

# ABOUT INTERACTIVE NOTEBOOKS

## What's an interactive notebook?

Interactive notebooks are a visually creative way to engage students in the learning and note taking process. Students will use visual graphics and graphic organizers to learn the material in an engaging way. While learning about the topic, students can use their own creativity to color, decorate and manipulate the materials in their notebooks to make the material more interesting and captivating.

## How can I use them?

These pages have multiple options for use.

- They can be printed on colored paper, or students can color in the templates.
- They can be glued into an interactive notebook, or be glued onto a separate piece of paper.
- They can be used as a comprehensive unit, or as separate lessons.
- They can be used in individual, small group, or classroom counseling sessions.
- They can be used as stations in group lessons.

## What's included?

- Each of the 8 interactive notebook pages include a complete template, photo directions, written directions, and photos of completed samples.

# PAGE 1: WHAT IS SELF-REGULATION

**What Is Self-Regulation?**

When we can notice our feelings and take steps to manage them, it's easier for us to think clearly and make good decisions. All feelings are okay, but how we handle them can make a big difference!

You are mad at your brother because he won't stop talking, so you punch him. Is this an example of self-regulation?	You are mad at your teacher, so you call her a mean name. Is this an example of self-regulation?
You're sad because your friend is moving, but you remind yourself that you can still video chat with her. Is this an example of self-regulation?	You're nervous because your mom has the flu. You talk to your teacher about how you're feeling. Is this an example of self-regulation?
You're annoyed because the person sitting next to you won't stop singing. You calmly ask them to stop. Is this an example of self-regulation?	You are confused about your work, so you put your head on your desk and don't do it. Is this an example of self-regulation?
You're feeling silly because your friend is making funny faces at you in class. You look away so you can focus. Is this an example of self-regulation?	You're excited about winning your soccer game, so you brag to the other team about it. Is this an example of self-regulation?

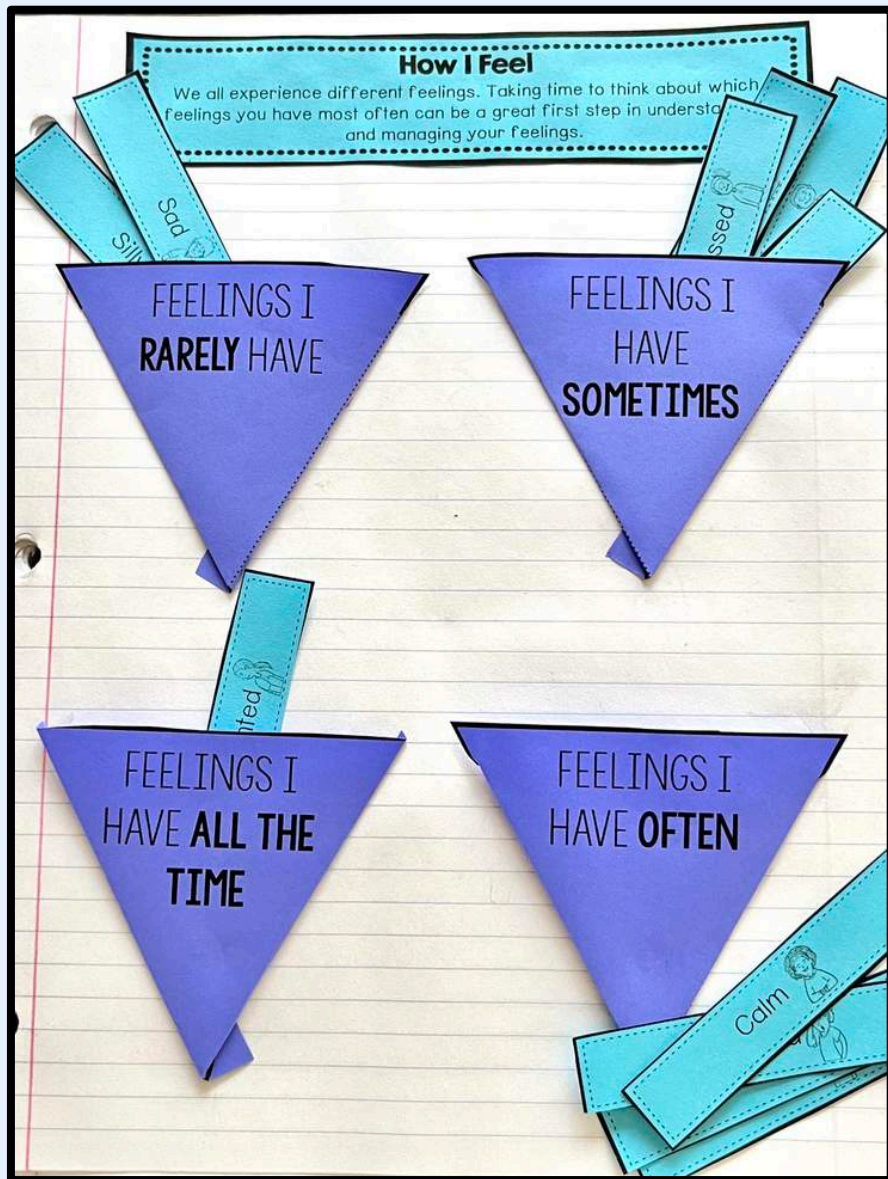
What is self-regulation?  
Noticing + managing your feelings

Why is it important?  
It helps me think more clearly

Use this page to help students better understand what self-regulation means, and what it looks like in real life.

Kids will read through the scenarios and decide whether or not they are examples of self-regulation.

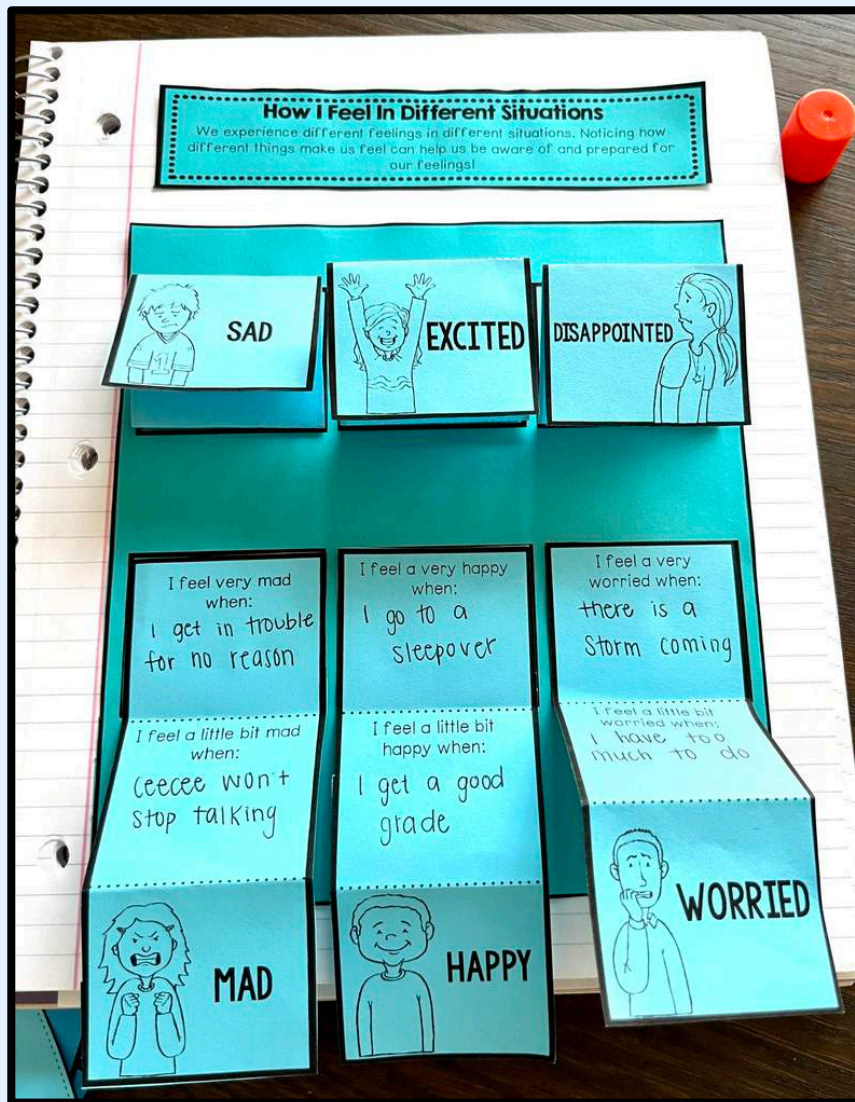
# PAGE 2: HOW I FEEL



Use this page to help kids identify how often they experience different feelings.

Kids will look at 12 different feelings, or write in their own. Then, they will place the feeling strips in the pocket that matches how often they experience each feeling.

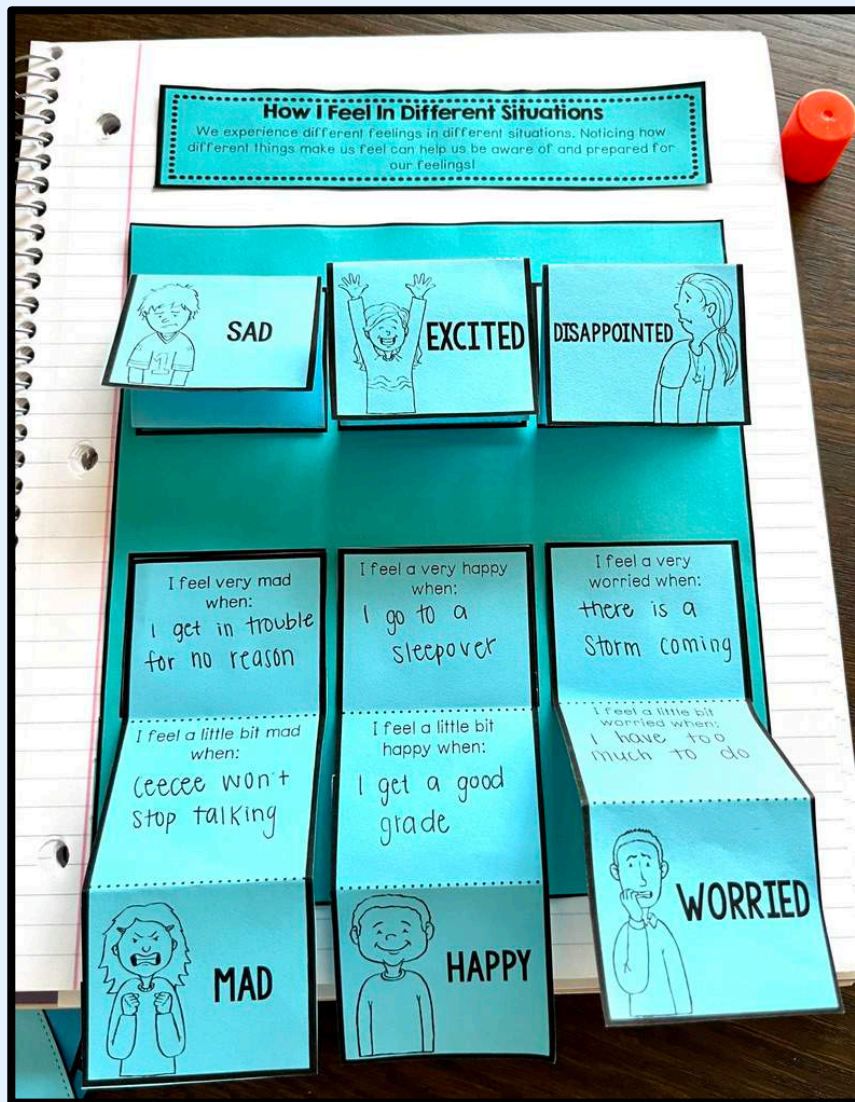
# PAGE 3: HOW I FEEL IN DIFFERENT SITUATIONS



Use this page to help kids identify when they experience different feelings.

Kids will look at 6 different feelings and identify situations when they experience each feeling.

# PAGE 4: HOW I EXPERIENCE MY FEELINGS



Use this page to help kids identify when they experience different feelings.

Kids will look at 6 different feelings and identify situations when they experience each feeling.

# PAGE 5: HAVING HELPFUL THOUGHTS

**Having Helpful Thoughts**  
Our thoughts are powerful! They can affect how we feel and what we do.  
If you notice a negative thought, try to flip it into something more encouraging!

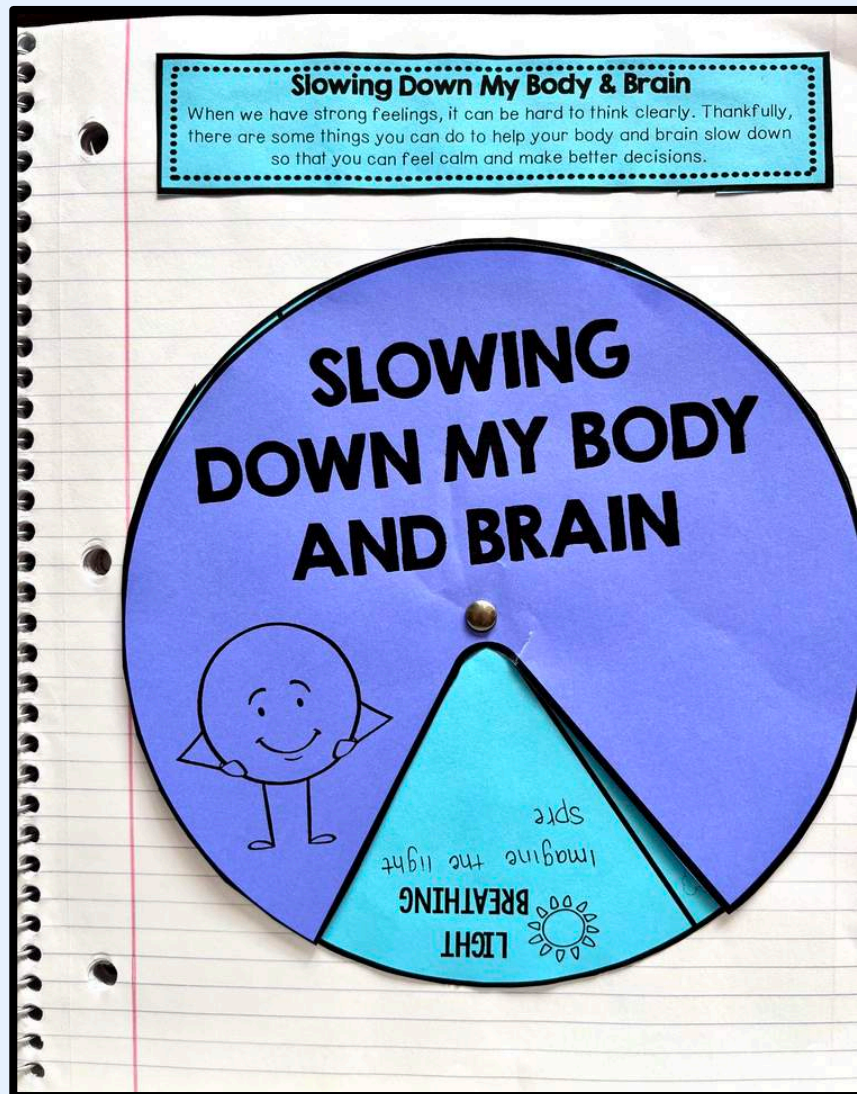
"No one likes me."	"I'll never be able to do this."
"I need to show everyone I'm the best."	"I know the worst thing is going to happen."
"I don't want to follow the rules."	"People don't want me to be happy."

When I start to feel upset, I can tell myself: that I need to calm down so I can keep making good choices

Use this page to help kids identify positive thoughts that can help them feel calm.

Kids will look at 6 negative thoughts and come up with more helpful thoughts they could have instead.

# PAGE 6: SLOWING DOWN MY BODY AND BRAIN

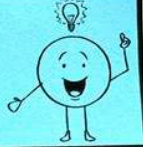



Use this page to help kids learn about ways that they can calm their bodies down.


Kids will look at 6 different strategies and write a short description of each one.


# PAGE 7: OTHER CALMING SKILLS


**Other Calming Skills**  
When our feelings get intense, there are some things we can do to feel more calm. There are different types of strategies we can use. These can make it easier for you to calm down in any situation.

**Positive Thinking** 

 **Deep Breathing**

**Physical Coping Skills** 

 **Expressive Coping Skills**

**Distracting Yourself** 

Use this page to help kids identify different types of coping skills.

Kids will look at 6 types of coping skills. They will write the definition of each strategy, and an example.



# PAGE 8: USING SELF-REGULATION

**Using Self-Regulation**  
Having a plan for how you will handle strong emotions will help you be more prepared when the time comes. Then, you'll know what to do so that you can feel more calm and focused.

<b>At School</b>	I might have strong feelings when...	<b>At Home</b>	I might have strong feelings when...
	If this happens, I could tell myself ...		If this happens, I could tell myself ...
	If this happens, I calm down by...		If this happens, I calm down by...
<b>In The Community</b>	I might have strong feelings when...	<b>At Soccer practice</b>	I might have strong feelings when...
	If this happens, I could tell myself ...		If this happens, I could tell myself ...
	If this happens, I calm down by...		If this happens, I calm down by...

Use this page to help kids make a plan for how they can use self-regulation in their real lives.

Kids will come up with 4 situations when they might have strong feelings. Then, they will write about how they can use positive self-talk and other coping skills in that situation.

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## SOCIAL EMOTIONAL LEARNING

### INTERACTIVE NOTEBOOK BUNDLE



These activities are a part of a bundle that includes interactive notebook pages for 10 different topics. These resources will give kids an engaging way to learn about topics like self-esteem, feelings, friendship, mindfulness and more!

**SEE THE BUNDLE HERE**