



180 Mornings About Me



Grades 3-6

SHEILA GARTH



Little Friends for Big Feelings

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 Yourself.

Feelings & Things

What Do You Want Your
Teacher to Know About You?

Would You Rather

Work by Yourself or
Work with Others?

Create

Color the Picture.



Life Comics

What Are Some of Your
Favorite Things?

The comic strip template consists of seven rectangular panels arranged in three rows. The first row contains two panels of equal size. The second row contains two panels of equal size, separated by a diagonal line running from the top-left corner of the right panel to the bottom-right corner of the left panel. The third row contains three panels of equal size.

About Me

Draw a Picture of Your Family.

Feelings & Things

What Is Something You Like to
Do with Your Family?

Would You Rather

Play with a Lot of People or
Play with One Person?

Create

a Bicycle on the Wheels.



Life Comics

What Is a Fun Trip You Went on
with Your Family?

The comic strip template consists of seven rectangular panels arranged in three rows. The first row contains two panels of equal size. The second row contains two panels of equal size, with a diagonal line running from the top-left corner of the left panel to the bottom-right corner of the right panel. The third row contains three panels of equal size.

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180 Days of SEL Morning Work | Daily Check-Ins & About Me Reflections-3-6 Grade