



**Student Journal for  
Social and Emotional Learning**

Name: \_\_\_\_\_ Start Date: \_\_\_\_\_

*Special thanks to Kevin Atlas and the entire [Believe in You](#) team at [Varsity Brands](#).*

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*Some people want it to happen, some wish it would happen, and others make it happen. – Michael Jordan*

## REFLECTION 2: IT STARTS WITH YOU IF NOT YOU, WHO?

### Key Academic Language Words

**Self-Management** /noun/ Control over yourself that allows you to take responsibility for your own actions and well-being.

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### Self-Management Questions

1. In your own words, what does self-management mean?
2. What do you notice about how you respond when you see a classmate who needs help?
3. What do you notice about how you respond when you see a classmate who feels left out?
4. Could you change your response in a way that would continue to create a more positive learning environment for your classmate?
5. How is your response related to the way your peers respond? Can you give specific examples?







*Do your best, one shot at a time, and then move on. – Nancy Lopez*

## REFLECTION 5: BUILD CHARACTER HOW CAN I HELP?

### Key Academic Language Words

**Skill** /noun/ An ability specific to a task.

**Resource** /noun/ A material item, person, group, collection of knowledge or special talent that can be used to achieve a goal or accomplish a task.

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### Self-Awareness Questions

1. In your own words, what is a skill? What is a resource?
2. How would you compare and/or contrast skills and resources?
3. What skills do I have that could help another person improve and/or overcome a challenge?
4. What resources do you have that could help?











