

Self-Awareness

Lesson plan

Materials:

- ★ Chart Paper
- ★ Sticky notes

Part 1: Definition of Self-Awareness:

- ★ Start with a poster paper, organize it into 3 columns.
- ★ Define self-awareness to your students: "Self-awareness means understanding your feelings, thoughts, and what's important to you," for example.
- ★ Next, distribute a sticky note to each student and ask them to anonymously provide an example of self-awareness, whether related or unrelated to them.
- ★ Afterward, organize these sticky notes under the first column.

Part 2: Why Self-Awareness Matters:

- ★ In the middle column, have students fill out an example of why self-awareness is important in their behavior and how it can improve their lives.
- ★ **Helps Behavior:** Connecting thoughts and feelings to actions helps in making better choices. This concept is important for their day-to-day decision-making.
- ★ **Makes Life Better:** Self-awareness is an important skill for feeling good, emphasizing that it's not just important locally, but everywhere in the world.

Part 3: How to Be Self-Aware:

- ★ First break down self-awareness into simple, actionable steps:
- ★ **Think About Feelings:** Encourage students to pay attention to how they feel and why, fostering emotional intelligence.
- ★ **Know What Matters:** Introduce the idea that understanding what is important to them helps in making good decisions aligned with their values.
- ★ **Good and Not-So-Good:** Promote a positive mindset by conveying that everyone has strengths and areas for improvement. Encourage confidence and a growth mindset.
- ★ In the final column get students to provide an example to one of the three strategies presented.



Example end product

A perfect poster to keep up in the class as a continuous reminder of self-awareness for students.