

## Self-Awareness

The ability to accurately recognize one's own emotions, thoughts, and values and how they influence behavior. The ability to accurately assess one's strengths and limitations, with a well-grounded sense of confidence, optimism, and a “growth mindset.”

- IDENTIFYING EMOTIONS
- ACCURATE SELF-PERCEPTION
- RECOGNIZING STRENGTHS
- SELF-CONFIDENCE
- SELF-EFFICACY

## **Check in before you check out exit passes:**

Using exit tickets daily to ask students questions like:

- How are you feeling?
- What's new with you?
- What do you want to share with me?



## Reflective Writing Using Prompts:

This activity is like journaling and can give many learners a voice when they have trouble speaking up or expressing themselves verbally. Give students regular times to either write freely about what's on their minds, or have them use prompts like these:

- Today I was proud of myself because ...
- I was anxious and stressed today because ...
- When was I at my best and worst today?
- How would I describe myself as a friend?
- Overall, I feel \_\_\_\_\_ about today because ...
- If I could talk to my future self, I would say ...
- One thing I wish others knew about me is ...
- What can I learn from my mistakes today?
- If I wrote the words I need to hear most, what would they be



## Record your ABCs:

This is a good activity to do after you experience an adverse event. It is a helpful way to debrief yourself and get a chance to reflect and discover your beliefs after a big, negative incident occurs in your life.

**A – Activating event that triggers your inner dialogue**

**B – Belief you formed after the event**

**C – Consequences or how your new belief makes you feel**



Doing this can help you understand your response to stress.

While many people can experience the same activating adverse event, their thought processes about it can have a great impact on their lives moving forward. Using the ABC model can help people recognize their automatic thoughts when they're upset or mad and change those thoughts into positive things.

## Ask the Three Whys:



Many self-awareness activities are simply asking yourself difficult questions and trying to answer as honestly as possible. The “three whys” is the perfect example of this.

The “Three Whys” are exactly what they sound like. **Before making a big decision, or if you are trying to get to the root of an issue, ask yourself “why?” three times.** This will help to reveal deep and specific issues that you may not otherwise consider.

It's not coincidental that “why?” is a rather simple question. It is an important realization that you must go a few layers deeper before making any critical decision. Whether you are trying to create a new business, hire a new employee, add a new feature to an existing product, or buy something expensive, you always have to dig a bit deeper to reveal the truth behind your motives.

## Strengths and Weaknesses:

The following self-awareness worksheet has seven questions that can help a child to self-advocate. This worksheet can also be done with the child, to help them build an awareness of their strengths and weaknesses.

1. I am strong in these areas:
2. I struggle with:
3. My favorite thing about school is:
4. Here's what the teachers I'm most comfortable with do to make that happen:
5. The most stressful part of my school day is:
6. I'd like some help with:
7. When I need help, I'm comfortable asking for it in the following ways:



## **Best Possible Self:**

The exercise has been shown to boost people's positive emotions, happiness levels, hope, optimism, improve coping skills, and elevate positive expectations about the future.



It works in two basic steps:

1. Visualizing yourself at a future moment in time having accomplished your goals
2. Considering the character strengths you'll need to deploy to make that vision a reality.

Please use the following steps on the next page to complete this activity:

1. Take a few minutes to select a future time period (e.g., 6 months, 1 year, 5 years from now) and imagine that at that time you are expressing your best possible self strongly. Visualize your best possible self in a way that is very pleasing to you and that you are interested in.

2. Imagine in vivid detail that you have worked hard and succeeded at accomplishing your life goals. You might think of this as reaching your full potential, hitting an important milestone, or realizing one of your life dreams. The point is not to think of unrealistic fantasies, but rather, things that are positive and attainable within reason.
3. After you have a fairly clear image, write about the details. Writing your best possible self down helps to create a logical structure for the future and can help you move from the realm of foggy ideas and fragmented thoughts to concrete, real possibilities.
4. Be sure to write about the character strengths that you observe in this image.
5. And, what character strengths will you need to deploy to make this best possible self a reality?

Note: The process by writing about the image before sitting back and playing it forward in their mind is an alternate method that can be used