

Being Your Best You

Elementary Edition



Activities to help
you understand
yourself and
others



How to become your best you

Successful students are always learning and growing—and trying to improve their skills and themselves. Success doesn't just mean getting good grades. It also means working to become your best you!

To help you become your best you, this booklet will go over the following five skills.

- ▶ understanding your feelings
- ▶ getting along with others
- ▶ dealing with your feelings
- ▶ understanding others
- ▶ making good choices

Having these skills will help you in school and in life!

Thinking about yourself

Before we talk about the five skills, take a few minutes to fill in the boxes about yourself.

Something I love about me	Something I want to work on
A goal I want to achieve	Something that makes me happy

Understanding your feelings



We can understand and deal with our feelings better if we know what causes them.

Understanding feelings includes:

- ▶ naming your feelings.
- ▶ knowing what makes you have certain feelings.
- ▶ knowing how your feelings affect others.
- ▶ understanding how others feel.

How well do you know yourself?

Complete each sentence.

1. I feel happy when _____

2. I feel stressed when _____

3. I can tell I'm getting upset when _____

4. A feeling I don't deal well with is _____

Dealing with your feelings



Sometimes your feelings are really big, and dealing with them takes practice. How do you handle big feelings?

Dealing with big feelings includes:

- ▶ calming yourself when you're upset or angry.
- ▶ knowing when you need a "time-out."
- ▶ keeping your body under control.
- ▶ knowing what you need to do better.

Dealing with anger

We have all been angry before. Sometimes when you are very angry, you say or do things you don't mean.

Think about a time you were angry and didn't handle it in a good way. Then fill in the chart below.

Why I was angry	How I handled it
Consequences of my actions	Next time I will...

Making good choices



A good choice is one that is smart, respectful, responsible, safe, and honest.

Making good choices includes:

- ▶ understanding the consequences of your choices.
- ▶ knowing how your choices affect you and others.
- ▶ thinking before you make choices.
- ▶ choosing what's right, even when it's not easy.

Think about choices

Read each choice. Then answer the questions.

1. David plays video games instead of studying for his math test.

What is a consequence of David's choice? _____

Who might be affected by David's choice? _____

2. Ada stayed up too late, overslept, and missed the bus.

What is a consequence of Ada's choice? _____

Who might be affected by Ada's choice? _____

Getting along with others



When you get along with others, you are able to have happy, healthy relationships.

Getting along with others includes:

- ▶ making and keeping friends.
- ▶ being a good listener.
- ▶ accepting people who are different from you.
- ▶ solving problems in a calm and helpful way.

What is a good friend?

Think about what a good friend is and finish these sentences.

A good friend is _____

A good friend wouldn't _____

I am a good friend because I _____

To be a better friend, I could _____

Understanding others



When you understand others, you know how they're feeling and can show them that you care.

Understanding others includes:

- ▶ **considering how others think and feel.**
- ▶ **knowing how to behave around others.**
- ▶ **showing others that you care.**
- ▶ **using your senses to know how others feel.**

Understanding body language

People don't always use words to tell how they feel. Sometimes it shows in their face or body movements. Sometimes you can hear it in their voice. In the boxes, write or draw how someone might show each feeling.

happy

stressed

excited

angry

Being your best YOU!



Having skills that make you a better person will help you feel good—and be a better student, friend, and classmate.

Skills review

Draw a line to match each situation with a skill that we talked about in this book.

1. Maria was angry and decided to take a walk to calm down. a. understanding your feelings
2. Jalen doesn't ride roller coasters because heights make him nervous. b. dealing with your feelings
3. Louise knew her friend was embarrassed because his face turned red. c. making good choices
4. Sam and his friend had an argument but they worked it out. d. understanding others' thoughts and feelings
5. Sonia went to bed instead of staying up late to watch a movie. e. getting along with others

Which skill do you need to work on? _____

How can you get better at it? _____

Answers: 1.b 2.a 3.d 4.e 5.c