

The Willa Wonderly SEL Workbook

A Social–Emotional Learning Companion for Kids (Ages 4–8)

Welcome!

Hi, friend! This workbook is your special place to learn about feelings, practice calm-down skills, and discover your very own superpowers—curiosity, courage, kindness, and heart-breathing.

Let's begin!

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1. Meet Your Feelings

Every feeling has a message. Use these pages to explore what they look like, sound like, and feel like.

Big Feelings Map

Draw or write: What does *happy* look like in your body? What about *sad*, *mad*, *worried*, *excited*, *brave*, or *calm*?

2. Feeling Check-In Charts

Use these every day or whenever you want.

How Do I Feel Today?

Circle one or draw your own: 😊 Happy — 😟 Worried — 😡 Mad — 😞 Sad — 🥳 Excited — 🧘 Calm — 🤔 Curious

My feeling feels like: (warm, heavy, fluttery, tingly...)

I think this feeling came from: (an event, a person, a thought...)

3. Heart-Breath Skills

Willa's favorite tool!

Try the Magic Heart Breath

1. Put your hand on your heart.
2. Breathe in slowly like you're smelling a flower.
3. Breathe out slowly like you're blowing a bubble.
4. Repeat 3 times.

Color in a star ✨ each time you practice.

4. Willa's Magic Pause

When feelings get big, Willa uses her **Magic Pause**.

The Magic Pause Steps

1. **Stop.** Say, "Pause!"
2. **Breathe.** One Magic Heart Breath.
3. **Name it.** "I feel ____."
4. **Choose.** "I can ____ to help myself."

Practice Page: Draw Willa using her Magic Pause.

5. Meet Your Feelie Friends

Each Feeling has a friend!

- **Curious** – loves to explore.
- **Skittish** – shows up when things feel new or surprising.
- **Unflappable** – calm and steady.
- **Gigglefritz** – silly, joyful energy.

Activity: Draw your own Feelie Friend and name their superpower.

6. Calm-Down Toolbox

Create your own list of tools.

Ideas: - Heart Breaths - Counting Breaths - Butterfly Hug - Squeeze & Release - Quiet Corner Time

My Tools: _____

7. Kindness Quests

Kindness grows your brain and heart!

Daily Quest Ideas

- Say one kind thing to yourself.
- Help a friend or sibling.
- Draw a thank-you picture.

Check off the Kindness Boxes: ☐ ☐ ☐ ☐ ☐

8. Growth-Mindset Magic

Willa knows the power of *YET*.

Try These “Yet” Sentences

- “I can’t do it... **yet.**”
- “This is tricky... **but I can learn.**”

Activity: Finish these: - “Something I’m learning is _____.” - “I got better at _____ because I practiced.”

9. Reflection Pages

Today I felt: _____

Something that helped me was: _____

One thing I’m proud of is: _____

10. Parent & Caregiver Guide

This workbook supports SEL competencies: - Emotional Awareness - Self-Regulation - Empathy & Social Skills - Mindfulness - Growth Mindset

Includes simple, low-prep practices for home or classroom.

End of Workbook Draft

Let me know if you’d like illustrations, formatting for print (PDF), added activities, or a more detailed version!