

SELF-AWARENESS & SELF-MANAGEMENT

Teacher Resource

WHAT IS SELF-AWARENESS & SELF-MANAGEMENT?

Understanding and governing our thoughts, actions and impact on others.

BENCHMARKS

- ✓ **HE.K.R.2.4** Identify and recognize basic feelings. Clarification: Sad, mad, happy, excited and worried.
- ✓ **HE.1.R.2.4** Describe how individual actions can affect others. Clarification: Sad, mad, happy, excited and worried.
- ✓ **HE.1.R.2.6** Identify healthy ways to express needs and wants. Clarification: Asking for assistance from a trusted adult.
- ✓ **HE.2.R.2.3** Demonstrate healthy ways to express needs, wants and listening skills. Clarification: Paying attention, making eye contact and asking for help.

PURPOSE

- ▶ These interactive activities will help your students learn the characteristics of **self-awareness and self-management**, and how to understand their thoughts, actions and impact on others. Share the suggested introduction with your students, choose one or more of the activities below, and conclude with the suggested wrap-up. Feel free to modify or revisit activities throughout the week to continue reinforcing **self-awareness and self-management**.



Suggested Introduction:

"Today, we are going to learn about **self-awareness and self-management**. When we notice how we feel, such as being happy, sad, excited or worried, we are using our **self-awareness** skills. By knowing how we feel, we can express those needs to our parents, teachers or friends. **Self-management** is expressing our needs in a healthy way. **Self-awareness and self-management** help us understand our feelings, stay calm and solve problems."



Activities to Build Self-Awareness and Self-Management:

1 Resiliency Reading Connection

Share the story *I Am Ruby Bridges* by Ruby Bridges from the Resiliency Reading List to help students learn **self-awareness and self-management** skills and discuss healthy ways they can express how they are feeling. Throughout the story, students can discuss how they would feel if they were the characters. This develops students' **self-awareness** of how feelings can change. Visit **buildresiliency.org** to learn about other books listed on the Resiliency Reading List; each title has a corresponding Family Reading Guide.

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Activities to Build Self-Awareness and Self-Management (Continued):

2 Sorting Game

Create a sorting game where students match feelings (e.g., happy, mad, sad) with scenarios. This helps students make the connection between feelings, actions, and the impact feelings and actions can have on others. After sorting, differentiate between positive and negative **self-management and self-awareness** responses, and discuss how different actions affect others' feelings (e.g., "If we yell when we're mad, it can make others feel worried.").

Example scenarios and feelings could include:

- You forgot to bring your homework to school. → *Feeling: Sad*
- Your teacher gave you a gold star. → *Feeling: Happy*
- You are having trouble organizing your materials. → *Feeling: Frustrated*
- You got an "A" on your assignment. → *Feeling: Excited*
- It is your first day at a new school. → *Feeling: Nervous*
- Someone took your place in line. → *Feeling: Mad*

3 Self-Awareness Detectives

Help students learn to recognize feelings in others and themselves. Play a game where students become **self-awareness** detectives. Show students pictures of people or animals with different expressions and ask them to "investigate" by figuring out how the person or animal is feeling based on facial expressions and body language. Next, ask students to explain a time when they had these feelings as well. Reinforce empathy and good citizenship by asking students what they could say or do to help each person or animal feel better.



Suggested Wrap-Up:

Guide student responses or provide sentence stems.

"Can someone tell me what **self-awareness** means? Can someone tell me what **self-management** means? You all did a great job identifying your feelings and understanding how to cope with different feelings! Remember, every time you understand your feelings and make a good choice, you are becoming even better at taking care of yourself!"