

SELF-AWARENESS & SELF-MANAGEMENT

Teacher Resource

WHAT IS SELF-AWARENESS & SELF-MANAGEMENT?

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

BENCHMARKS

- ✓ **HE.912.R.1.1** Demonstrate effective and respectful communication skills and strategies. Clarification: Differing opinions.
- ✓ **HE.912.R.1.3** Adjust behavior to respect the needs of others.
- ✓ **HE.912.R.2.6** Analyze how actions and reactions can influence one to respond in different situations. Clarification: Emotions not governing behavior.

PURPOSE

- These interactive activities will help your students increase their **self-awareness and self-management** skills and demonstrate effective and respectful communication. 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 explore how to use **self-awareness and self-management** when communicating with others. These skills play a key role in how we communicate and work with others. **Self-awareness** helps us better understand how our feelings and thoughts affect the way we communicate with others. **Self-management** helps us control our impulses and choose our words and actions thoughtfully. Together, these skills help us handle stress, remain composed when faced with differing opinions and strengthen our connections with others.”



Activities to Build Self-Awareness and Self-Management:

1 Resiliency Reading Connection

Share the autobiography *Reaching for the Moon: The Autobiography of NASA Mathematician Katherine Johnson* by Katherine Johnson from the Commissioner’s Book of the Month List. Johnson was known for her exceptional skills in mathematics; she skipped multiple grade levels and later joined NASA, where she assisted in launching Apollo 11. Her autobiography explores the daily struggles she faced throughout her life as an African American woman in the 1900s. This autobiography is filled with examples of **self-awareness, self-management** and resilience. Discuss with students how these skills shaped Johnson’s life and encourage students to reflect on the lessons that can be learned from her experiences and how important it is to apply these skills to their lives.

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GRADES
9–12



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

2 Self-Awareness and Self-Management in Historical Leaders

Have students analyze how historical leaders (e.g., Alexander the Great, George Washington, Abraham Lincoln, Nelson Mandela, Winston Churchill, Margaret Thatcher, Dr. Martin Luther King, Jr.) have demonstrated **self-awareness and self-management** skills to make thoughtful, informed decisions. For example, how did this leader show **self-awareness and self-management** skills through challenges? What was a key decision he or she made that reflected these traits? Have students consider their own responsible decision-making processes and how they can apply these leadership traits in their personal lives.

Example questions for self-reflection could include:

- How do I currently practice **self-awareness** when making decisions?
- How do I manage my feelings and actions when faced with challenges?
- What is one way I can improve my **self-management** skills in difficult situations?

3 Tech Check Discussion

Facilitate a classroom discussion on the use of technology. Ask the class, “How often do you check your phone or other electronic devices? Have you ever felt distracted or stressed due to excessive use of your device? Do you think using your device without any real purpose has taken time away from productive goals?” Ask students to consider ways they can take control of their device usage (e.g., setting screen time limits, using “do not disturb” mode, creating tech-free zones during meals or before bed, taking regular screen breaks). This activity will make students more **self-aware** and provide them ways they can manage technology wisely.



Suggested Wrap-Up:

“You’ve been learning about and demonstrating **self-awareness and self-management the last several years. As you move beyond high school, how can you apply these strategies in the future in your everyday life? These skills will enhance your ability to communicate more effectively, resolve conflicts and build stronger, more meaningful relationships with others.”**