



**G.R.O.W. Together**  
**Learning Journal**

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# OVERVIEW OF THE G.R.O.W. LEARNING JOURNAL



The G.R.O.W. Learning Journal is a space for you to reflect on what you learn throughout the workshop so you can decide how best to apply these skills in your life. This journal will provide you with prompts, activities, and resources to help you grow in your social and emotional skills.

You will have the opportunity to complete a journal prompt at the end of each hour. The prompt allows you to reflect on the hour's topic from your perspective. Additionally, there are pages at the end of the learning journal where you can note topics of interest and key takeaways.

Your learning journal is for your eyes only. Use the opportunity to be honest when answering each prompt. Feel free to make this journal your own by decorating it as you see fit!





# SOCIAL AND EMOTIONAL LEARNING (SEL)

## What is SEL?

SEL is the process through which you learn and use the knowledge, skills, and attitudes to develop healthy identities, manage emotions and achieve personal and collective goals, feel and show empathy for others, establish and maintain supportive relationships, and make responsible and caring decisions.

## The 5 SEL Competencies



### Self-Awareness

The ability to understand your emotions, thoughts, and values and how they influence behavior in different contexts.



### Self-Management

The ability to manage your emotions, thoughts, and behaviors effectively in different situations and to achieve goals and aspirations.



### Responsible Decision Making

The ability to make caring and constructive choices about personal behavior and social interactions across diverse situations.



### Healthy Relationship Building

The ability to establish and maintain healthy and supportive relationships and to effectively navigate settings with diverse individuals and groups.



### Social Awareness

The ability to understand the perspectives of and empathize with others, including those from different backgrounds, cultures, and contexts.

Name three qualities you love about yourself.



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SELF-AWARENESS

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# INTRODUCTION TO SELF-CARE

## INTRODUCTION TO SELF-CARE

Self-care helps us control our feelings and reactions to stressful situations, events, and challenging conditions. The use of effective self-care can improve the mental and emotional well-being of each of us.

## TYPES OF SELF-CARE

### 1) Active Self-Care



You understand what is happening and you do something to reduce the effects of the stressful event on you. This form of self-care is the healthiest.

#### Examples

- Breathing exercises or techniques to put your feet on the ground (grounding)
- Count from 10 to 0 at a slow pace
- Physical activity



### 2) Evasive Self-Care

You focus your attention on another activity with the intention of postponing, ignoring, or avoiding the situation or problem. These skills may be useful for short-term self-help, but are not recommended for long-term use.

#### Examples

- Get away from the problem
- Listen to your favorite music
- Thinking activities: puzzles, crossword puzzles, or similar activities



### 3) Negative (Inadequate) Self-Care

You react to the stressful event in a way that is harmful to your health or the health of others. This self-care mechanism is not recommended and can be counterproductive.

#### Examples

- Unhealthy eating
- Social isolation
- Aggressive behavior



# INTRODUCTION TO SELF-CARE

## TRY THE FOLLOWING SELF-CARE SKILLS

We are all different and some techniques may work for you and others may not. We recommend trying several and choosing the ones that work best for you.



Paint or draw something you like

Play something you like

Start learning something new

Do meditation exercises

Eat something you like

Exercise or try a new sport

Use the body scan technique

Go for a walk

Read something you like

Write how you feel

Do breathing exercises

Talk to someone you trust

Use the progressive muscle relaxation technique

Do grounding exercises



# How do you take care of yourself when you feel scared or stressed?



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SELF-  
MANAGEMENT

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# SETTING AND ACHIEVING GOALS



MY GOAL

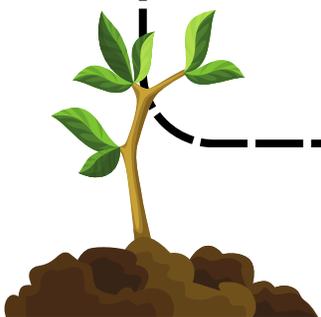
VALUE

PRIORITY

WHAT DO I NEED TO DO?

STRENGTHS

SUPPORT



Describe a time when you did something you were afraid to try.



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RESPONSIBLE  
DECISION MAKING

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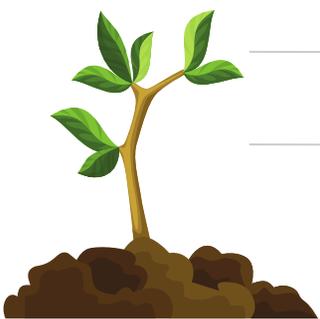
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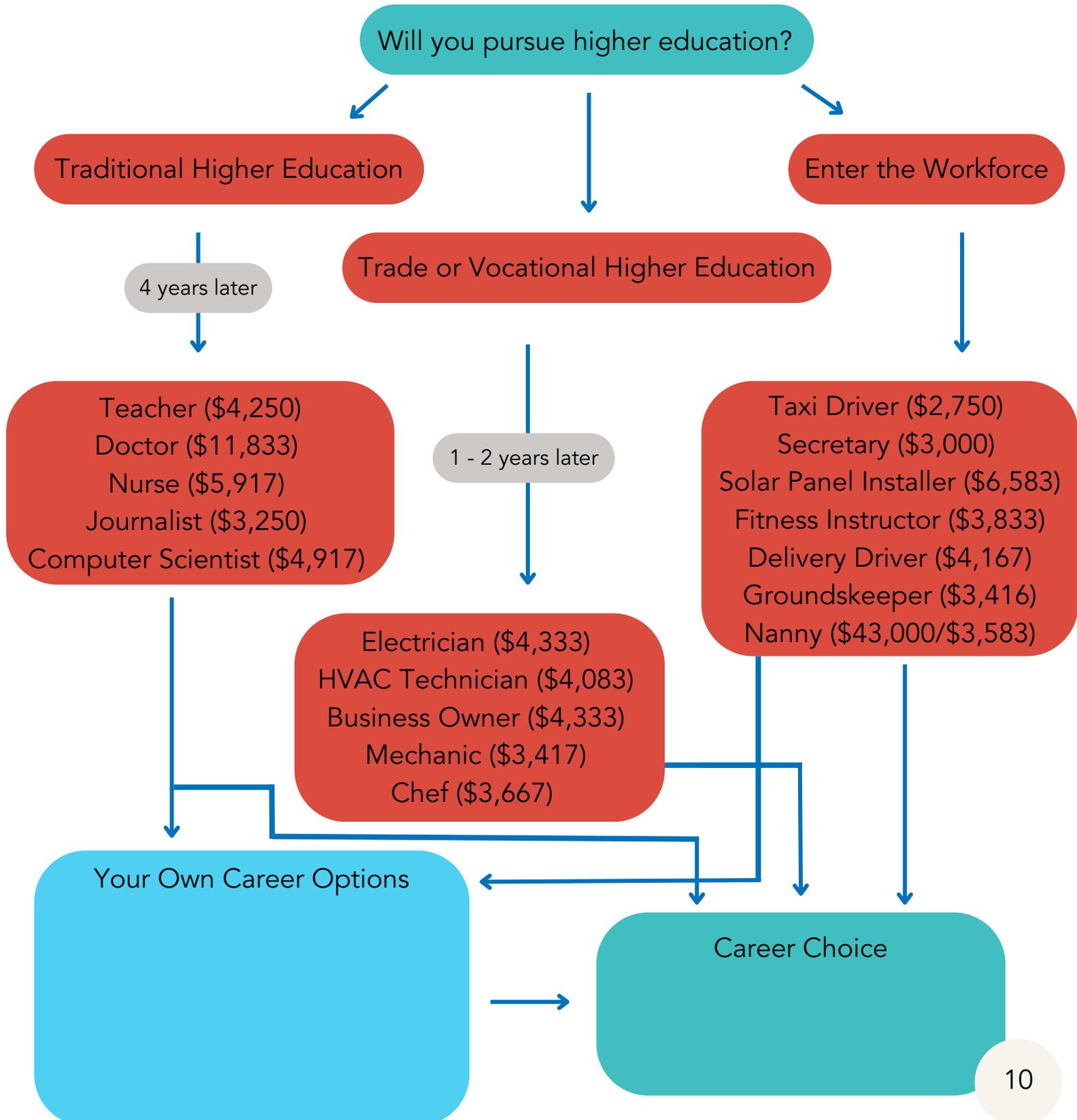
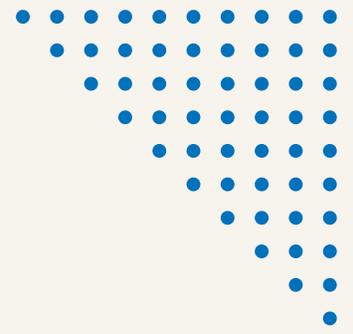
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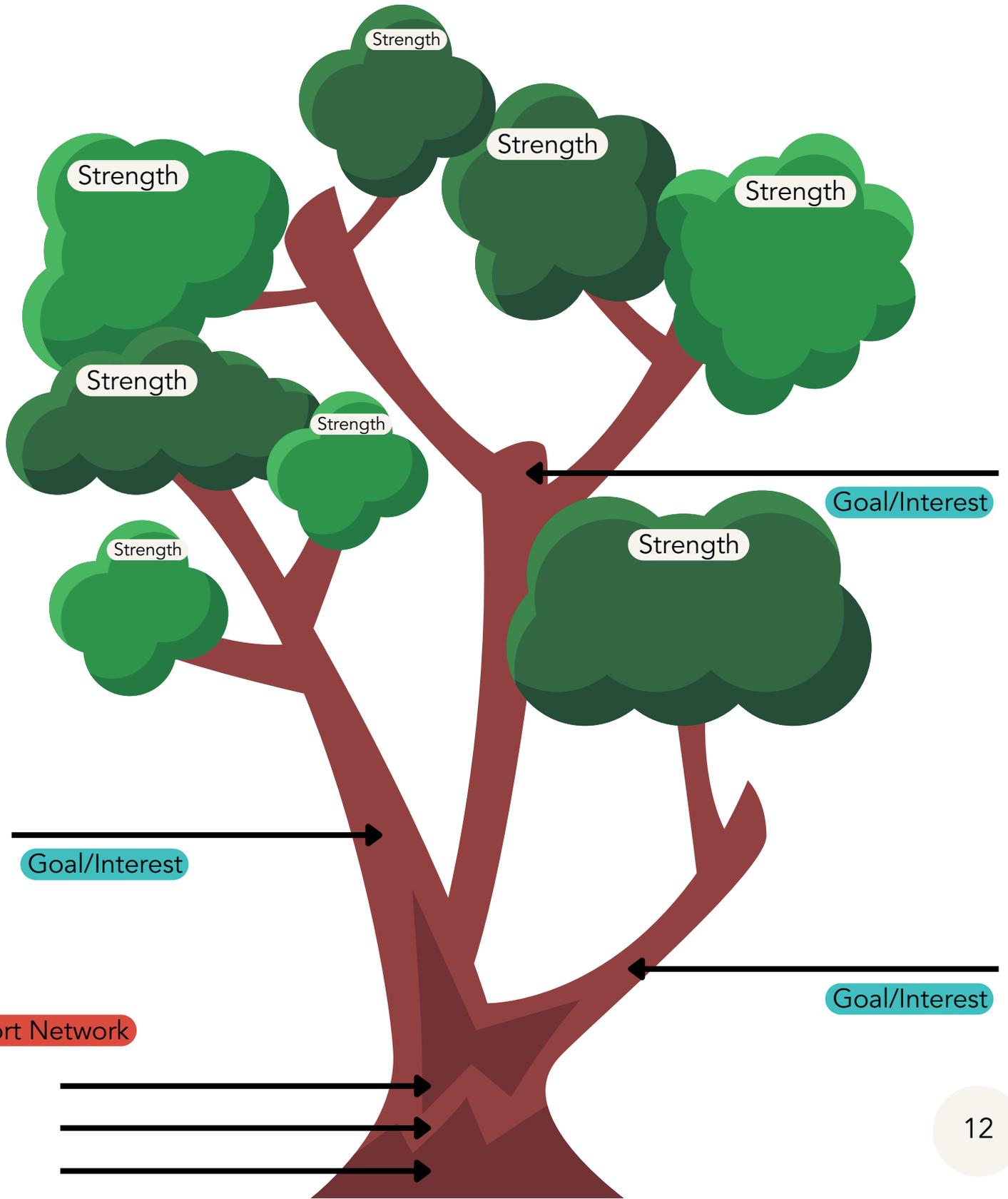
# GAME OF READY4LIFE

## PART ONE: EDUCATION AND CAREER





# TREE OF STRENGTHS



Support Network

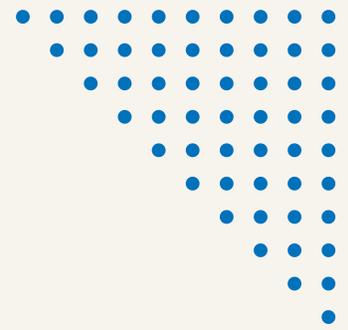
Goal/Interest

Goal/Interest

Goal/Interest

# GAME OF READY4LIFE

## PART TWO: FAMILY AND HOUSING



Single

### Family Structure



Single with One Child



Single with Two Child



Married/Partnered



Married/Partnered with One Child



Married/Partnered with Two Child

### Family Structure Selection

### Housing Selection

#### Housing

House (\$3000)

Townhouse (\$2500)

Apartment (\$1700)

Shared Home (\$900)

Living with Family (\$200)

Your Own Option



Family of One (\$300)



### Food

Family of Two (\$600)



Family of Three (\$900)



Family of Four (\$1200)



### Food Selection

### Expenses Made

Housing: \_\_\_\_\_

Food: \_\_\_\_\_

Remaining: \_\_\_\_\_

What is your greatest strength?  
What would you like to improve  
about yourself?



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RESPONSIBLE  
DECISION MAKING

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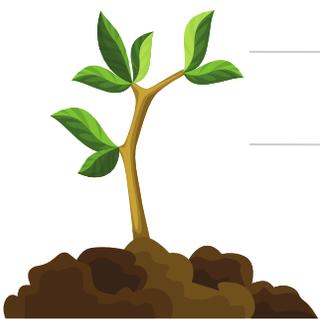
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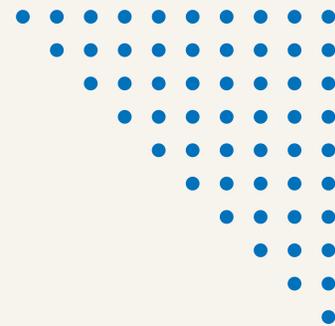
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# GAME OF READY4LIFE

## PART THREE: NEEDS AND WANTS



### Needs

- Childcare (\$800)
- Debt Repayment (\$150)
- New clothes/shoes (\$100)
- Student Loan Repayment (\$200)
- Housing Utilities (\$430)
- Car + Insurance (\$700)
- Bike + Repairs (\$40)
- Public Transportation (\$60)

### Wants

- Gift (\$60)
- Going to the movies (\$20)
- Emergency Fund (\$50)
- New Phone (\$400)
- Vacation (\$2000)
- Donations (\$50)
- TV streaming subscription (\$10)
- Premium Phone Plan (\$90)
- Signature Phone Plan (\$75)
- Essentials Phone Plan (\$60)
- Family Contribution (\$150)



### Your Personal Needs

### Your Personal Wants

Extra Expense: \_\_\_\_\_

Accidental Expense: \_\_\_\_\_

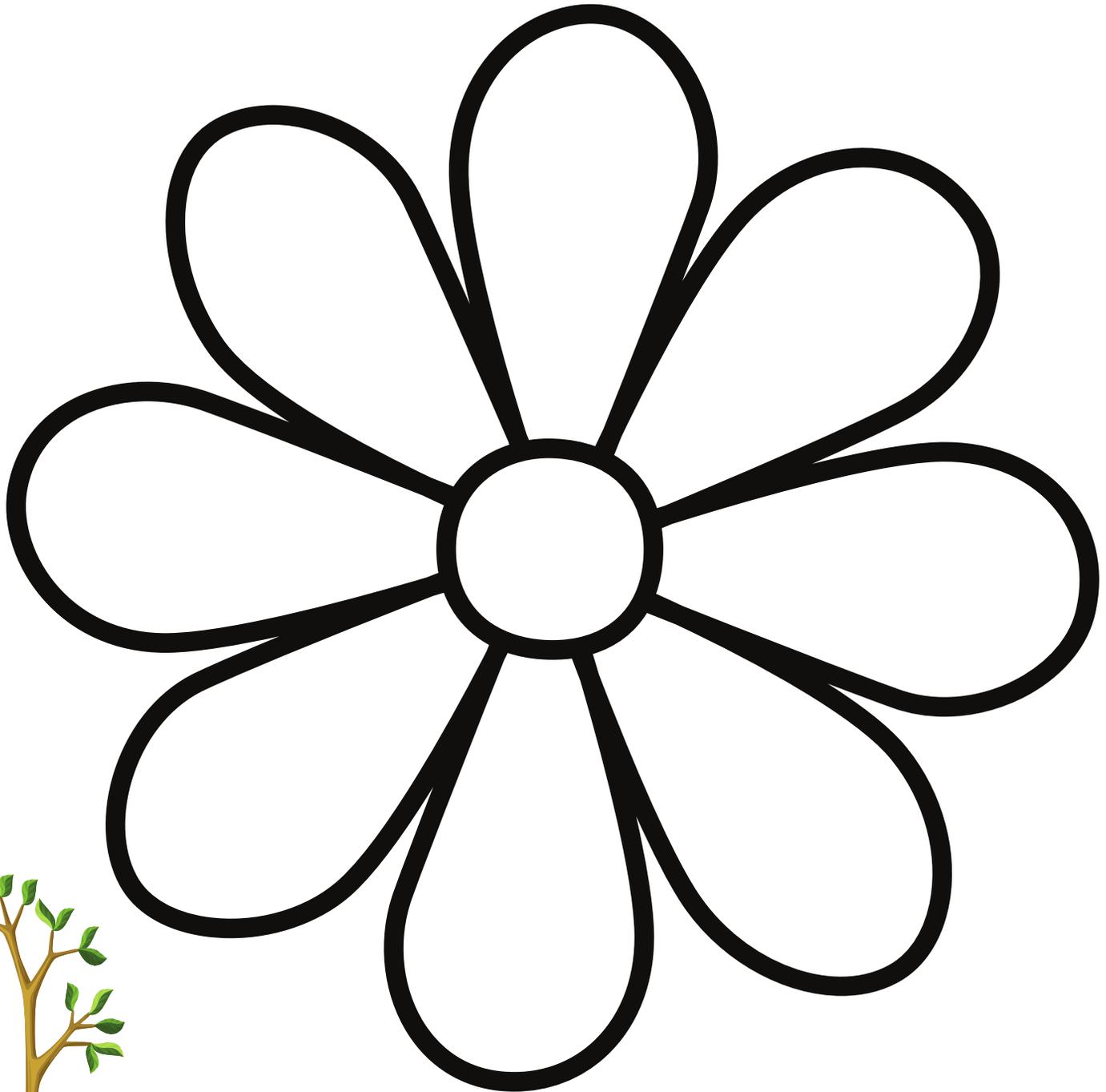
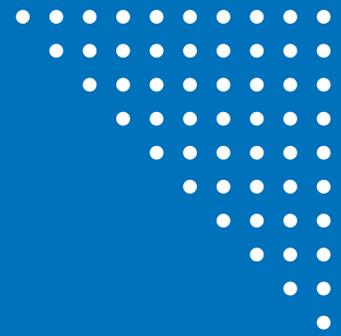
### Expenses Made

Financed: \_\_\_\_\_

Remaining: \_\_\_\_\_



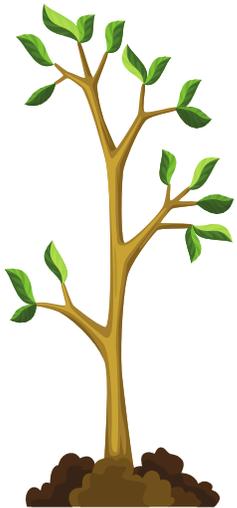
# RELATIONSHIPS FLOWER



RELATIONSHIP BUILDING



Describe a conflict you had with someone. How did you handle it and would you do anything differently?



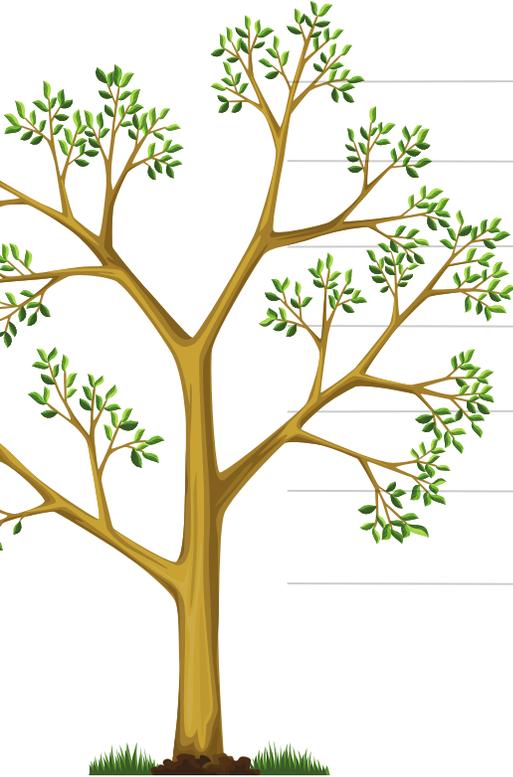
RELATIONSHIP  
BUILDING



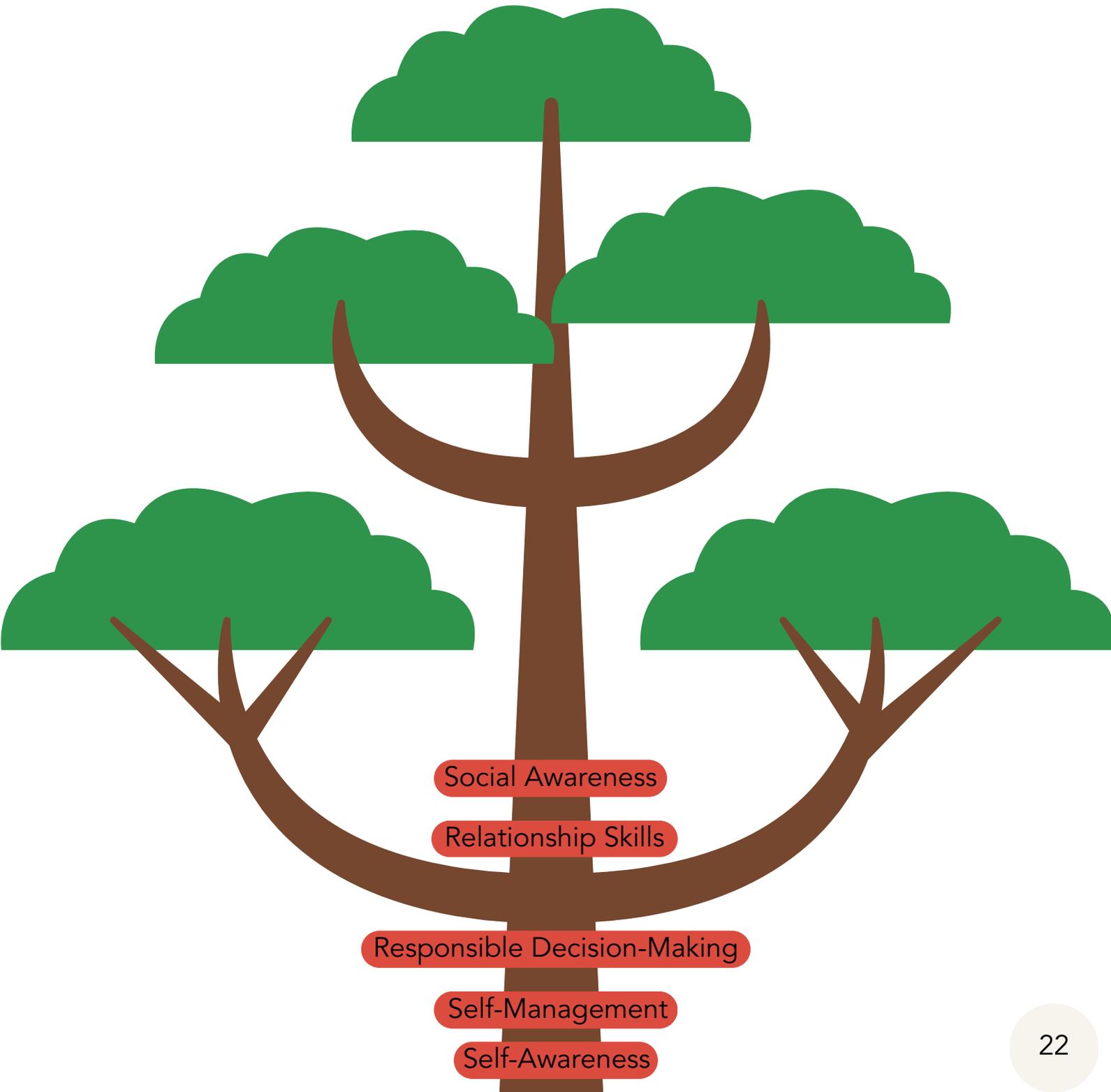
Describe a time you misjudged someone who was different from you. What did you learn?



SOCIAL  
AWARENESS



# READY4LIFE TREE



# How will you continue to grow your social and emotional skills?



SOCIAL  
AWARENESS

