

SEL COLORING Journals



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INTRODUCTION

This resource includes 17 motivational coloring pages paired with thoughtful journal prompts to help kids build confidence, perseverance, curiosity, responsibility, and other core social-emotional skills.

Each page features an inspiring message, a short mindset lesson, and three reflective prompts designed to spark personal insight, meaningful discussion, and real-life application.

Whether you're using this journal at school, or at home, or in a counseling session, it's designed to meet kids where they are—and help them grow from the inside out.

What's Inside:

- 17 inspirational coloring pages focused on growth mindset and character
- 3 journal prompts per page (reflection, personal connection, and inquiry)
- 17 matching discussion guides with conversation starters and easy-to-apply follow-up activities
- 17 full color posters you can display in your classroom, home or office

How to Use This Journal:

Print out the coloring page and matching journal prompts page and distribute both to your students. Have them color in the coloring page, then answer the journal prompts.

Teachers: Use pages as weekly bell ringers, morning meeting starters, early-finisher activities, or part of your SEL block. Discuss the prompts together or let students work independently, then choose one activity from the discussion guide to reinforce the concept.

Parents: This journal is perfect for quiet reflection time, weekend check-ins, or even dinner table conversations. You can color alongside your child and take turns answering the journal questions. It's a great way to connect while building emotional skills.

School Counselors and Therapists: Use individual pages in one-on-one sessions, small groups, or classroom visits. The topics align with key SEL competencies and can help spark conversations about resilience, self-awareness, goal-setting, and decision-making. Use the "Try It" activities to guide follow-up action.

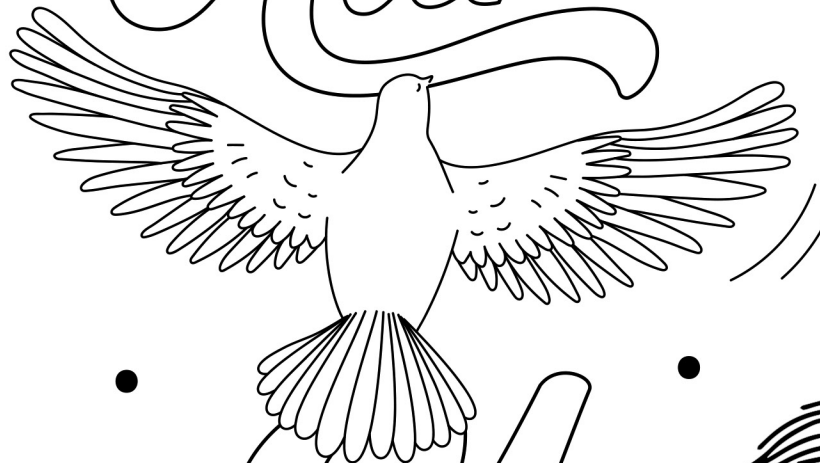
No matter how you use it, this journal is a space for kids to express themselves, build strong inner habits, and keep growing.

Let's get started!

BE *Brave*



BE *Humble*



BE *You*



BE BRAVE. BE HUMBLE. BE YOU.

**It takes courage to be your real self. Humility keeps you grounded.
Confidence lets your light shine.**

1

What does this message mean to you in your own words? Why might it take bravery and humility to be yourself?

2

Think of a time when you stayed true to yourself, even if it was hard. What happened and how did it feel?

3

Create a personal “Me Map.” Include three things you’re proud of, three things you’re working on, and three values you try to live by.

• ☆ ☆ ☆ •

BELIEVE

• in ☆ •

Yourself

☆ and •

• *All That* •

• YOU ARE •



BELIEVE IN YOURSELF AND ALL THAT YOU ARE

Confidence grows when you try, not when you're perfect. Trust yourself, and give new things a shot.

1

What do you think this message is saying about confidence? Why is it okay to not be perfect?

2

What's something you were nervous to try, but you did it anyway? How did believing in yourself help?

3

Ask someone older (like a parent, teacher, or coach) how they learned to believe in themselves. Write down their advice in your own words.

I Can
DO
HARD
Things



I CAN DO HARD THINGS

You don't have to feel ready to get started. Grit means doing what matters, even when it's tough.

1

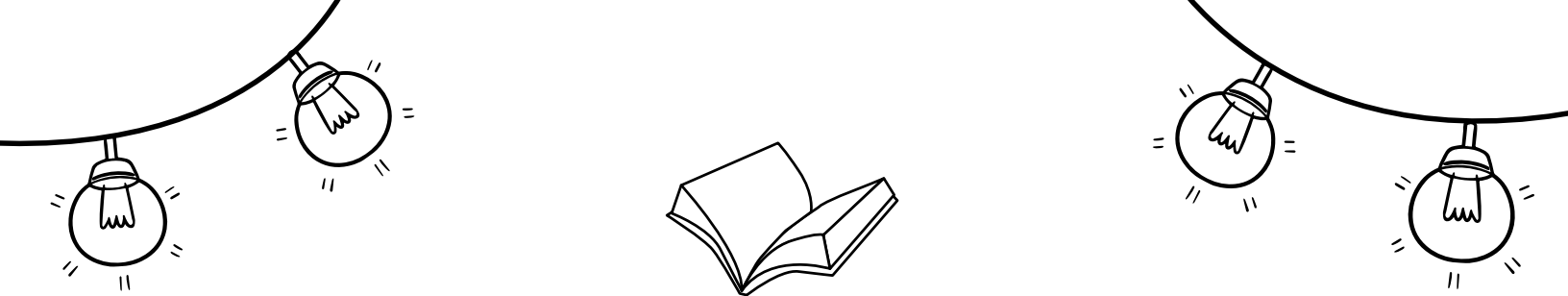
What does it mean to you to “do hard things”? Why might it be important?

2

Describe a challenge you faced. How did you push through it, and what helped you keep going?

3

Look up three famous people who didn't give up when things were difficult. Write one sentence about how each one showed grit.



CURIOSITY

Lights

my PATH



CURIOSITY LIGHTS MY PATH

Curiosity leads to discovery. Asking questions, exploring ideas, and noticing the world helps you grow in powerful ways.

1

What does this message say about the power of curiosity? Why is it important for learning and growing?

2

Write about a time when your curiosity led you to learn something new. What questions did you ask?

3

Choose something around you right now. Research five surprising facts about it and share what you found most interesting.

Every
CHALLENGE
Helps ME
GROW



EVERY CHALLENGE HELPS ME GROW

**Hard things help you become stronger, smarter, and more capable.
Struggles aren't setbacks, they're steps forward.**

1

What does this quote mean to you? Why might a challenge actually be a good thing?

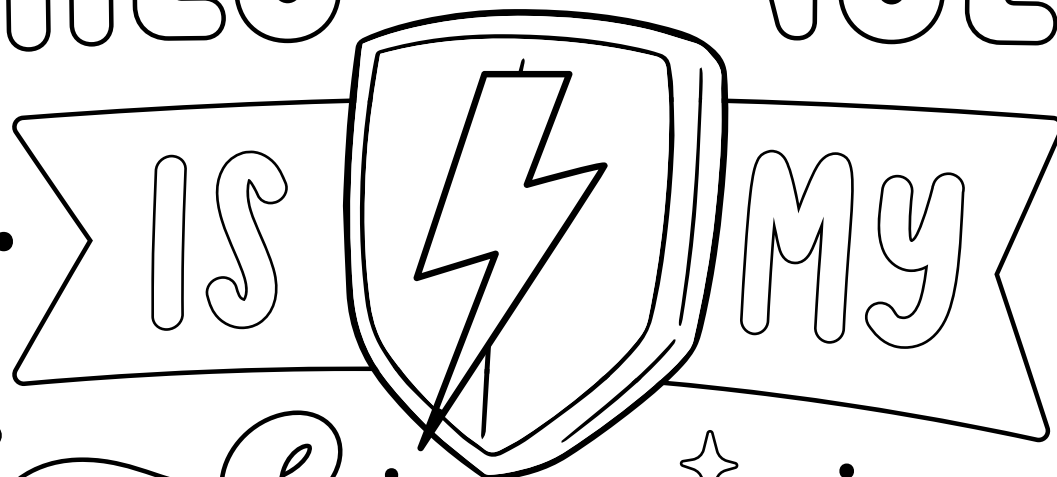
2

Write about a challenge you faced recently. How did it help you grow, even if it didn't feel like it at the time?

3

Interview a family member or friend about a tough time they went through. What did they learn from it?

RESILIENCE



Super

POWER

RESILIENCE IS MY SUPERPOWER

You won't always feel strong, but you can always bounce back. Resilience means rising again after falling.

1


In your own words, what does resilience mean? How can it be like a superpower?

2

Think of a moment when something went wrong but you didn't give up. What helped you bounce back?

3

Create a "bounce-back plan" for a tough day. Include three things you could do to recharge and refocus.



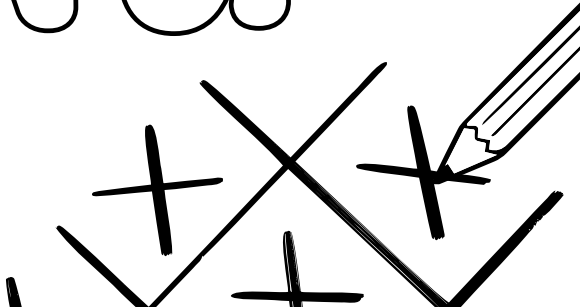
MISTAKES

ARE

Proof

THAT YOU ARE

TRYING



MISTAKES ARE PROOF THAT YOU ARE TRYING

Mistakes don't mean you've failed. They mean you're learning. Every mistake is part of growing forward.

1

What does this message tell you about mistakes? How can they actually help us?

2

Write about a mistake you made that taught you something important. What would you do differently now?

3

Find three famous inventions or discoveries that happened by mistake. Summarize what was learned in each case.

DETERMINATION

Defines



ME

DETERMINATION DEFINES ME

Determination means staying with something, even when it gets frustrating. It's the habit of showing up again and again.

1

What does it mean to be defined by determination? How does that shape who you are?

2

Think of a goal you worked hard for. What did you do to stay motivated, especially when it got hard?

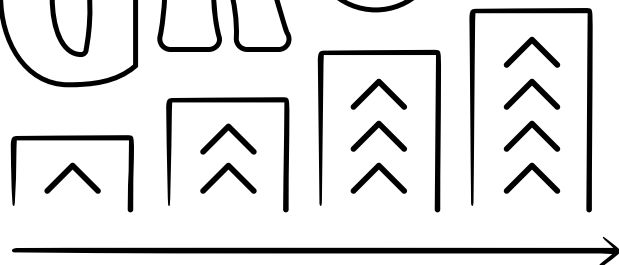
3

Watch a short video or read about an Olympic athlete's journey. What did their determination look like in action?

SOMETIMES
you WIN



SOMETIMES
you GROW



SOMETIMES YOU WIN, SOMETIMES YOU LEARN

Not everything goes your way, and that's okay. Every experience gives you something: a win or a lesson.

1

What does this message say about the value of losing or failing? Do you agree?

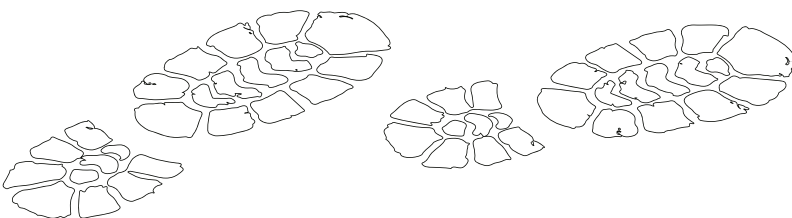
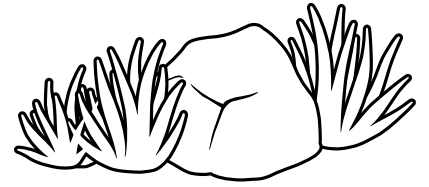
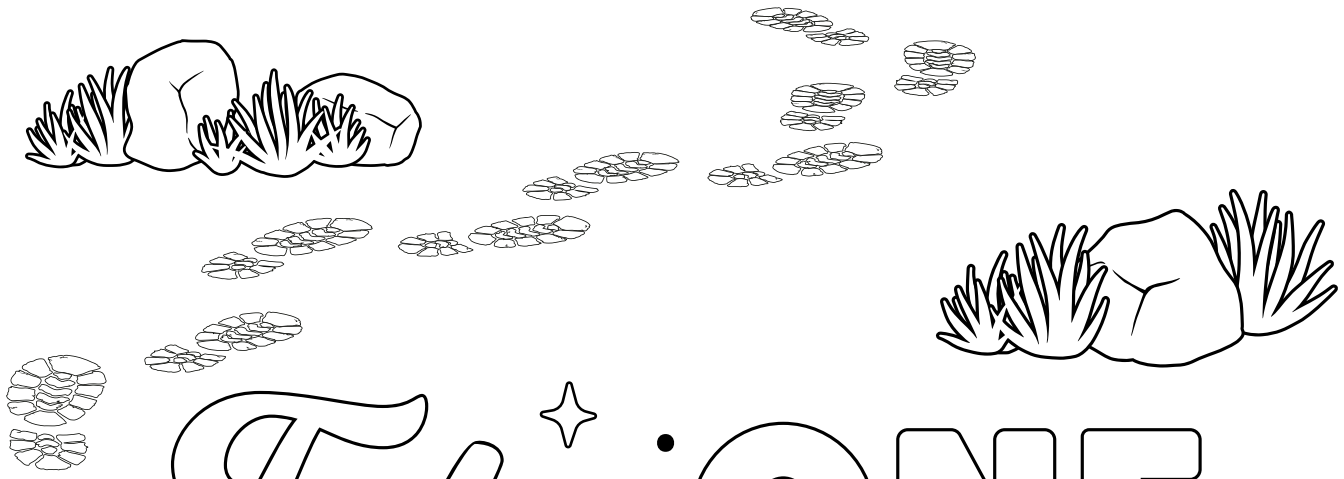
2

Write about a time when something didn't go as planned. What lesson did you take away from it?

3

Ask a friend or family member what they learned from a failure. Summarize their answers in your own words.

Take ONE
STEP
at a
Time



TAKE ONE STEP AT A TIME

You don't have to do everything all at once. Small, steady steps keep you moving forward.

1

What does “one step at a time” mean to you? Why might that be helpful advice?

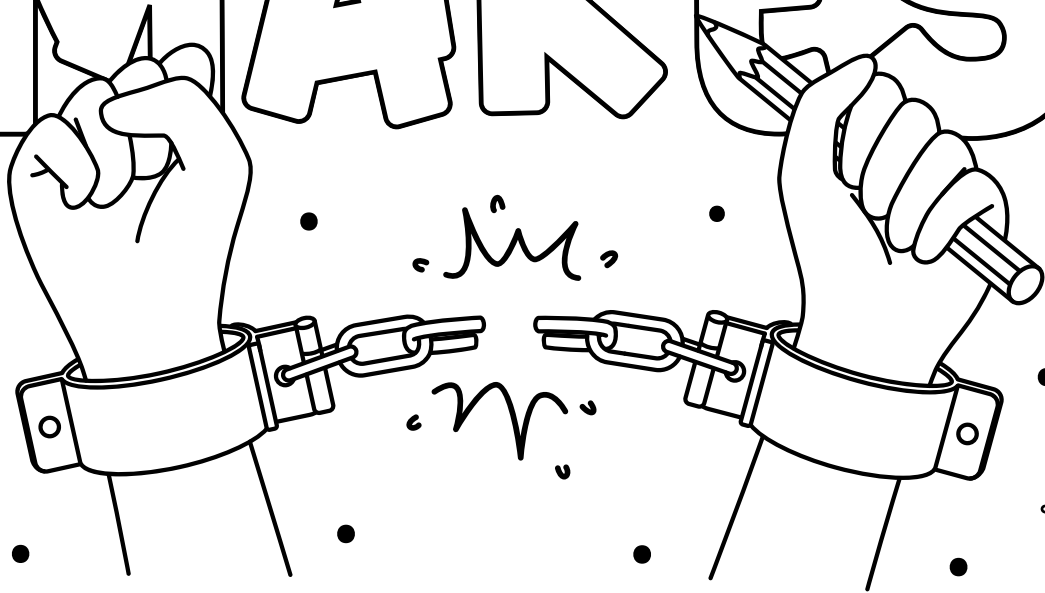
2

Think of a big goal you have. What's one small step you could take toward it today?

3

Choose a famous person who worked toward a big goal. Write down three steps they took to get there.

Everyone
MAKES
M.
n.
MISTAKES



EVERYONE MAKES MISTAKES

Mistakes are part of learning, not proof that you failed. What matters most is what you do next.

1

Why is it important to accept that everyone makes mistakes? What happens when we try to hide them?

2

Describe a mistake you made and what you did afterward. What did you learn from the experience?

3

Write a short skit about two characters: one who gives up after a mistake and one who learns and keeps going.

KEEP
Showing

UP



KEEP SHOWING UP

You won't always feel motivated, and that's okay. What matters is staying consistent and doing your best anyway.

1

What does it mean to “keep showing up”? Why is that sometimes more important than feeling ready?

2

Describe a time when you kept going even when you didn't feel like it. What helped you stay with it?

3

Create a weekly habit tracker for yourself. Choose one thing to do every day for a week and reflect on how it went.



PRACTICE



Makes

PROGRESS



PRACTICE MAKES PROGRESS

You don't have to be perfect. Every time you practice, you grow. And that's what really matters.

1

What does this quote mean to you? Why is progress more important than perfection?

2

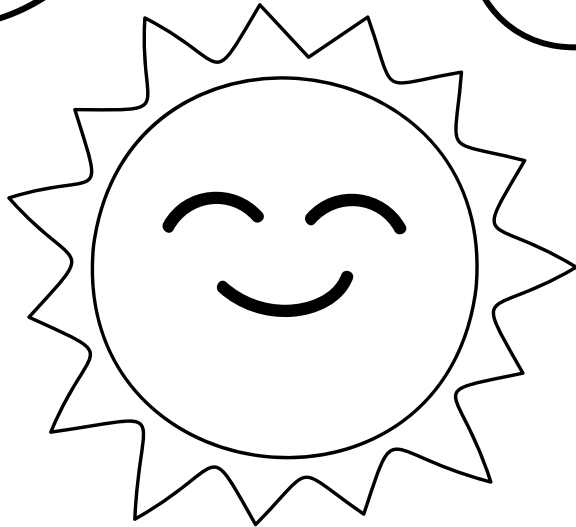
What's something you've gotten better at over time? How did practice help?

3

Interview someone you admire about how they practiced to improve at something. What advice would they give?

CHOOSE

Joy



CHOOSE JOY

Joy isn't something you wait for. It's something you notice, create, and choose, even on tough days.

1

What does it mean to choose joy? How might you do that on a hard day?

2

Think of a recent moment when you chose joy on purpose. What did you do or think differently?

3

Make a list of 10 small things that bring you joy. Put a star next to three you can do today.

DO THE
Right
THING, even if
Nobody
is
WATCHING



DO THE RIGHT THING, EVEN IF NOBODY IS WATCHING

Doing the right thing builds trust, even when no one sees it. Integrity means choosing your values over attention.

1

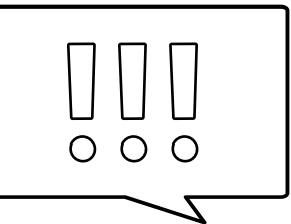
What does this message say about your character? Why might doing the right thing be hard sometimes?

2

Describe a situation where you had to decide between doing what's right and what's easy. What did you choose?

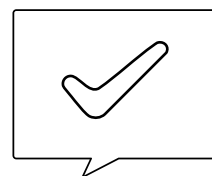
3

Read a short story or article about someone who stood up for what's right. What did you admire about them?



Do
SOMETHING

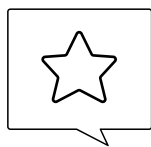
Your



FUTURE SELF

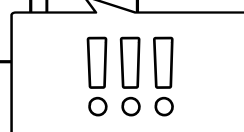
Will

THANK YOU



For

	28	29	30	31	1
3	4	5	6	7	
10	11	12	13	14	15



DO SOMETHING YOUR FUTURE SELF WILL THANK YOU FOR

**Responsibility means making choices now that take care of you later.
A little planning today makes life easier tomorrow.**

1

What do you think this message is encouraging you to do? Why does it matter?

2

Think about your future self one year from now. What's one thing you can do today that would help that version of you?

3

Write a letter from your future self. What would they thank you for doing right now?

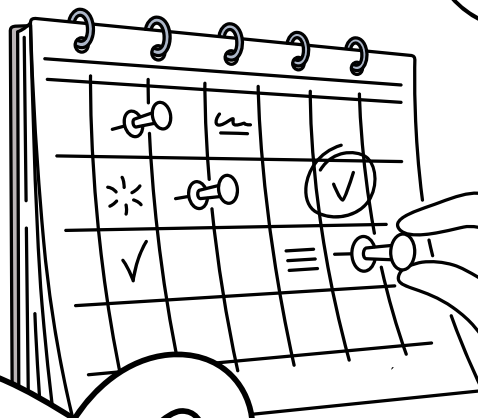
✓
EXCELLENCE

is NOT an

Not

it's a

Habit



EXCELLENCE IS NOT AN ACT. IT'S A HABIT.

Success isn't one big moment. It's built through daily effort. Greatness grows through small things done with care.

1

What does it mean to build habits of excellence? Why do small choices matter?

2

Think of a daily habit or routine that helps you be your best. How did it become part of your life?

3

Research a person who is known for their work ethic. Write a short paragraph about what made them stand out.

DISCUSSION GUIDE

1. BE BRAVE. BE HUMBLE. BE YOU.

SEL Skill Focus: Knowing Myself

Concept Summary:

It takes bravery to show up as your real self and humility to stay grounded. Confidence grows when you know who you are and stay true to it.

Discussion Starters:

1. What does it mean to be both brave and humble at the same time?
2. Have you ever felt proud of being yourself, even if it was hard? What happened?
3. Why might someone pretend to be someone they're not? What advice would you give them?

Try It Activity:

Write or draw three things that make you “you.” Share one of them with a friend, family member, or classmate today.

2. BELIEVE IN YOURSELF AND ALL THAT YOU ARE

SEL Skill Focus: Confidence

Concept Summary:

Confidence doesn't come from being perfect—it comes from trying, learning, and trusting yourself along the way.

Discussion Starters:

1. What does confidence look or sound like?
2. Can you think of a time you believed in yourself even when something was scary or new?
3. What do you think helps someone become more confident over time?

Try It Activity:

Make a “Confidence List” with five things you've done that took courage. Add to it anytime you try something new.

3. I CAN DO HARD THINGS

SEL Skill Focus: Grit

Concept Summary:

You don't have to feel ready to begin—you just need to keep showing up. Grit means sticking with what matters, even when it's hard.

Discussion Starters:

1. What kinds of things feel “hard” for you right now?
2. What's one hard thing you've already done that you're proud of?
3. How can you tell the difference between something that's hard and something that's too much?

Try It Activity:

Pick one thing that feels a little challenging today. Try it for five minutes and then reflect on how it went.

DISCUSSION GUIDE

4. CURIOSITY LIGHTS MY PATH

SEL Skill Focus: Curiosity

Concept Summary:

Curiosity helps you grow by encouraging questions, exploration, and learning. It opens doors to new ideas and deeper understanding.

Discussion Starters:

1. What are you curious about today? Why?
2. Have you ever learned something cool just by asking a question or noticing something?
3. Why is it important to stay curious, even when you think you already know the answer?

Try It Activity:

Start a “Why?” list with three questions you’ve always wondered about. Choose one and find out more.

5. EVERY CHALLENGE HELPS ME GROW

SEL Skill Focus: Motivation

Concept Summary:

Challenges aren’t just obstacles—they’re opportunities to grow stronger, smarter, and more capable. Growth often comes from the hard stuff.

Discussion Starters:

1. Why might a challenge be a good thing, even if it’s uncomfortable?
2. What’s a challenge you’ve faced that helped you learn something important?
3. How do you feel about failure—does it always feel bad, or can it be useful?

Try It Activity:

Write about a current challenge you’re facing. Then list three ways it might help you grow if you stick with it.

6. RESILIENCE IS MY SUPERPOWER

SEL Skill Focus: Resilience

Concept Summary:

Resilience means bouncing back after a tough time. You don’t always have to feel strong—you just need to keep going.

Discussion Starters:

1. What does resilience mean in your own words?
2. Can you think of a time when you bounced back from something difficult?
3. Why do you think some people give up while others keep going?

Try It Activity:

Create a personal “bounce-back plan” with three strategies you can use when things don’t go your way.

DISCUSSION GUIDE

7. MISTAKES ARE PROOF THAT I'M TRYING

SEL Skill Focus: Perseverance

Concept Summary:

Mistakes don't mean you've failed—they mean you're learning. Every time you try, you get better, even when it's messy.

Discussion Starters:

1. Why are mistakes a natural part of learning?
2. Think of a mistake you made. What did you learn from it?
3. How do you usually feel when you make a mistake? How would you like to respond instead?

Try It Activity:

Draw or write about a mistake you made that helped you grow. Title it: "What I Learned."

8. DETERMINATION DEFINES ME

SEL Skill Focus: Determination

Concept Summary:

Determination is the habit of not giving up. It means showing up again and again, even when things get tough or frustrating.

Discussion Starters:

1. What does it feel like when you're determined to reach a goal?
2. Tell a story about a time when you kept trying even though it was hard.
3. Why do you think determination matters more than talent?

Try It Activity:

Set a small goal for today and track your effort, not just your result. Did you stay with it?

9. SOMETIMES YOU WIN, SOMETIMES YOU LEARN

SEL Skill Focus: Perspective

Concept Summary:

Not everything goes your way, and that's okay. Sometimes the most valuable lessons come from what didn't work out.

Discussion Starters:

1. What's something that didn't go your way recently? What could you learn from it?
2. Why do you think learning from failure can be more powerful than just winning?
3. Can you think of someone who turned a "loss" into a lesson?

Try It Activity:

Write two short stories about the same moment—one focused on the win, and one focused on the lesson.

DISCUSSION GUIDE

10. TAKE ONE STEP AT A TIME

SEL Skill Focus: Goal Setting

Concept Summary:

You don't need to do everything at once. Small, steady steps help you build progress and avoid feeling overwhelmed.

Discussion Starters:

1. Why is it sometimes hard to take things one step at a time?
2. Think of a big goal you have. What's the very first step toward reaching it?
3. How can breaking things down into steps help you stay motivated?

Try It Activity:

Choose a goal and write out 3 small steps you could take this week. Check one off by the end of the day.

11. EVERYONE MAKES MISTAKES

SEL Skill Focus: Embracing Challenges

Concept Summary:

Mistakes are not the end—they're part of how we learn and grow. What matters most is how you respond afterward.

Discussion Starters:

1. Why is it important to accept that mistakes are part of learning?
2. Can you remember a time when a mistake turned out to be helpful?
3. What would you say to someone who's afraid to try because they don't want to mess up?

Try It Activity:

Create a "Mistakes I've Learned From" page with two columns: What went wrong / What I learned.

12. KEEP SHOWING UP

SEL Skill Focus: Consistency

Concept Summary:

You won't always feel motivated, and that's okay. The habit of showing up—even when it's hard—builds strength and progress.

Discussion Starters:

1. What helps you keep going when you feel tired or unmotivated?
2. Describe something you stuck with even when it didn't feel exciting. How did you feel after?
3. Why do you think showing up is sometimes more important than doing it perfectly?

Try It Activity:

Start a 3-day streak challenge. Choose one small thing to do each day and reflect on how it felt to stick with it.

DISCUSSION GUIDE

13. PRACTICE MAKES PROGRESS

SEL Skill Focus: Growth Mindset

Concept Summary:

You don't need to be perfect. Every time you practice, you move forward—and that's what helps you grow.

Discussion Starters:

1. What's the difference between progress and perfection?
2. What's something you've improved at through practice? How did you keep going?
3. How would you encourage a friend who feels like they're not good at something yet?

Try It Activity:

Choose a skill you want to improve. Set a timer for 5 minutes and practice. Repeat tomorrow.

14. I CHOOSE JOY

SEL Skill Focus: Optimism

Concept Summary:

Joy isn't something you wait for—it's something you notice, create, and choose, even during hard moments.

Discussion Starters:

1. What does it mean to choose joy on purpose?
2. Share a time when you felt joy—even if the day wasn't perfect.
3. Why do you think noticing small joys helps your mood and mindset?

Try It Activity:

Make a Joy Jar. Write down one joyful moment each day this week and keep it in the jar.

15. I DO THE RIGHT THING, EVEN IF NOBODY IS WATCHING

SEL Skill Focus: Integrity

Concept Summary:

Integrity means making good choices because they're right—not because you want credit or attention. It builds trust and character.

Discussion Starters:

1. What does "doing the right thing" mean to you?
2. Can you think of a time you made a good choice without anyone noticing? How did it feel?
3. Why is integrity important in friendships, school, or teams?

Try It Activity:

Write or draw a short comic showing someone choosing to do the right thing—without being asked or rewarded.

DISCUSSION GUIDE

16. DO SOMETHING YOUR FUTURE SELF WILL THANK YOU FOR

SEL Skill Focus: Responsibility

Concept Summary:

Responsibility means making choices today that will benefit you tomorrow. Thinking ahead helps you stay prepared and feel proud later on.

Discussion Starters:

1. What kinds of things can you do now that will help you in the future?
2. Think about something you've done recently that your future self would be thankful for. What was it?
3. Why is it hard sometimes to make good choices when the rewards come later?

Try It Activity:

Write a short letter from your future self. What are they thankful you did this week?

17. EXCELLENCE IS NOT AN ACT. IT'S A HABIT. (Closing Guide)

SEL Skill Focus: Work Ethic

Concept Summary:

Excellence isn't just about big moments—it's about daily effort and small actions done with care. Habits help you become your best self.

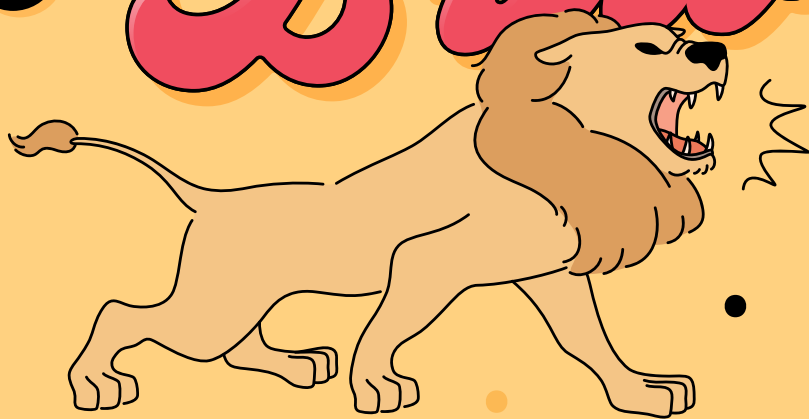
Discussion Starters:

1. What habits help you do your best work, even in small ways?
2. Describe a time when consistent effort helped you get better at something.
3. Why do you think people sometimes focus only on the final result instead of the practice?

Try It Activity:

Pick one small habit you want to build this week. Track how many days you stick with it.

BE *Braave*



BE *Humble*



BE *You*





BELIEVE
in
Yourself
and
All That
YOU ARE



I Can
DO
HARD
Things





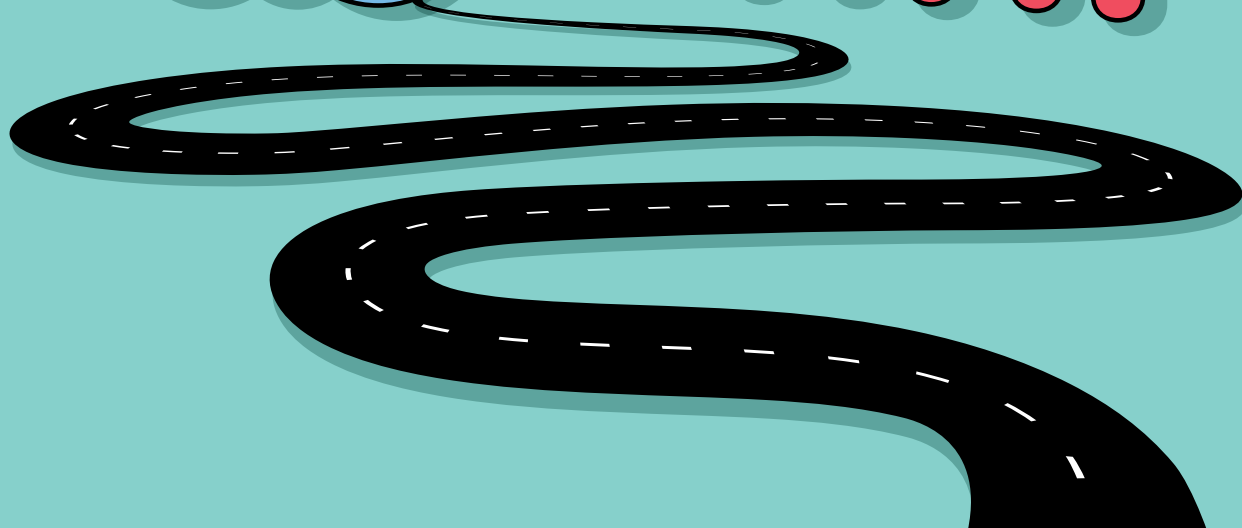
CURIOSITY



Lights



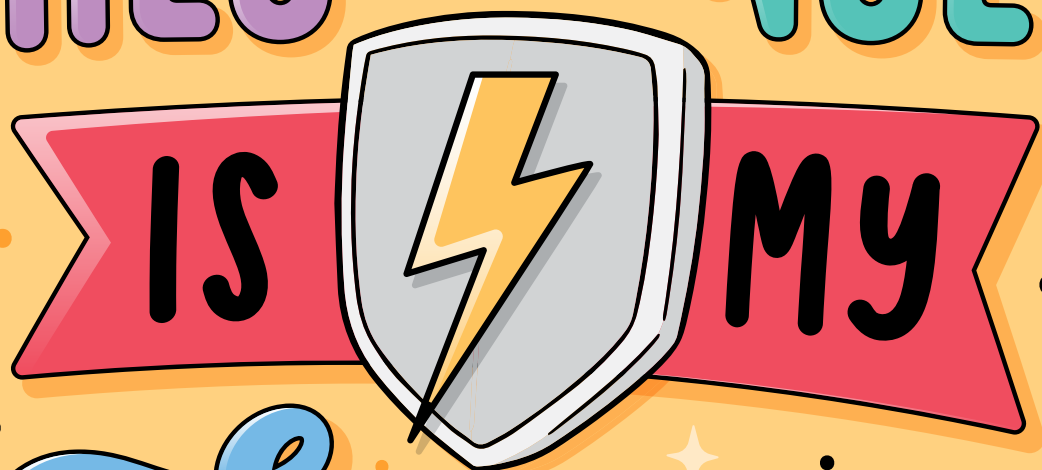
My PATH



Every
CHALLENGE
Helps ME
GROW




RESILIENCE



Super

POWER



MISTAKES

ARE

Proof

THAT **you** ARE

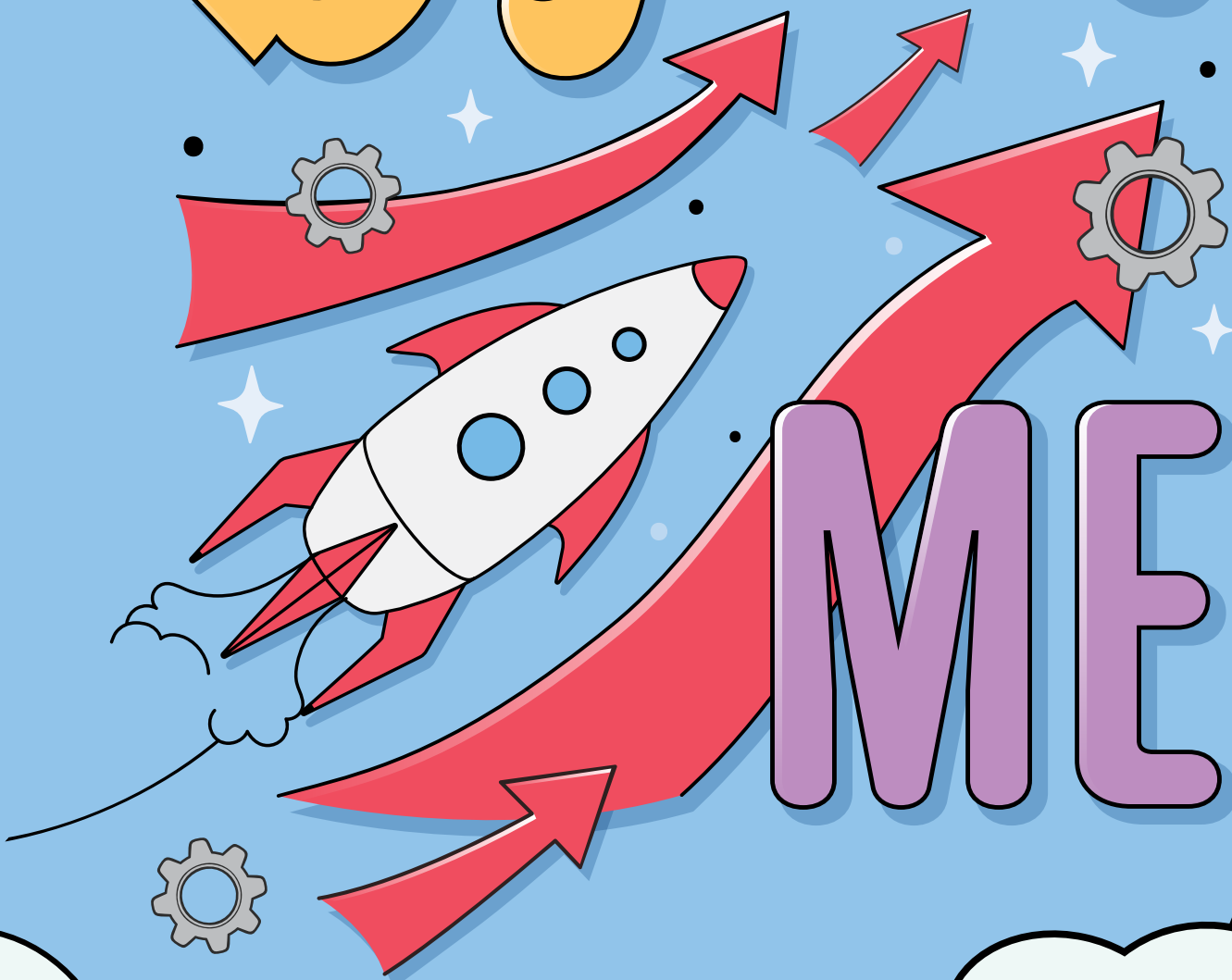
TRYING



DETERMINATION

Defines

ME

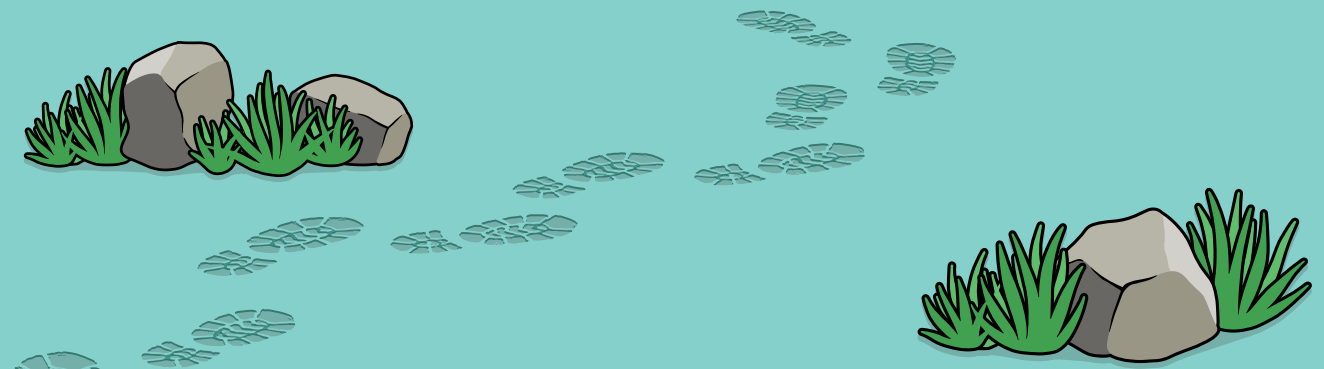


SOMETIMES
you WIN

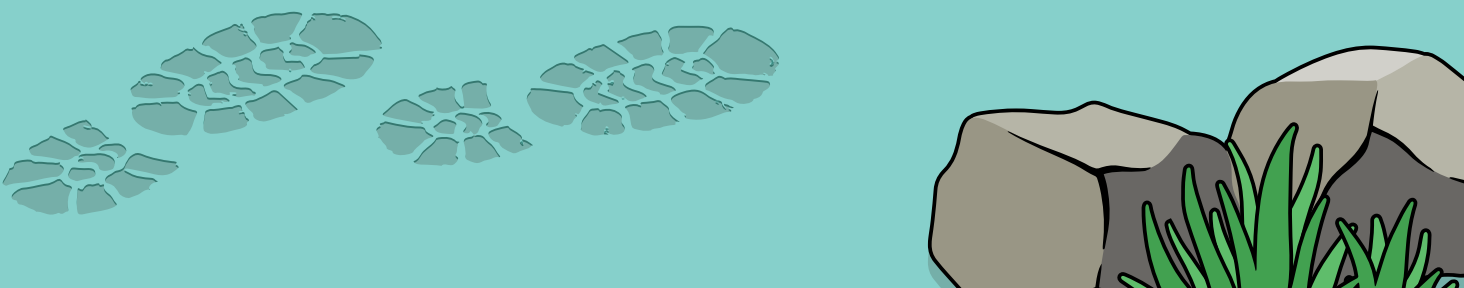


SOMETIMES
you GROW



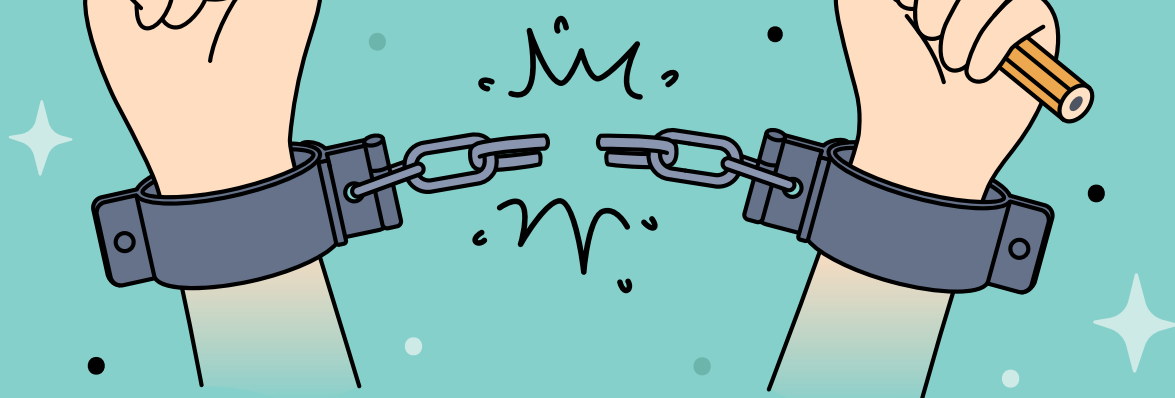


Take ONE
STEP
at a
Time



Everyone

MAKES



MISTAKES

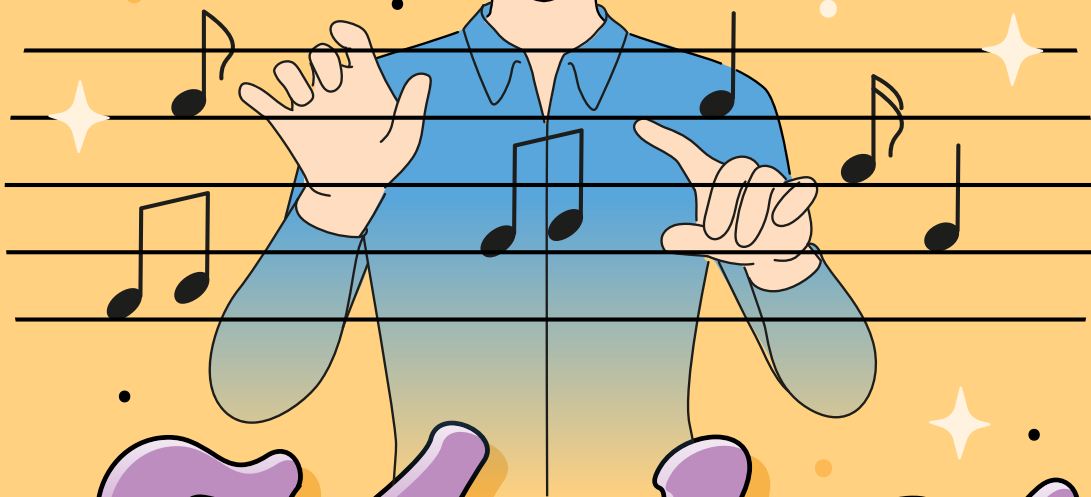
KEEP
Showing

UP



A musical note in the top left corner and another in the top right corner, both floating against the yellow background.

PRACTICE



Makes

A musical note in the bottom left corner and another in the bottom right corner, both floating against the yellow background.

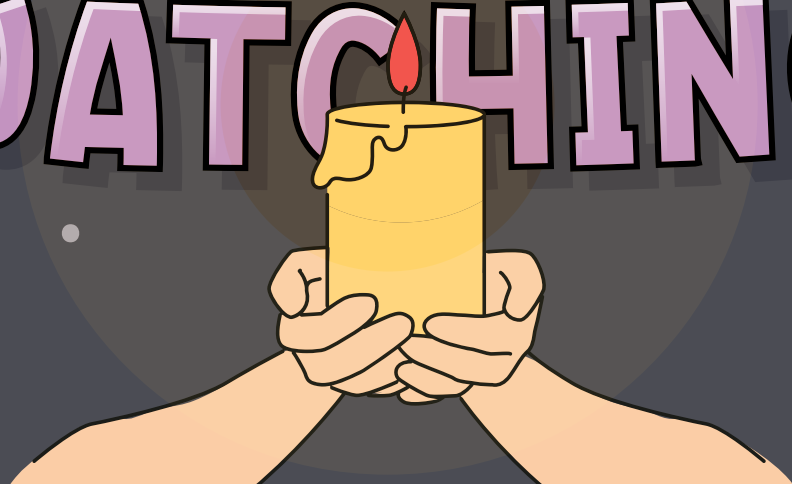
PROGRESS

CHOOSE

Joy



DO THE
Right
THING, even if
Nobody
is
WATCHING

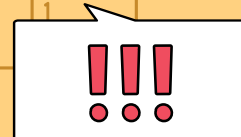




Do
SOMETHING
Your
FUTURE SELF
Will **THANK YOU**
For



28	29	30	31	1
3	4	5	6	7
10	11	12	13	14
15				



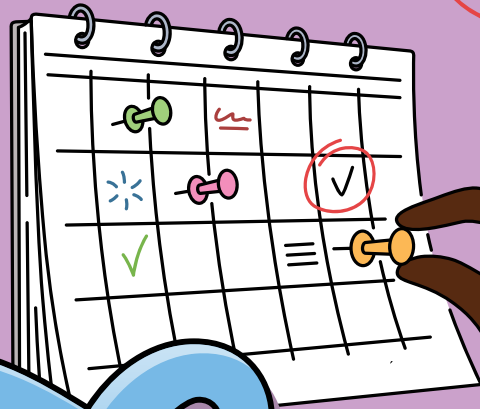
✓
EXCELLENCE

is **NOT** an

Act

it's a

Habit



RECOMMENDED RESOURCES



Emotional Intelligence Mindset Cards

52 Daily Habits for Confidence, Connection and Social Skills

Each card highlights an Emotional Intelligence skill with a key insight and real-life ways to practice it.

<https://selfpowerpack.com/eqmindmaps/>

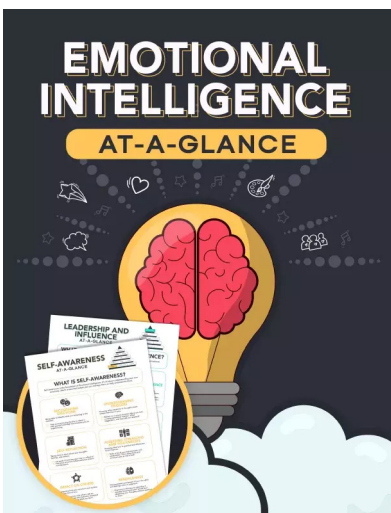


Peel & Stick Coping Wheel

The Wheel breaks down 36 different emotions, divided into six categories. For each emotion there's a suggested coping strategy.

You'll learn how to recognize your feelings, find new ways to cope with stress and build your social emotional skills.

<https://selfpowerpack.com/wheel/>



Emotional Intelligence At A Glance

12 printable "cheat sheets" to boost your EQ, manage emotions and build better relationships!

Each lesson is featured on a printable 1-page handout, packed with easy to follow tips, prompts, and discussion starters.

<https://selfpowerpack.com/eiglance/>

Looking for more social-emotional learning resources? Our website is filled with hundreds of printable games, lesson plans, and worksheets to make SEL come alive for kids.

Visit selfpowerpack.com to learn more today.

