

15 SEL Entrance Slips for Daily Use

What is something that you can do today that you couldn't do last year?

What has challenged you this week? What strategies have you used to face the challenge?

What is something that causes you stress? Are you feeling stressed or calm today?

What is making you smile today?

Do you feel ready to learn today? If yes, explain what has made you feel prepared. If no, describe what is getting in your way.

Describe something that you wish you could change at this moment.

Celebrate yourself! What is something that you worked hard on this week?

Reflect and write about what you appreciate about our class.

Describe someone who was thoughtful in their actions this week.

How are you feeling today? (Circle one.) Why do you feel this way?

content frustrated left out angry excited tired confused stressed

Name something or someone that you feel you could never live without. Why do you feel this way?

What makes you feel calm and/or at peace?

Use your five senses to describe what your perfect day would be like.

If you had two extra hours at the end of today, how would you spend them?

What do you look forward to most in the future? Why are you looking forward to this?