

Finley's SEL Activity Pack

10-page printable pack for little hearts & growing minds



NOTICE

FEEL

CALM

CONNECT

CHOOSE

Inside this pack

- ★ Self-awareness: strengths, values, and what makes each child shine
- ★ Self-management: calming tools, courage, and asking for support
- ★ Social awareness: noticing feelings and responding with empathy
- ★ Relationship skills: kind words, boundaries, and helping respectfully
- ★ Decision-making: choosing one small, safe next step

Best for ages 4-9 • home • classroom • counseling

Use with Finley's Little Light or as stand-alone SEL practice.

Draw, write, talk, or simply point. There is no single right way to complete these pages.

My Little Light

SELF-AWARENESS • There are many ways to shine.



Something I am good at...

Something I care about...

Something I am learning...

Something that makes me happy...

ME

Draw yourself here

Someone who helps me shine...

One way I help others...

Finley reminder

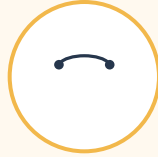
Your light does not have to look like anyone else's. Quiet strengths count too: listening, noticing, trying again, asking for help, making someone laugh, or being gentle.

Name the Feeling, Notice the Clue

SELF-AWARENESS • All feelings are allowed.



HAPPY



SAD



WORRIED



MAD



PROUD



CALM

Circle or color one or more feelings you have today.

My face might...

My body might...

I might need...

What happened right before I felt this way?

Feelings are clues, not commands.

I can notice a feeling, name it, and choose what to do next.

A grown-up can help if a feeling feels too big to carry alone.

My Calm-Down Constellation

SELF-MANAGEMENT • Find the tools that help your body feel steadier.



Take one slow
breath

Sip some water

Stretch my body

Name 5 things I
see

Find a quiet space

Squeeze & relax
my hands

Ask someone for
help

Draw or write

My own idea:

Color three stars you want to try. Different tools can work on different days.



Try it: trace the star slowly with your finger.

Breathe in as you move up. Breathe out as you move down.

Courage Can Glow

SELF-MANAGEMENT • Brave can mean taking one small next step.



1

What feels hard right now?

2

What could I tell myself?

3

Who or what could help me?

4

What is one small next step?

Courage does not mean I am never scared.

It can mean I feel scared and still choose a safe next step.

Notice • Ask • Help

SOCIAL AWARENESS • Helping starts with listening.

1. A child is sitting alone at recess.

What might they be feeling?

What could you say?

Draw or write your idea. More than one answer can be kind.

2. A classmate drops a box of crayons.

What might they need?

How could you offer help?

Draw or write your idea. More than one answer can be kind.

3. A friend looks upset and very quiet.

What could you notice?

What could you ask?

Draw or write your idea. More than one answer can be kind.

Ask first. Listen to the answer.

Helping is kinder when we find out what the other person actually wants.

A smile, kind words, giving space, or getting a grown-up can all be ways to help.

No touch is required to be kind.

Pass the Light

RELATIONSHIP SKILLS • Kindness can travel from person to person.



Write or draw one kind act you gave OR received inside each star.



Look back at the trail

One kindness I received: _____

One kindness I passed on: _____

Did someone pass your kindness on? _____

Words That Shine

RELATIONSHIP SKILLS • Kindness includes caring for others AND yourself.

Color the phrases you could use. Put a star beside the ones you want to practice.

★ Want to play?

★ No, thank you.

★ Do you want help?

★ Please stop.

★ You can have a turn next.

★ I need some space.

★ Are you okay?

★ I changed my mind.

Both kinds of words can shine:

- ☐ Words that care for someone else
- ☐ Words that protect my own space or choice

Kindness includes respecting yes, no, and not right now.

My Support Constellation

RELATIONSHIP SKILLS • We shine brighter when we know who is in our corner.



A support person does not have to fix everything.

Sometimes support means listening, staying nearby, helping us feel safe,
or finding another grown-up who can help.

My Little Light Plan

DECISION-MAKING • Small choices can make a real difference.



When someone needs care, I can...

When I make a mistake, I can...

When I feel overwhelmed, I can...

This week I want my light to shine by...

Three people I can go to when I need a little extra light:

★ _____ ★ _____ ★ _____

Finley's question

Where can my light shine today?