

Self-Awareness



Introduction

Sometimes it can feel like other people have decided who we are. Peers label us, parents make decisions, teachers grade us. This can make it really confusing for us to know who we really are.

Having self-awareness can help us to understand our identity. It can help us to know what we like, our unique attributes, the people who are important to us, and what we have to offer the world. When we have a strong sense of self-awareness we can begin to know who we really are.

Play the ‘Guess the Character’ Game

*How did you go with the game? What helped you guess correctly? What made it tricky? If someone was to describe you, what would they say? Do you find it easy or difficult to express those things that make you **really you**?*

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Do the ‘Group Challenge’ Activity

Shade how much you enjoyed each activity out of 5.

Keep a ball up in the air with your feet for 10 touches	☆ ☆ ☆ ☆ ☆
Make up a story about a magic koala	☆ ☆ ☆ ☆ ☆
Do a quiz	☆ ☆ ☆ ☆ ☆
Make a 45 second dance video	☆ ☆ ☆ ☆ ☆
Make a tower using skewers and marshmallows	☆ ☆ ☆ ☆ ☆

Digging Deeper

What I'm good at

We are all good at different things. Sometimes skills like playing a musical instrument or sport come naturally to people but other people can find it more difficult. Knowing what you're good at can help you understand who you are.

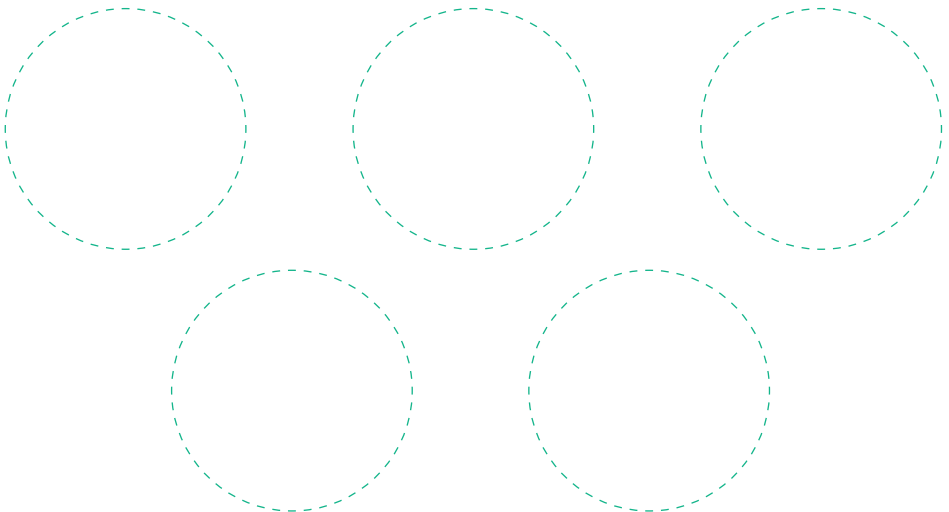
List 3 things you're good at...

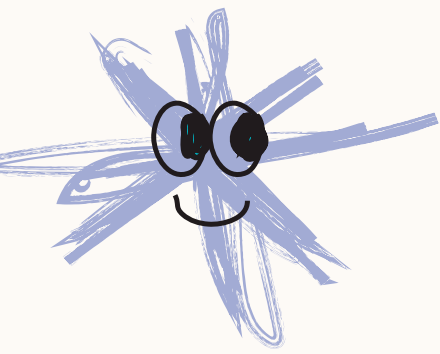
1. _____
2. _____
3. _____

Our personality and characteristics

Everyone is different in how they approach life. Some people love to be around their friends all the time whereas others might like to spend some time alone. Some people might want things to be organised and neat and others are naturally messier and less organised. Our personality and characteristics are unique to us.

In 5 words how would you describe yourself?

Five dashed circles arranged in two rows: three in the top row and two in the bottom row. These circles are intended for students to write five words that describe themselves.



The people who are important to us

There are all types of people that can be important in our lives: friends, parents, teachers, coaches. The people who are important to us influence who we are and help us to find our true selves.

Who are three people that are important to you?

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What we have to offer others

All of us have different skills, talents and passions. We can use who we are to help and impact the lives of other people. When we reflect on what we have to offer we can start to understand how we have a place in the lives of other people.

What's one good thing I can do for someone else?

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All of these things make us special and when we can identify these for ourselves we can start to know who we are.

Conclusion

Sometimes in life it's difficult to know who we are, as we deal with the expectations and judgements of others. But we are all unique and have different skills, attributes, and people in our lives that make us special.

As we explore these elements, we develop our self-awareness. When we have a strong sense of self-awareness we can begin to know who we really are and act confidently and authentically.