

Strong Learning® SEL Program

All About You & Me Journal



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Teacher's Guide

All About You & Me Journal

We recommend that students receive their own *All About You & Me* journal matching their grade level. They are designed to provide additional material focused on SEL lessons for the children to do on their own time. Once any child has completed the class lesson(s) in their *Tiger Tuesday and Me FunBook*, they may choose any page in their *All About You & Me* journal to do. This fosters self-awareness, self-management and decision-making skills.

The *All About You & Me* journal may also be used as discussion starters. If a child has completed a page and would like to share it with the other children, invite them to do so. It's a great way for children to start to think on their own and encourage classmates to do the same.

All About You & Me journals are kept in school and go home at the end of the school year as a keepsake, along with the *Tiger Tuesday and Me FunBook* illustrating the child's social and emotional growth during that grade. Children, along with their parents, love to reminisce as they look back at their thoughts, drawings and feelings, just as they enjoy looking at old photos.

Non-Readers

1. Read each sentence to the child.
2. Print the responses on the lines provided.
3. If the child has difficulty expressing his thoughts, you may help by asking such questions as, "Why?" "What do you mean by that?" or "That sounds great. What else can you tell me about it?"
4. Encourage the child to draw a picture illustrating her thoughts in the space provided.
5. Read the child's words back to her. Before long, she will be reading them to you!

Beginning Readers

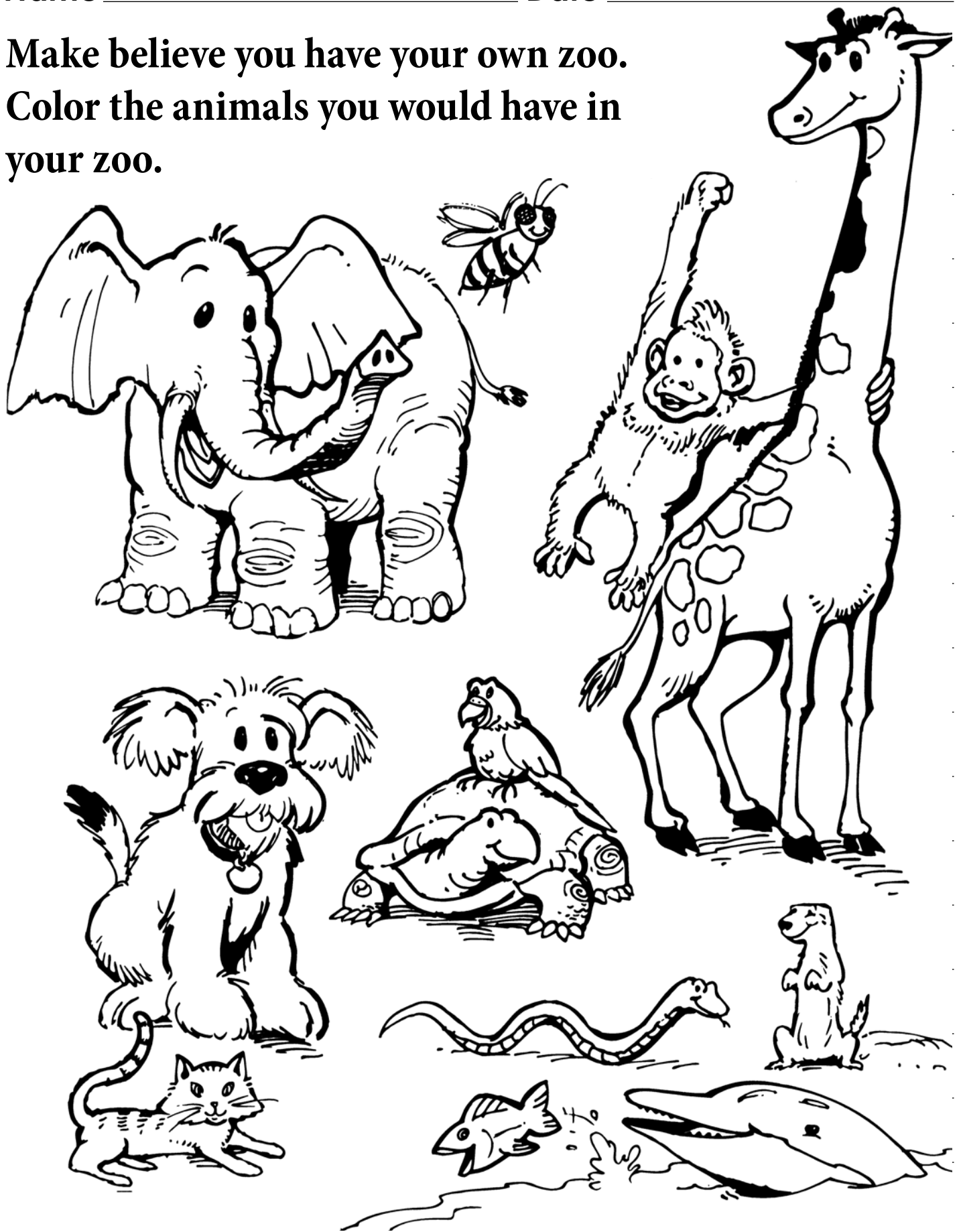
1. Read each page with the child.
2. Initially, the child may prefer that you write his answers for him. If so, follow the suggestions for non-readers. As he gains confidence, he will start writing his own answers. Encourage him to do so.
3. If the child has difficulty expressing her thoughts, help her by asking questions as discussed in item 3 for non-readers.
4. If the child requests spelling help, you should provide it. We encourage good spelling and grammar. However, we emphasize that spelling and grammar should not interfere with the basic goals discussed on the back cover.
5. Encourage the child to draw a picture illustrating her thoughts in the space provided.

Readers

1. Encourage the child to read and write his answers independently.
2. Be sure to be available in case the child has difficulty in expressing her thoughts. If there are problems, help her by asking questions as discussed in item 3 for non-readers.
3. The child's age and self-image will help you determine whether you need to encourage better spelling and grammar. Do not, however, lose sight of the basic goals discussed on the back cover.

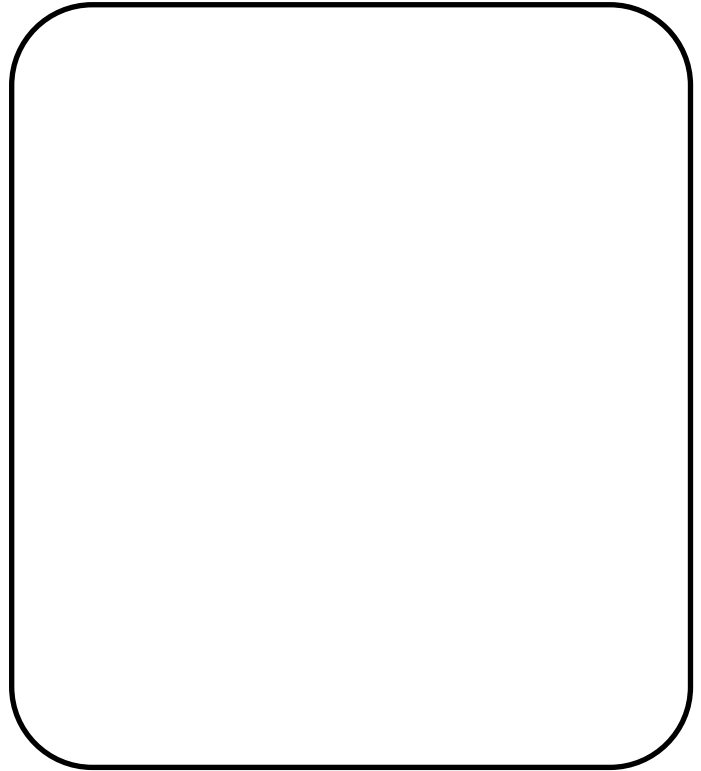
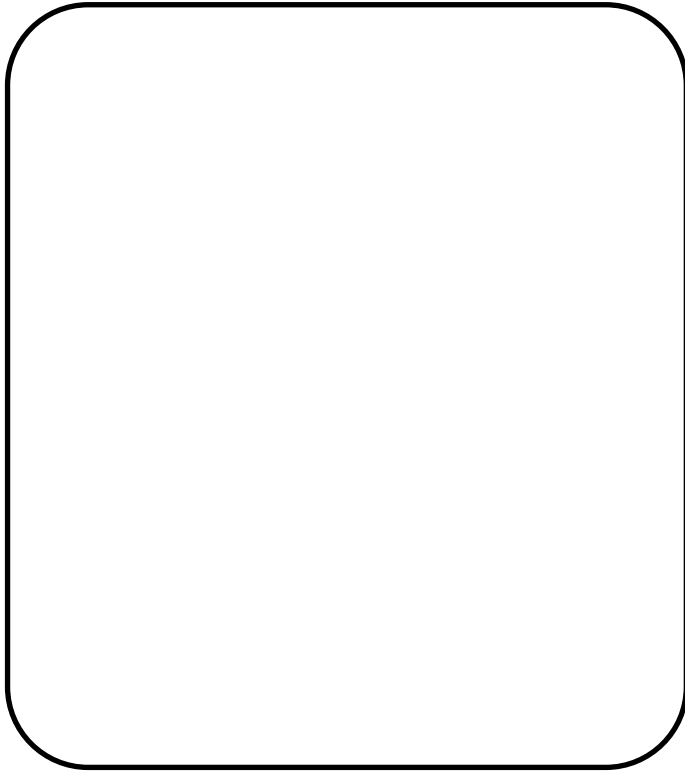
Name _____ Date _____

Make believe you have your own zoo.
Color the animals you would have in
your zoo.

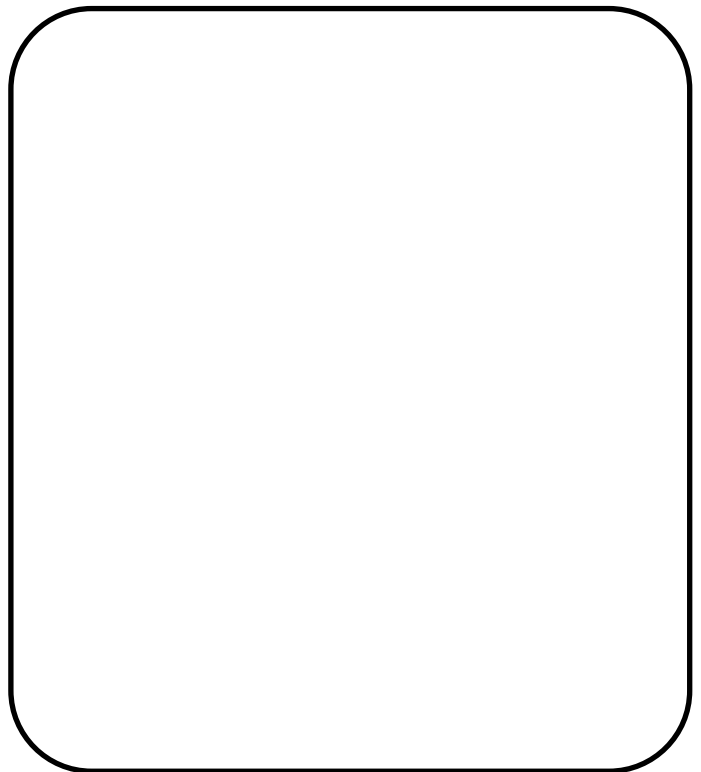
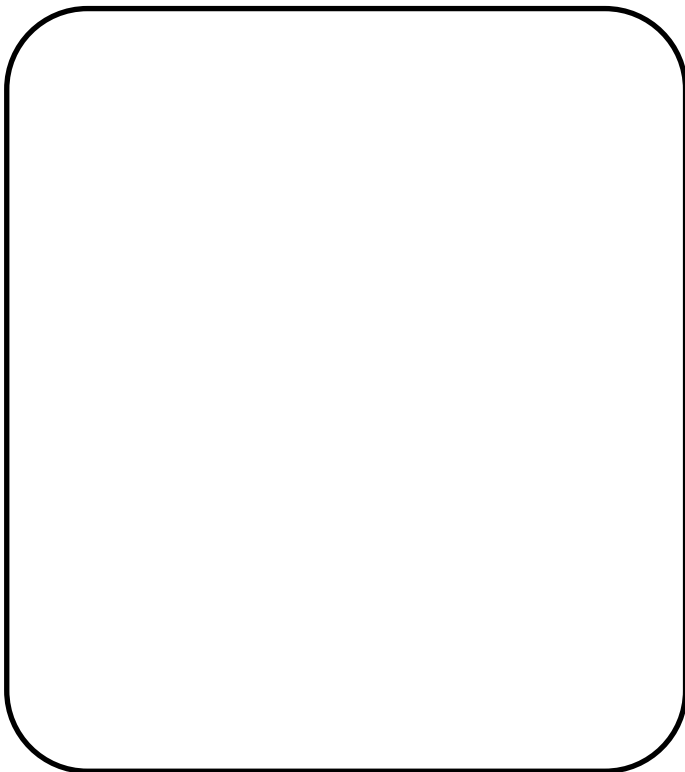


Name _____ Date _____

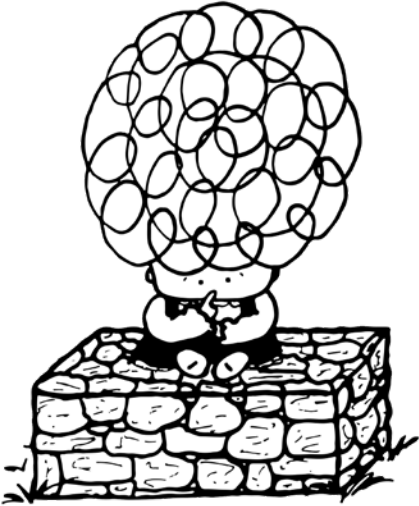
In each box, draw a picture of something you like.



In each box, draw a picture of something you *do not* like.



Name _____ Date _____



The quietest thing in the world is _____

Sometimes it's good to be quiet because _____

Sometimes it's *not* good to be quiet because _____

Draw a picture of the quietest thing.

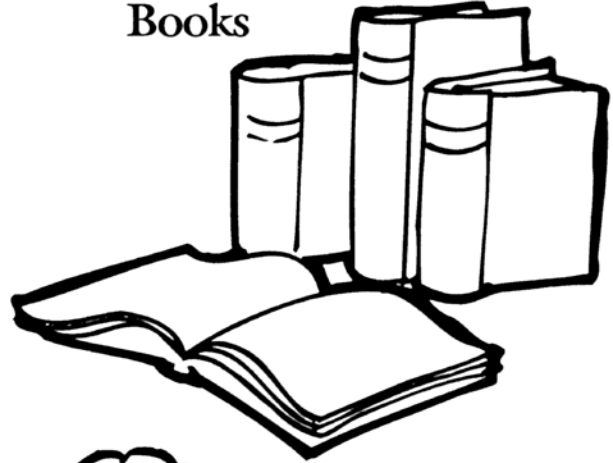
Name _____ Date _____

It makes you feel good to share with your family.
Circle and color the things you share with them.

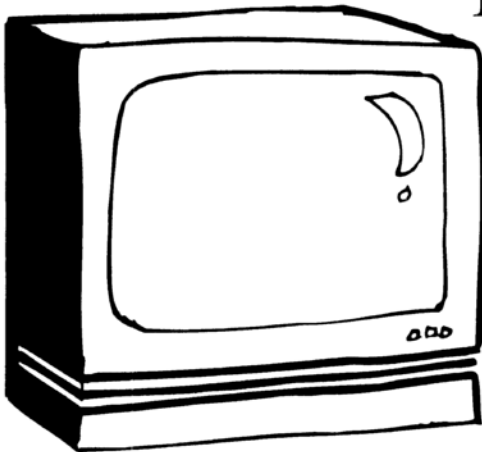
Toys



Books



TV



Chores



Meals



My room

Name _____ Date _____

Circle the healthy foods.
Put an X on the unhealthy foods.



All About You & Me Journal - Grade K

by Linda Silbert, Ph.D. and Al Silbert, Ed.D.

Page	Title	Self-Awareness	Self-Management	Social Awareness	Relationship Skills	Responsible Decision-Making
1	My hand and me	X				
2	My zoo	X				X
3	My likes and dislikes	X				X
4	Quietest thing in the world	X	X			X
5	Noisiest thing in the world	X				X
6	My home	X		X		
7	Award for putting away toys		X			
8	Smallest thing in the world	X				X
9	Biggest thing in the world	X				X
10	Where's my bookbag?		X			X
11	I can dress myself	X	X			
12	Prettiest thing in the world	X				X
13	Ugliest thing in the world	X				X
14	I share with my family	X	X		X	X
15	I eat healthy food	X	X			X
16	Fattest animal in the world	X				X
17	Thinnest thing in the world	X				X
18	People who make me feel good	X			X	X
19	My teacher	X	X		X	X
20	Slowest thing in the world	X				X
21	Fastest thing in the world	X				X
22	Toy I sleep with is...	X				X
23	Darkest thing in the world	X				X
24	Scariest thing in the world	X				X
25	Funniest thing in the world	X				X
26	Softest thing in the world	X				X
27	Hardest thing in the world	X				X
28	Mushiest thing in the world	X				X
29	Heaviest thing in the world	X				X
30	Shortest thing in the world	X				X
31	Tallest thing in the world	X				X
32	Coldest thing in the world	X				X
33	Hottest thing in the world	X				X
34	Worst thing in the world	X				X
35	Best thing in the world	X				X
36	Stinkiest thing in the world	X				X
37	Slimiest thing in the world	X				X
38	When I'm sad and happy	X				X
39	Stickiest thing in the world	X				X
40	The most special thing in the world	X				X

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All About You & Me

Journals that develop the five social & emotional competencies K-5

Self-Awareness • Self-Management • Social-Awareness • Relationships • Responsible Decision-Making

These fun-filled, thought-provoking journals appeal to children while motivating them to think about their thoughts and feelings, their families and their communities, as well as about social issues.

They provide learning experiences that children approach on their own level, in words and drawings, without the inhibiting effect of right or wrong answers. Many of the pages pose a problem, ask a question or begin a revealing sentence to be completed by the child. Each child can experience a sense of personal achievement so important in developing positive social and emotional health.

These journals benefit children by fostering:

1. Self-awareness and self-management skills
2. Awareness of thoughts and feelings of others
3. Healthy trusting relationships
4. Decision-making skills
5. Responsible behavior to oneself, family and community
6. Developing and carrying out short- and long-term goals
7. A positive self-image
8. Intellectual growth
9. Creative thinking and problem-solving skills
10. Communication skills

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Why Bad Grades Happen to Good Kids

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Fluency

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