

# Kai & Zoe

## SOCIAL-EMOTIONAL LEARNING

# Workbook

Feelings | Friendship | Growth

Dr. Nakeyau Patterson





# Kai & Zoe Copyright

## SOCIAL-EMOTIONAL LEARNING WORKBOOK

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# For Grown-Ups

## How to Use This Workbook

Use these activities as conversation starters—not as a test. A child may draw, write, talk, or ask a grown-up to help record an answer.

### 1 Follow the Child's Pace

Complete one or two activities at a time. Pause, take a break, or return later when a child needs more time.

### 2 Welcome Every Feeling

Listen without rushing to fix the feeling. Try: “That makes sense,” or “Thank you for telling me.”

### 3 Practice Skills Together

Model calming breaths, kind words, asking for help, and problem-solving. Real-life practice helps new skills grow.

### 4 Support, Don't Perfect

There are no perfect answers. Celebrate honesty, effort, and small steps. Revisit activities as children grow.

If a child becomes upset, pause the activity, offer comfort, and return only when they feel ready.



# Feelings and Situations

The same situation can bring different feelings.  
Look at each picture. Choose a feeling—or add your own.

Feeling words:

happy

sad

worried

surprised

excited

calm



Joining a game

I might feel \_\_\_\_\_.



Making a mistake

I might feel \_\_\_\_\_.



Hearing a loud noise

I might feel \_\_\_\_\_.



Receiving help

I might feel \_\_\_\_\_.

## My Turn

Tell or write about something that happened:

I felt \_\_\_\_\_ . Someone else might feel \_\_\_\_\_ .

People can feel differently—and every feeling is okay.

## Fixing a Problem with a Friend

I can notice feelings, repair hurt, and make a caring plan.

1

### WHAT HAPPENED?

Tell what happened in your own words.

---

---

2

### FEELINGS

I felt...

☐

Angry

☐

Sad

☐

Frustrated

☐

Hurt

The other person may have felt...

---

---

3

### REPAIR

I can say:

"I'm sorry for..."

---

---

4

### NEXT TIME

Next time I will...

---

---

Friendship problems can take time to fix.

A trusted grown-up can help if the problem feels unsafe or hard to solve.

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# Things I Am Still Learning

Not knowing how yet means I have room to grow.



## 1. SOMETHING I WANT TO LEARN

One thing I am still learning is...

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## 2. WHERE AM I RIGHT NOW?

Circle one.

just starting

practicing

getting closer

I can do it with help

## 3. WHAT HELPS ME LEARN?

Put a check beside what may help.

☐

see an example

☐

practice more than once

☐

ask a question

☐

take one small step

☐

work with someone

☐

have extra time

## 4. MY NEXT PRACTICE STEP

The next small step I can try is... 

---

Someone who can encourage me is... 

---

Draw yourself practicing.

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I may not know how yet, but I am still growing.

## Continue reading

# Kai & Zoe Social-Emotional Learning Workbook

Dr. Nakeyau Patterson

Full-Color Edition. Includes guidance and activities about feelings, friendship, and learning.

This is a reading sample, not the full book. Original book page numbers have been preserved.

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