

Student Work Samples: SEL and Literacy Integration

Note-Taking Structure

I feel self-conscious when:

- I say something and I don't know what other people think of me.
- I want help from my parents, but I don't want my mom to think I'm dumb or wasn't listening.
- I don't know what people think I look like.
- My mom thinks that I love doing math but I don't want to tell her I don't.
- I feel like I always have to be perfect, when I'm not.

A way for me to show composure when stressed:

- Stretching
- Meditating
- Resting
- Take deep breaths
- Visualize in your head, what makes you happy.
- Look outside
- Go on a walk
- Look at nature

What makes me feel self-conscious in class?

- When I get a "simple" math question wrong.
- When I don't understand something.
- When I get confused.
- When I go to school after a hard night and/or morning.

What is the problem with NOT asking for help?

- My feelings get bottled up.
- I get anxious quickly.

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SEL-Written Reflections

I identify and recognise that I need help when I feel stressed my head starts to hurt I get tired and I get light headed and I can't think.

I feel self-conscious when sometimes people point out that I have a little bit of a mistake it makes me very self-conscious or when someone points out one of my flaws it makes me self-conscious. One time I was doing a hard worksheet and I could not find a teacher but I was afraid to ask anyone how to do it when I did not ask I did not know what to do.



I am really good at giving advice. I give friends and family all sorts of advice, yet I am terrible at taking my own. Sometimes, I stop myself in the middle of when I need my own advice to calm down. When I see a friend that needs help, because they are struggling, I will encourage them with positive self-talk. I will also help them with advice. (This is the advice I will give, but not take.)

