

# Using ChatGPT to Create SEL Materials

## A. Journal Templates

Prompt: "Design a student journal page with one quote, one big question, and one creative box."

Example Output:

- Quote: "The only journey is the journey within." - Rainer Maria Rilke
- Big Question: "What did I learn about myself this week?"
- Creative Box: Draw a symbol that represents how you felt this week.

Use this template weekly, rotating themes like gratitude, confidence, empathy.

## B. Weekly Self-Check Forms

Prompt: "Create a printable check-in for students to track their feelings and thoughts in emojis + short responses."

Example Output:

- Mood Tracker: Choose your mood today:
- Why do you feel this way today?
- What's one thing that helped or could help you feel better?

Great as a morning or exit activity.

## C. Reflection Card Decks

Prompt: "Generate 20 thought-provoking questions for self-awareness, 10 for younger kids and 10 for teens."

Example Output:

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Younger Students:

- What made you smile this week?
- When did you feel brave recently?
- If your feelings were colors, what color are you today?

Teens:

- What part of yourself are you proud of?
- When do you feel most like your true self?
- What's something you've learned from failure?

Use these for circle time or one-on-one discussions.

### D. Creative Prompt Banks

Prompt: "Generate 10 creative expression tasks for students to explore their identity using art, music, or movement."

Example Output:

1. Design a personal flag that shows your values and dreams.
2. Create a playlist for "the person I'm becoming."
3. Draw a timeline of your emotional growth.
4. Choreograph a short movement that shows your current energy.
5. Rewrite a nursery rhyme as if it told your story.
6. Compose a beat that captures your mood this week.
7. Build a self-sculpture using found materials.
8. Write and illustrate a comic titled "Future Me."

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9. Create a collage using cutouts that reflect your identity.
10. Record a 1-minute audio diary on "What I want the world to know about me."