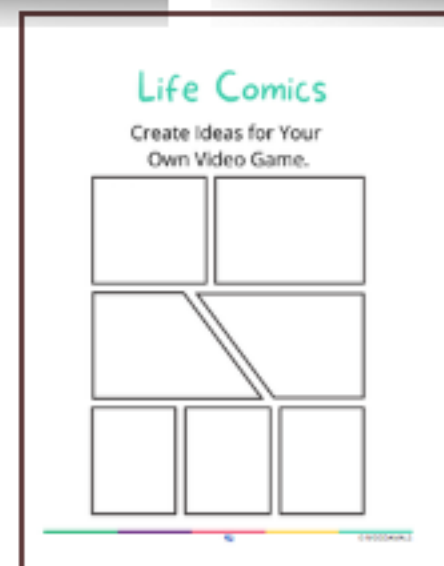


# 180 Mornings About Me

*A daily SEL workbook for Grades 3-6*



180 unique prompts support identity, emotional reflection, and creative thinking — all in just one page a day.

- CASEL-aligned
- Grades 3-6
- Easy to implement
- No prep required
- Perfect for morning work

A daily SEL workbook designed by a certified educator and school counselor.

## Welcome to 180 Mornings About Me!

This workbook is designed to help you start each day with intention, reflection, and creativity. With five engaging topics, you'll have the opportunity to explore your feelings, express your thoughts, and develop essential social-emotional skills. Each activity is crafted to promote self-awareness, encourage communication, and foster creativity in a fun and interactive way. Here's a quick preview of what's inside:

### 1. About Me

Discover who you are and what makes you unique! This topic invites you to reflect on your personal qualities, interests, and experiences. Have fun sharing details about yourself that make you feel proud and embrace your individuality.



### 2. Feelings and Things

Emotions are powerful! This topic helps you explore your feelings, both big and small. By understanding your emotions and thoughts, you'll be able to respond to situations with greater confidence and self-awareness.



### 3. Would You Rather

This topic is all about expressing your likes, dislikes, and personal choices. Through fun and thoughtful "Would You Rather" questions, you will have a chance to share your opinions and discover new perspectives.



### 4. Create

Let your imagination run wild! For this topic, you will have the opportunity to design and create. Whether it is drawing, building, or writing, your creations are a reflection of your unique ideas and creativity.



### 5. Life Comics and Add To

Unleash your inner storyteller! Use these two topics to create comics that reflect real-life experiences or add your ideas to an existing story. It's a great way to express your creativity while practicing narrative skills and exploring how stories unfold.



# About Me

Draw a Picture of  
Your Favorite Animal.

# Feelings & Things

Draw Something You and Your  
Best Friend Have in Common.

# Would You Rather

Act in a Movie or  
Design the Set for Actors?

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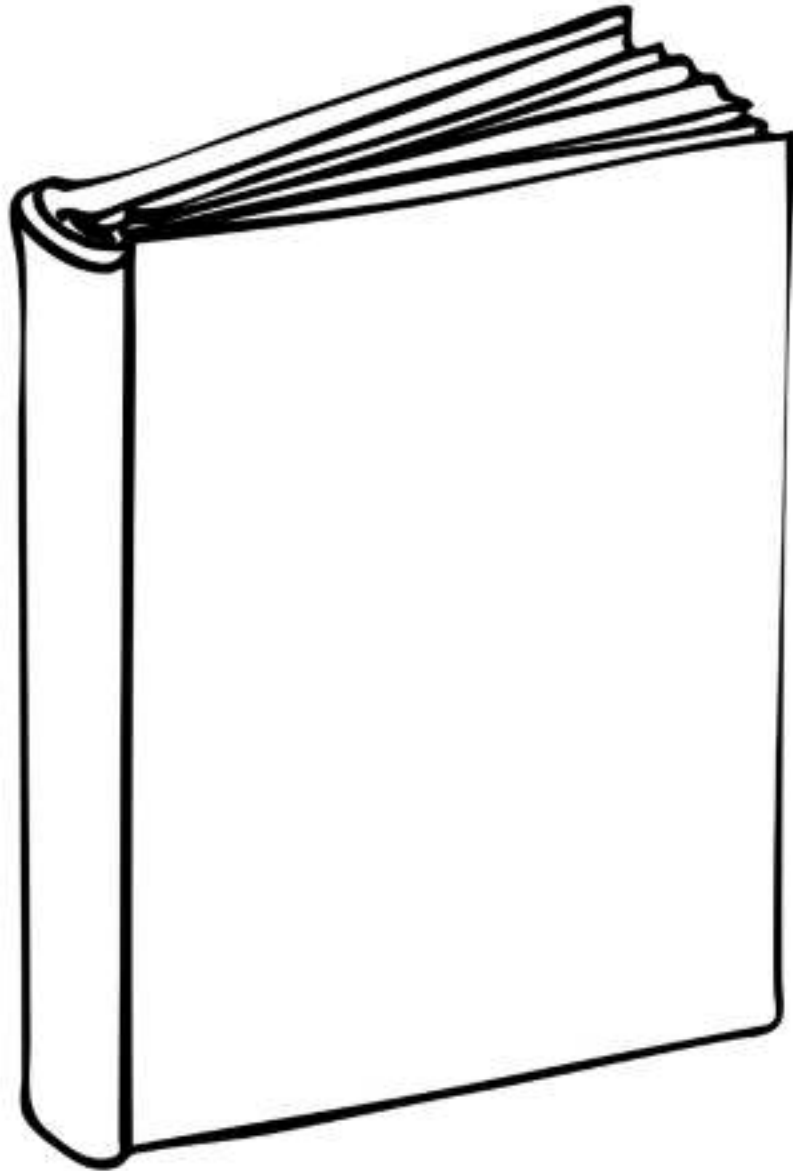
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# Create

a Cover for Your Favorite Book.



# Life Comics

Create the Story of  
Your Favorite Song.

The comic book page template consists of six panels arranged in three rows. The top row has two panels of equal size. The middle row has two panels of equal size, but each is split vertically by a diagonal line from the top-left to the bottom-right. The bottom row has three panels of equal size.