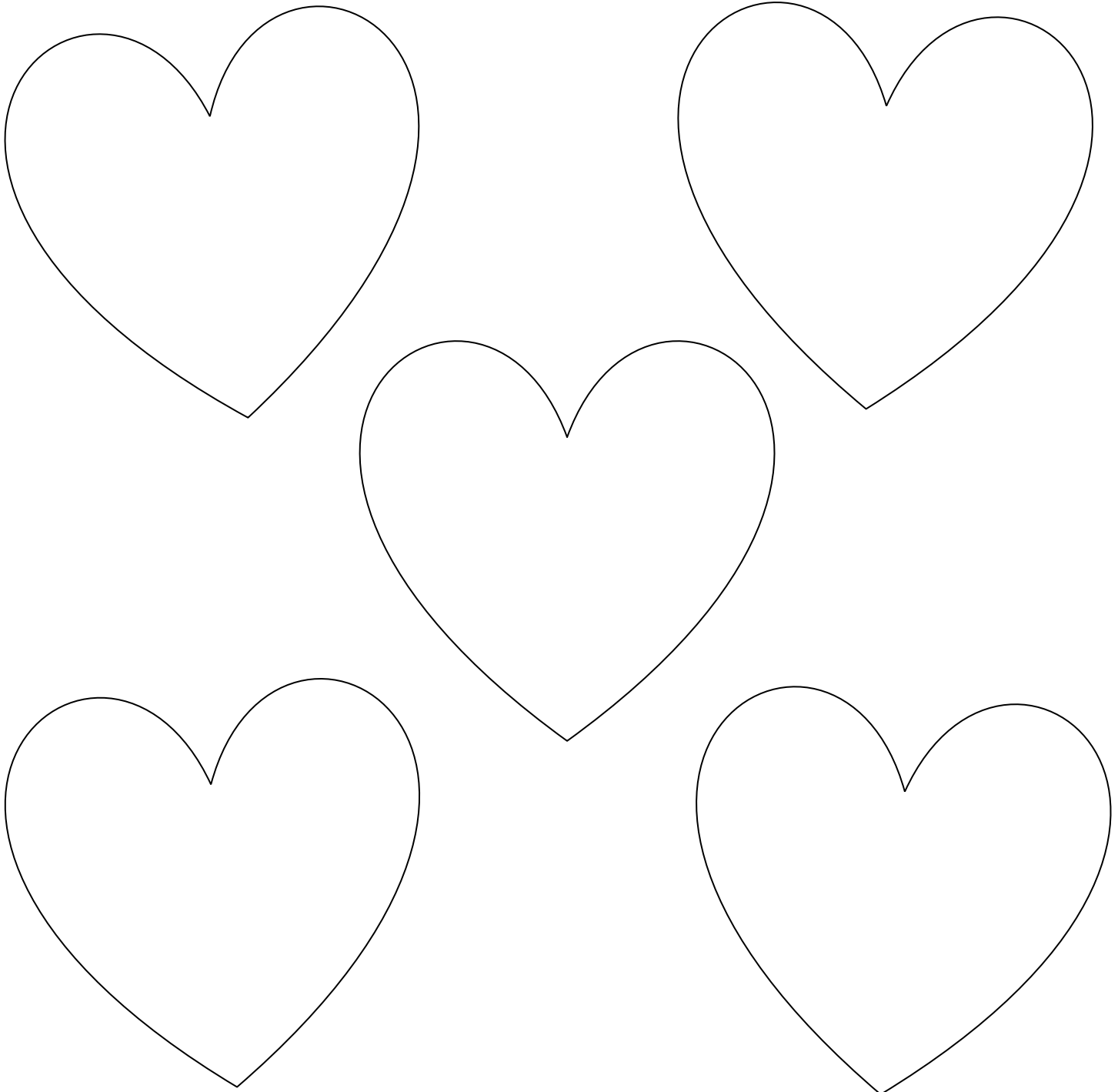


Gratitude list

Kindergarten Social & Emotional Learning Worksheets

Draw or write 5 things that you are grateful for.

I'm grateful for:

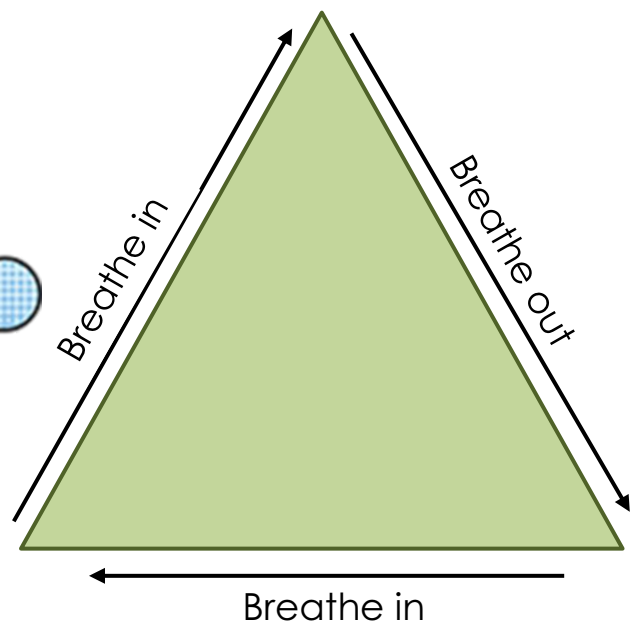
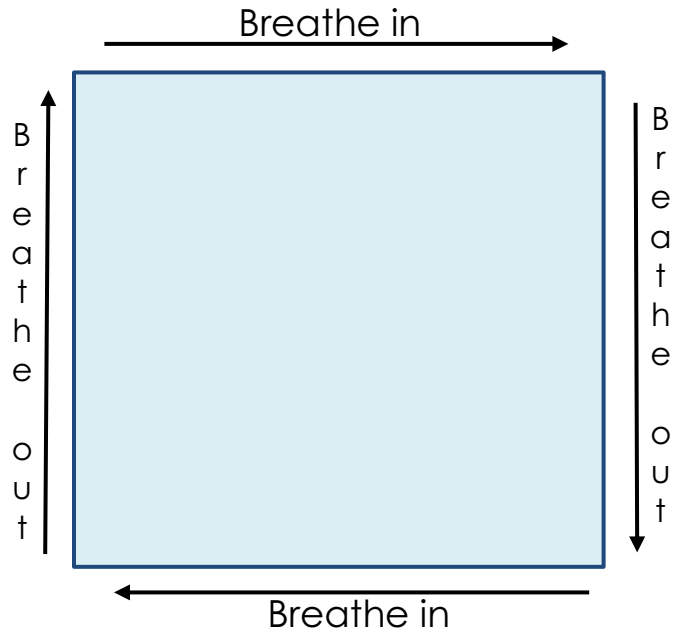
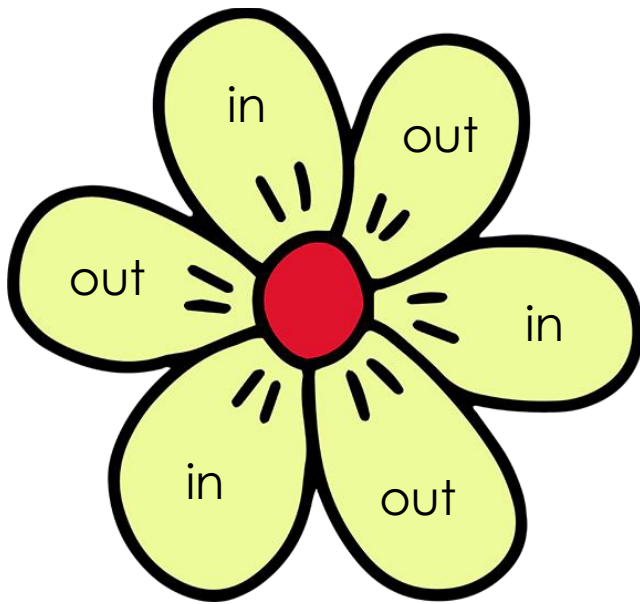




Breathing exercises

Kindergarten Social & Emotional Learning Worksheets

Outline the objects with your finger as you breathe in and out.



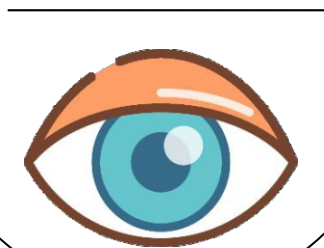


My five senses

Kindergarten Social & Emotional Learning Worksheets

Draw or write what you notice with each sense.

I see



I smell



I feel



I hear



I taste





So many blocks, so little time

Kindergarten Social & Emotional Learning Worksheets

Read the story and answer the questions.



Kenya loves to play with blocks during free time. Kenya is almost finished building a huge house when her teacher says that time is up, and she needs to put her blocks away. Kenya says, “No!” and begins kicking the floor. Kenya’s teacher has her take a break to calm down.



Questions

1. What was the problem in the story?
 - a. Kenya does not want to stop playing with blocks.
 - b. Kenya does not want to share her blocks.
 - c. Kenya does not want to play with blocks.

2. What could Kenya have done to solve her problem?
 - a. Throw the blocks away.
 - b. Explain the situation and ask her teacher for more time.
 - c. Cry until she got her way.

3. How do you think Kenya felt while she was cleaning up the blocks?



Answers

1. What was the problem in the story?
 - a. Kenya does not want to stop playing with blocks.

2. What could Kenya have done to solve her problem?
 - b. Explain the situation and ask her teacher for more time.

3. How do you think Kenya felt when she was cleaning up the blocks?

Answers will vary.



Battle of the broccoli

Kindergarten Social & Emotional Learning Worksheets

Read the story and answer the questions.



Kun is having dinner with her family and sees a new food on her plate. Her dad asks her to try it and she shouts, “No!” Her dad asks her to lower her voice and give the new food a try. Kun pushes her plate away, and it falls on the floor. She has to clean up the food and get a new plate of food.



Questions

1. What was the problem in the story?
 - a. Kun felt sick and did not want to eat.
 - b. Kun wanted more food.
 - c. Kun did not want to try a new food.

2. What could Kun have done to solve her problem?
 - a. Try the food and decide if she liked it or not.
 - b. Yell and stomp to her room.
 - c. Refuse to eat any dinner.

3. How do you think Kun's parents felt when Kun pushed the plate away? Did they enjoy their dinner?



Answers

1. What was the problem in the story?

c. Kun did not want to try a new food.

2. What could Kun have done to solve her problem?

a. Try the food and decide if she liked it or not.

3. How do you think Kun's parents felt when Kun pushed the plate away? Did they enjoy their dinner?

Answers will vary.



Be calm, find Max

Kindergarten Social & Emotional Learning Worksheets

Read the story and answer the questions.



Salvador took his dog Max to the backyard to play. Soon, Salvador couldn't see Max. He called the dog, but Max did not come. Salvador's heart started racing. He sat down on the ground and started crying. The dog ran around the corner and licked Salvador on the face.



Questions

1. What was the problem in the story?
 - a. Salvador's dog was digging in the yard.
 - b. Salvador did not want to play with his dog.
 - c. Salvador could not find his dog.

2. What could Salvador have done to solve his problem?
 - a. Scream for his mom to come and look for the dog.
 - b. Go into his room and cry.
 - c. Calmly walk around the yard to look for his dog.

3. When you have a problem, is it better to be calm or excited? Why?



Answers

1. What was the problem in the story?

c. Salvador could not find his dog.

2. What could Salvador have done to solve his problem?

c. Calmly walk around the yard to look for his dog.

3. When you have a problem, is it better to be calm or excited? Why?

Answers will vary.