



KEYS TO ACTION

SELF-AWARENESS

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

THE KID WITH THEMSELVES

- Encourage the kid to reflect on their behaviors following a conflict.
- Ask the kid to create their own emotion continuum.
- Ask the kid to set rules they would prioritize if they were in their parents' shoes. e.g. about a topic such as screen time, meal times or chores
- Ask the kid to draw a diagram representing their friendship group (divided into different categories).
- Ask the kid to create a list of five behaviors or attitudes they should adopt when they are being a good friend, asking for help, being a good listener, etc.

THE KID WITH OTHERS

- Ask the kid to keep a record of their actions and behaviors. e.g. during quiet time.
- To motivate the kid to accomplish a task, suggest that they write a list of goals.
- Suggest an activity where the kid write down or name their own strengths and those of their peers.



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 a sense of purpose