



AT SCHOOL KEYS TO ACTION

# SELF-AWARENESS

A FEW SUGGESTIONS FOR ACTIVITIES TO BUILD ON WHAT STUDENTS HAVE LEARNED.

## THE STUDENT WITH THEMSELVES

- Work on self-affirmation through modeling and encouraging your students to speak in sentences beginning with “I,” for example, “I feel,” “I like,” “I think.”
- Ask your students how they feel when they experience something unfair or unjust.
- Teach your students about the importance of saying “no” and how to set boundaries.
- Guide your students to develop their own understandings of justice, ethics, empathy, diversity, differences, etc.

## THE STUDENT WITH OTHERS

- Frequently invite students to take a moment to focus on themselves and recognize how they feel. e.g. through a diary.



## WHAT IS SELF-AWARENESS?

- Integrating personal and social identities
- Identifying personal, cultural and linguistic assets
- Identifying one’s emotions
- Demonstrating honesty and integrity
- Linking feelings, values, and thoughts
- Examining prejudices and biases
- Experiencing self-efficacy
- Having a growth mindset
- Developing interests and sense of purpose

