

Role Reversal Writing Exercise: Favorite Book

Social Awareness | Perspective Taking

Name: _____

Teacher: _____

Date: _____

Choose a character from your favorite book. Then, in the box below, write a short narrative or diary entry from that character's perspective during an important event in the book. Try to focus on their thoughts and feelings. When finished, share with a friend or classmate!

Role Reversal Writing Exercise: Historical Fiction

Social Awareness | Perspective Taking

Name: _____

Teacher: _____

Date: _____

Think of a historical event or time period you know a lot about. In the box below, write a diary entry from the perspective of a person witnessing that event or living during that time period. Try to focus on their thoughts and feelings. When finished, share with a friend or classmate!

Active Listening Reflection

Social Awareness | Empathy

Name: _____

Teacher: _____

Date: _____

Think about your active listening habits and circle your answers on the form below.

How often do you find yourself getting distracted while someone is talking to you?

Rarely Occasionally Sometimes Often Always

How often do you make eye contact to show that you're actively listening?

Rarely Occasionally Sometimes Often Always

How often do you ask questions to ensure you understand what the speaker is saying?

Rarely Occasionally Sometimes Often Always

Do you often rephrase or repeat back what someone has said to confirm your understanding?

Rarely Occasionally Sometimes Often Always

How frequently do you use non-verbal cues (nodding, facial expressions, etc.) to show interest?

Rarely Occasionally Sometimes Often Always

How often do you wait patiently when letting others finish speaking before responding?

Rarely Occasionally Sometimes Often Always

On a scale of 1 to 5 (1 being the lowest), how would you rate your active listening skills?

1 2 3 4 5

What's one way you'd like to improve your active listening this year?

Community Interview

Social Awareness | Empathy

Name: _____

Teacher: _____

Date: _____

Getting to know the people around you can help boost your empathy skills. Choose a member of your community to interview, such as a school staff member, someone who works in your neighborhood, or a family friend. Record their answers using the form below.

Can you describe a typical day in your life or your general daily routine?

What aspects of your job or daily routine do you find most enjoyable, and why?

What's an example of a challenge you've faced, and how did you navigate or overcome it?

If you could offer advice to students based on your experiences, what would it be?

Introduction Collage

Social Awareness | Appreciating Diversity

Name: _____

Teacher: _____

Date: _____

In the box below, use words, drawings, and photos to create a collage about yourself, your hobbies, your background, or anything else you feel comfortable sharing. When finished, share your collage with a small group. Remember to show active listening skills when your classmates share, too!



Storytelling

Social Awareness | Appreciating Diversity

Name: _____

Teacher: _____

Date: _____

Think about a time you faced a challenge. How did you overcome it? What did you learn from the situation? Using the box below, prepare to tell this story to your classmates. You can write down exactly what you're going to say, create an outline, or just jot down some key notes and phrases.

Fictional Family

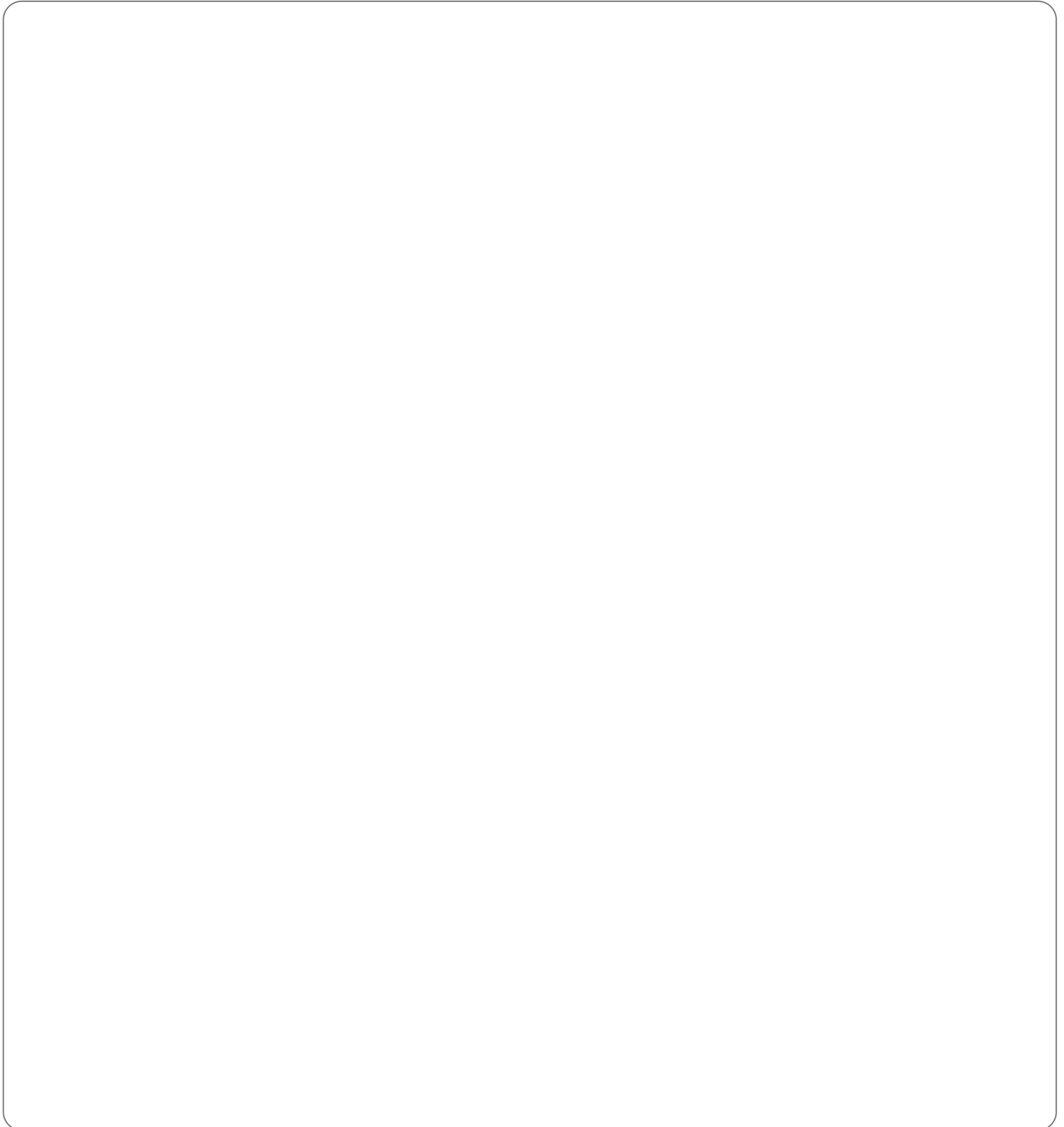
Social Awareness | Appreciating Diversity

Name: _____

Teacher: _____

Date: _____

Choose a family from a book, TV show, game, or other piece of media you enjoy. Draw, paint, or collage a family portrait of them in the box below. When finished, share with your classmates.



Collage of Caring

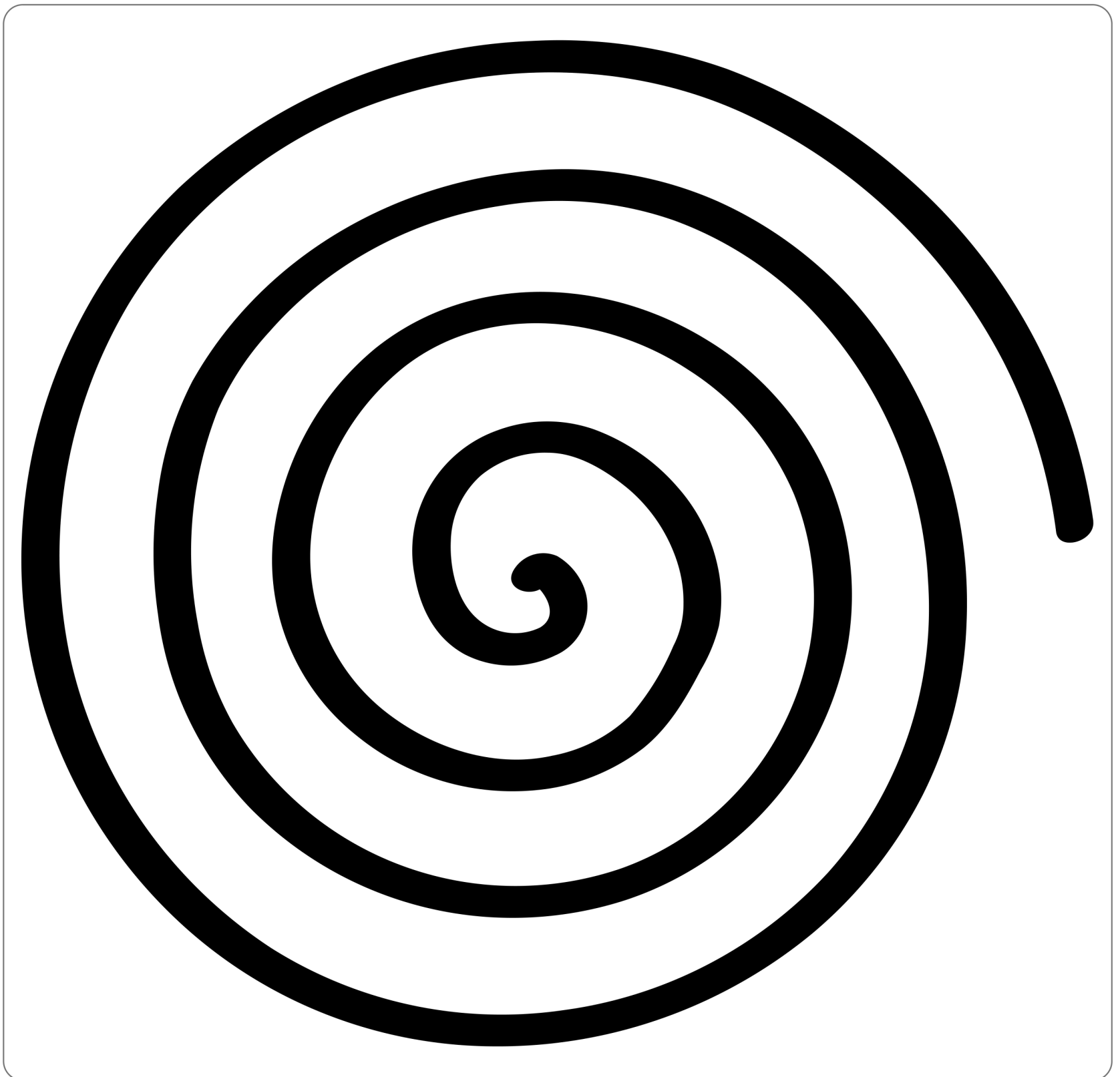
Social Awareness | Appreciating Diversity

Name: _____

Teacher: _____

Date: _____

If you completed the Family Structures unit in the SEL Middle School course, you may recognize this Collage of Caring activity! In the center of the spiral, paste a drawing or photo of yourself. Then, add photos or drawings of the people who matter most to you or who you might consider family. The people who are closest to you go closer to the middle of the spiral. When finished, share with your classmates or trusted friends.



Gratitude Survey

Social Awareness | Demonstrating Respect

Name: _____

Teacher: _____

Date: _____

Take a moment to reflect on the past week. What's something you were especially grateful for? Write or draw about it in the box below.

When finished, survey some of your friends, classmates, family members, or other members of your community about what they were grateful for in the past week. Jot down their answers below.

Respect Log

Social Awareness | Demonstrating Respect

Name: _____

Teacher: _____

Date: _____

There are so many ways to demonstrate respect for the people around you. Every day this week, write down a way that you showed respect to another person or group in your community.

Monday

Tuesday

Wednesday

Thursday

Friday