



SELF-REGULATION BELL RINGERS

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INTRODUCTION

Welcome to SEL Bell Ringers! This resource was created to help students build essential social-emotional learning (SEL) skills through quick, engaging activities.

The term "bell ringer" comes from the idea of a short task students complete at the start of class—when the bell rings—to help them settle in and get ready to learn. These activities work the same way, providing a focused way to begin the day while also developing important life skills.

WHAT'S INSIDE:

- A short definition of the theme in kid-friendly language
- Five daily activities (Monday-Friday) with a variety of prompt styles including rating scales, scenarios, creative drawings, reflections, and more
- A discussion guide for each theme with helpful conversation starters to deepen learning

HOW TO USE THIS RESOURCE:

For Teachers:

- Use these bell ringers at the start of the day or before a lesson to help students transition smoothly into learning and focus on SEL skills.
- Incorporate the discussion starters for morning meetings or small group conversations.
- Encourage students to share their responses with partners or reflect privately in journals.

For Counselors:

- Use the activities as warm-ups during individual or group sessions to introduce SEL topics.
- Pick specific themes based on student needs (e.g., stress management during testing season).
- Extend the conversations using the discussion guide to dive deeper into specific skills.

For Parents:

- Use these prompts at homework time, before bed, or during meals to encourage reflection and emotional growth.
- Choose one or two activities each week to spark conversations about feelings, relationships, and decision-making.
- Support your child by sharing your own responses to the prompts, modeling reflection and openness.

Whether used in the classroom, in counseling sessions, or at home, these SEL Bell Ringers are designed to help kids build confidence, connection, and practical skills that last a lifetime.



IMPULSE CONTROL

Impulse control means thinking before you act. It helps you pause and make good choices instead of reacting too quickly. When you control your impulses, you're more likely to stay calm and make smart decisions.

IMPULSE CONTROL STRATEGIES

Here are five strategies to help with impulse control.

Rate how well you think each one would work for you:

Strategy	Wouldn't Help	Might Help	Would Help A Lot
Take a deep breath	_____	_____	_____
Count to five before responding	_____	_____	_____
Walk away to cool down	_____	_____	_____
Talk to someone you trust	_____	_____	_____
Think about the consequences	_____	_____	_____



Choose one strategy and explain why it might work best for you.

MONDAY

ANGRY AT LUNCH



You're in line at lunch and someone cuts in front of you. You feel angry and want to yell at them. What's another way you could handle this situation?

TUESDAY



IMPULSE CONTROL

WEDNESDAY

COMIC STRIP



Create a comic strip showing yourself using impulse control.

1. The moment when you feel like reacting quickly
2. The pause or strategy you use
3. The positive outcome

The Impulse

The Pause

The Outcome

THURSDAY

WOULD YOU RATHER?

Would you rather:

- Speak your mind right away and risk hurting someone's feelings
- Wait and think about a kinder way to share your thoughts



Circle one and explain your choice.

FRIDAY

TOP 3 LIST



List **three things** that make you feel proud of yourself.

1 _____

2 _____

3 _____



STRESS MANAGEMENT

Stress management means finding healthy ways to handle the pressure and challenges you face. When you learn how to calm your body and mind, it's easier to stay focused and feel your best.

STRESS MANAGEMENT STRATEGIES

Here are five strategies to manage stress.

Rate how helpful each one is for you:

Strategy	Not Helpful	Somewhat Helpful	Very Helpful
Take deep breaths	_____	_____	_____
Get some exercise	_____	_____	_____
Talk to someone you trust	_____	_____	_____
Listen to calming music	_____	_____	_____
Take a short break from the problem	_____	_____	_____



Pick one strategy you think helps most and explain why.

MONDAY

THE BIG TEST



You have a big test coming up and feel really stressed. You want to skip studying because it feels overwhelming. What's a healthy way to manage this stress?

TUESDAY



STRESS MANAGEMENT

WEDNESDAY

CREATE A BILLBOARD



Design a billboard that shares one message or tip for managing stress in a healthy way

Create Your Billboard

THURSDAY

FACT & REACT



Fact: Moving your body, like stretching or walking, helps lower stress hormones in your brain.



Write one or two sentences about a time when **moving around** helped you feel better.

FRIDAY

ONE WORD FOCUS



Choose one word that reminds you how to handle stress in a healthy way (like calm, pause, or breathe).

Explain why you picked it.



TIME MANAGEMENT

Time management means using your time wisely so you can finish what needs to get done and still have time for things you enjoy. When you plan ahead and stay organized, life feels less stressful and more balanced.

TIME MANAGEMENT STRATEGIES

Here are five strategies to help manage your time better.

Rate how helpful each one is for you:

Strategy	Not Helpful	Somewhat Helpful	Very Helpful
Make a to-do list	_____	_____	_____
Set a timer for tasks	_____	_____	_____
Break big tasks into smaller steps	_____	_____	_____
Put away distractions (like your phone)	_____	_____	_____
Start with the hardest task first	_____	_____	_____



Pick one strategy and explain why it might help you.

MONDAY

THE FORGOTTEN ASSIGNMENT



You suddenly remember a project is due tomorrow that you forgot about. You feel panicked and aren't sure where to start.

What's a smart way to manage your time and finish it?

TUESDAY



TIME MANAGEMENT

WEDNESDAY

DESIGN A TO-DO LIST POSTER



Create a poster that reminds students how a to-do list can help manage time. Include fun designs, words, or images that show why planning helps.

Design a To-Do List Poster 

THURSDAY

TRUE OR FALSE + EXPLAIN

"Doing the hardest task first is a good way to manage your time."

- True
- False



Circle True or False, then explain why.

FRIDAY

GOAL SETTING



Write one goal for how you can manage your time better next week.

Explain why you picked it.



PERSEVERANCE

Perseverance means not giving up, even when something is hard. It's about sticking with a challenge, trying different strategies, and keeping a positive attitude until you reach your goal.

STICKING WITH IT

Here are five ways to show perseverance.

Rate how helpful each one is for you:

Strategy

Not Helpful

Somewhat Helpful

Very Helpful

Ask for help when you get stuck

Take a break and come back later

Remind yourself why the goal matters

Try a different way to solve the problem

Celebrate small steps along the way



Pick one strategy and explain how it could help you stick with a challenge.

THE TOUGH ASSIGNMENT



You're working on a long project and feel like quitting because it's harder than you thought. **What can you do to keep going?**



PERSEVERANCE

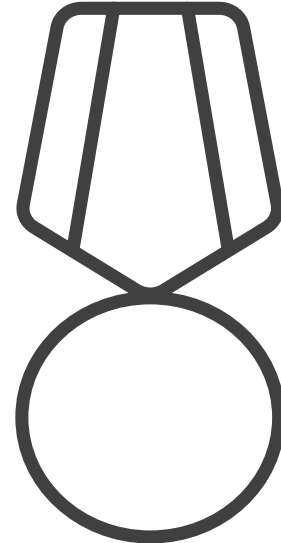
WEDNESDAY

DESIGN A MEDAL



Draw a **medal** for someone who shows perseverance. Include words or pictures that show what it means to stick with something hard.

Design Your Medal Here



THURSDAY

FACT & REACT



Fact: Thomas Edison tested over 1,000 different materials before finding the right one for the lightbulb.



Write one or two sentences about why this is a good example of perseverance.

FRIDAY

FINISH THE SENTENCE



Complete this sentence:

One thing I can do when I feel like giving up is...



RESPONSIBILITY

Responsibility means taking charge of your actions and choices. It's about doing what needs to be done, even when it's hard, and owning up to mistakes so you can make things right.

TAKING CHARGE

Here are five ways to show responsibility.

Rate how well you do these things right now:

Action

Not Yet

Sometimes

Almost Always

Finish your tasks on time

Admit mistakes and make it right

Take care of your belongings

Help others without being asked

Plan ahead for things you need to do



Pick one area where you could improve and explain how.

MONDAY

THE APOLLO 13 MISSION



In **1970**, the crew of **Apollo 13** faced a life-threatening accident in space. The astronauts and NASA team took **responsibility** for solving the problem, working together to bring the crew safely home.

Write two or three sentences about how this story shows responsibility.

TUESDAY



RESPONSIBILITY

WEDNESDAY

DESIGN A YOUTUBE THUMBNAIL



Imagine you are making a video about being **responsible**. Design a **YouTube thumbnail** that shows a message or image about taking responsibility.

Design Your Thumbnail Here

THURSDAY

QUOTE REACTION

"The time is always right to do what is right."
—Martin Luther King Jr.



Write one or two sentences about how this quote connects to responsibility.

FRIDAY

TOP 3 LIST



List three responsibilities you have at school or at home.

- 1 _____
- 2 _____
- 3 _____



SELF DISCIPLINE

Self discipline means doing what you know is right, even when you don't feel like it. It helps you stay focused on your goals, make good choices, and keep going when things get hard or distracting.

STAYING ON TRACK

Here are five ways to practice self discipline.

Rate how challenging these are for you:

Action

Easy for Me

A Little Hard

Really Hard

Starting homework without being reminded

Stopping myself from getting distracted

Sticking to a goal even when it's boring

Saying no to something that isn't good for me

Getting up on time in the morning



Pick one thing that's hard for you and write how you could improve.

THE FORGOTTEN ALARM



You stayed up too late watching videos and forgot to set your alarm. You wake up late and feel like skipping breakfast and rushing to school.

What would be a disciplined way to handle this situation?

MONDAY

TUESDAY



SELF DISCIPLINE

WEDNESDAY

CREATE AN ADVERTISING BILLBOARD



Design a billboard encouraging people to show self discipline. Use words or pictures that remind others why it matters.

Design Your Billboard Here

THURSDAY

FACT & REACT



Fact: Studies show that people with strong self discipline are happier because they feel more in control of their lives.



Write one or two sentences about why feeling in control might make you happier.

FRIDAY

FINISH THE SENTENCE



Complete this sentence:

One way I can show more self discipline is...



ORGANIZATIONAL SKILLS

Organizational skills help you keep track of your things, time, and tasks. Being organized makes life easier because you know what needs to get done and where everything belongs.

STAYING ON TRACK

Here are five ways to stay organized.

Rate how well you use each one:

Action

Not Yet

Sometimes

Almost Always

Keep my workspace neat

Use a planner or checklist

Pack my bag the night before

Put things back where they belong

Break big tasks into smaller steps



Pick one area to improve and explain how.

MONDAY

THE MISSING HOMEWORK



You can't find your homework when it's time to turn it in. You know you did it, but your desk and bag are messy. **What could you do differently next time?**

TUESDAY



ORGANIZATIONAL SKILLS

WEDNESDAY

DESIGN A PLANNER COVER



Design the cover for a **personal planner** that would help you stay organized. Include drawings or words that would inspire you to use it.

Design Your Planner Cover Here

THURSDAY

TRUE OR FALSE + EXPLAIN

"Being organized means doing everything perfectly."

- True
- False



Circle True or False, then explain why.

FRIDAY

TOP 3 LIST



List three ways you could be more organized this week.

1 _____

2 _____

3 _____



MINDFULNESS

Mindfulness means paying attention to what's happening right now, without worrying about the past or future. It helps you stay calm, focused, and aware of how you're feeling.

MINDFULNESS PRACTICES

Here are five ways to practice mindfulness.

Rate how helpful each one is for you:

Practices

Not Helpful

Somewhat Helpful

Very Helpful

Take slow, deep breaths

Notice sounds around you

Focus on how your body feels

Think about what you're grateful for

Take a mindful walk (pay attention to sights, sounds, smells)



Pick one practice and explain why it could help you.

MONDAY

THE BUSY BRAIN



You're trying to finish your homework, but your mind keeps wandering to other things.
What's one way you could bring your focus back?

TUESDAY



MINDFULNESS

WEDNESDAY

CREATE A MINDFULNESS POSTER



Design a poster that encourages others to try mindfulness. Use images or words that show how it helps you stay calm and focused.

Create Your Poster Here



THURSDAY

FACT & REACT



Fact: Research shows that practicing mindfulness can help improve focus and attention. Even just a few minutes of deep breathing or paying attention to your surroundings can help your brain stay calm and clear.



Write one or two sentences about how practicing mindfulness might help you focus better during the day.

FRIDAY

ONE WORD FOCUS



Choose one word that helps you remember to stay mindful (like breathe, focus, or present).

Explain why you picked it.



GOAL SETTING

Goal setting means choosing something you want to achieve and making a plan to reach it. Setting goals helps you stay focused, work hard, and feel proud when you succeed.

GOAL PLANNING

Here are five steps for setting and reaching a goal.

Rate how often you follow each one:

Step

Not Yet

Sometimes

Almost Always

Set a clear goal (know exactly what you want)

Make a plan with small steps

Stick with it even when it's hard

Check your progress

Celebrate when you reach your goal



Pick one step you could improve and explain how.

MONDAY

THE NEW YEAR'S RESOLUTION



You set a New Year's resolution to get better at something, but after a few weeks, you start to forget about it.

What can you do to stay on track with your goal?

TUESDAY



GOAL SETTING

WEDNESDAY

DESIGN A TROPHY



Design a **trophy** for someone who **reaches their goal**. Use words or images that celebrate hard work and success.

Design Your Trophy Here

THURSDAY

QUOTE REACTION

"A goal without a plan is just a wish."
—Antoine de Saint-Exupéry



Write one or two sentences about what this quote means to you.

FRIDAY

FINISH THE SENTENCE



Complete this sentence:
One goal I have right now is...

Perseverance - Discussion Guide

Summary:

Students explore the importance of not giving up when things get hard. They reflect on how to stick with goals and overcome challenges.

Discussion Starters:

1. Can you share a time when you felt like quitting but kept going?
 2. Why is it important to keep trying even when something feels tough?
 3. What helps you stay motivated when you're working on a hard goal?
-

Responsibility - Discussion Guide

Summary:

Students reflect on what it means to take responsibility for their actions, choices, and belongings. They explore how being responsible helps build trust and makes life easier.

Discussion Starters:

1. Why is it important to admit mistakes and make things right?
 2. How do responsibilities at home and school help you grow?
 3. What's one responsibility you're proud of handling?
-

Self Discipline - Discussion Guide

Summary:

Students focus on practicing self discipline, which means doing what's right even when they don't feel like it. They explore strategies to stay focused, resist distractions, and follow through on goals.

Discussion Starters:

1. What's one area where self discipline is hard for you?
 2. Why is self discipline important for reaching your goals?
 3. How do you feel when you follow through on something challenging?
-

Organizational Skills - Discussion Guide

Summary:

This week helps students develop habits to stay organized, such as keeping track of belongings, using planners, and breaking tasks into steps. They explore how being organized reduces stress.

Discussion Starters:

1. How does being organized help you feel more prepared?
 2. What's one area (desk, backpack, planner) you could organize better?
 3. How can staying organized help you manage your time?
-

Mindfulness - Discussion Guide

Summary:

Students practice mindfulness, which means paying attention to the present moment. They explore calming strategies like deep breathing, focusing on their senses, and showing gratitude.

Discussion Starters:

1. When is a good time to use mindfulness during your day?
2. What's one way mindfulness can help you feel calmer?
3. Can you describe a moment when you felt fully present?

Self-Regulation

Impulse Control - Discussion Guide

Summary:

This week helps students learn to pause and think before acting. They explore different strategies for managing impulses and making thoughtful decisions.

Discussion Starters:

1. Why is it helpful to pause before reacting when you feel upset?
 2. What strategies work best for you when you need to calm down?
 3. Can you think of a time when using impulse control helped you?
-

Stress Management - Discussion Guide

Summary:

Students learn about healthy ways to manage stress. They explore calming strategies and reflect on situations that make them feel overwhelmed.

Discussion Starters:

1. What are some signs that you're feeling stressed?
 2. Which stress management strategies work best for you?
 3. Why is it important to take breaks when you feel overwhelmed?
-

Time Management - Discussion Guide

Summary:

This week focuses on helping students use their time wisely. They learn strategies like making to-do lists, setting timers, and breaking tasks into smaller steps.

Discussion Starters:

1. What's the hardest part about managing your time?
2. How can planning ahead make things easier?
3. What's one time management trick that works for you?