

Self-Awareness Activities & Lesson Plans

What is Self Awareness?

The ability to understand one's own emotions, thoughts, and values and how they influence behavior across contents.

Self-Awareness can include but is not limited to:

- Integrating personal and social identities
- Identifying personal, cultural, and linguistic assets
- Identifying one's own emotions
- Examining prejudices and biases
- Having a growth mindset
- Experiencing self efficacy
- Demonstrating honesty and integrity
- Developing interests and a sense of purpose

Resources & Videos

For Staff:

[Self-Awareness for Adults](#)

[Self-Awareness Activities](#)

For Students:

[Self-Awareness Video for 6-12 Students](#)

[Self-Awareness for PK-5 Students](#)

For Families:

[Self-Awareness Video for Parents & Families](#)