

Look At You

Self Awareness Lesson

Purpose: The goal of this lesson is to promote the process self-awareness and reflection, encouraging students to explore their own perceptions of themselves through a focused observation and journaling exercise.

Instructions:

- ★ Give each student a mirror
- ★ Tell students to observe themselves and write down what they see without using any descriptive words.
 - E.g: 2 eyes, 1 mouth, 2 ears, etc.
- ★ Host a quick discussion to make sure students are on the right track***
- ★ Then allow students to journal about their thoughts, feelings, and observations when performing this task.
- ★ Then host a discussion, by asking students questions and allow them the option to journal, doodle, draw, peer share, or group share their responses.
- ★ Observe the student takeaways and mindsets shared, and consider the practice activities appropriate for your class.

Growth Journal
Have students track their personal growth. Have them reflect on new interests, barriers, strengths, and weaknesses they have noticed within themselves

throughout the year.

Meditation
Incorporate body awareness and exploration of emotion. Also meditation by expressing gratitude aids in student long term awareness and use.

Identity collage:
Have students create a collage that represents who they are. No matter if its perceived bad or good, something they feel is representative of who they are.

Self awareness rehearsal
Have students imagine they are their best friend or someone who loves and admires them. Ask them to write a letter or make a list of the positive qualities that this friend sees in them

Self awareness gratitude journal
"I'm grateful for my kindness."

Questions that foster self-awareness thinking:

- ★ How did you feel when you were looking at yourself in the mirror?
- ★ Were there any happy or funny feelings?
- ★ Did you notice looking at one of your features more?
- ★ Did you notice if you felt the same way throughout or if your feelings changed?
- ★ Are there things about yourself that you think about a lot?
- ★ Why do you think it's important to be kind to ourselves?
- ★ Why do you think people compare themselves to how others look?
- ★ Why do you think it's important that people look different?