Student Worksheet

Feel It. Think It. Choose It.

A reflection activity for K-2 students

Mission 8: Jonah Gets Jealous

SEL focus: Self-Awareness, Self-Management, Empathy

STUDENT REFLECTION

Draw a picture of a time you felt big feelings and how you chose a helper action.

Feel It. Think It. Choose It.

My helper action:

Explore the program or request more information at **smjlearning.net**.