

SELF-AWARENESS



LINK **Activity**
Interactive Learning Guides

WAIT!

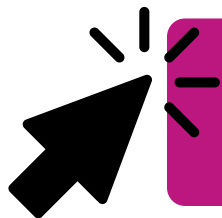
Thank you for considering this LINKtivity for your classroom, but before you make a decision - you should know that you can get **access to this LINKtivity + PLUS our entire library** for about the same price as a single LINKtivity!

The results are in: **Teachers LOVE LINKtivities...** and want more! So, we've made it SUPER easy and cost effective for you to access any and ALL of our LINKtivities inside our LINKtivity Learning membership option! Instead of purchasing just ONE LINKtivity - why not get access to ALL of them... for about the SAME PRICE!



INSIDE THE MEMBERSHIP YOU'LL HAVE UNLIMITED ACCESS TO:

- ✓ The **entire growing LINKtivity® library** inside the Membership (LINKtivities for all content areas)
- ✓ ALL **future LINKtivities** to be added to the membership (new releases each month!)
- ✓ **Teacher guides** to help you set up each LINKtivity® successfully in your classroom
- ✓ **Student resources** that go along with each LINKtivity (printable OR digital)
- ✓ **Kid-friendly rubrics** and **answer keys** for each LINKtivity®

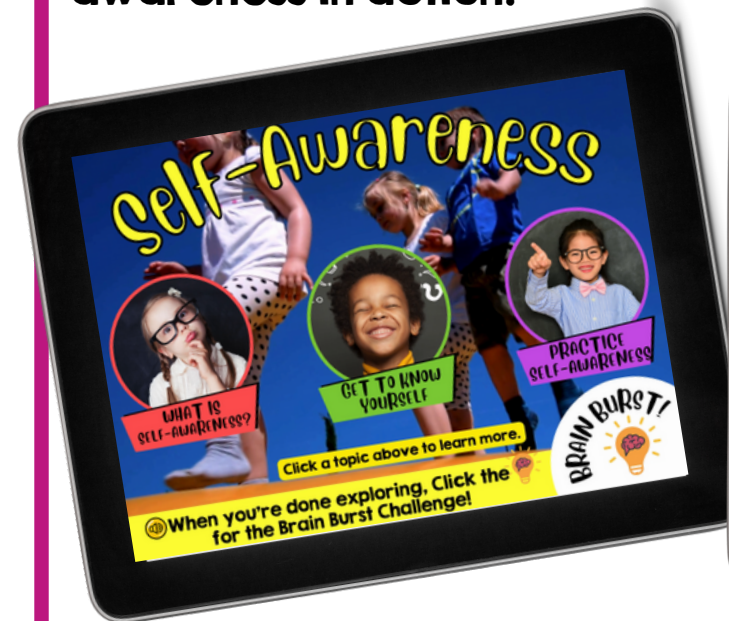


JOIN NOW





In the Self-Awareness LINKtivity, students explore the concept of self-awareness, understanding their thoughts, actions, and feelings. They engage in various social-emotional learning techniques to enhance their self-awareness and recognize its impact on their lives and relationships. Additionally, students will observe real-life examples of self-awareness in action.



More Sample Slides

1 Emotions

Being aware of your **emotions** means recognizing and knowing how you feel. You must be able to identify emotions such as happy, sad, angry, excited, frustrated, etc. You also need to know what things or situations make you feel different emotions. These are called **triggers**. It's like figuring out why you love some songs or why a certain smell makes you happy. By doing this, you become emotionally smart, and you can handle all your feelings better!

2

3

The Big 3 of Self-Awareness

These 3 things help you get to know yourself better. Understanding these 3 things will help you feel good on the inside, and get along better with others.

Click on each number to learn more about the BIG 3!

What is Self-Awareness?

Self-awareness is the ability to "see" yourself accurately. This includes being honest with yourself about your strengths and challenges, your thoughts and emotions, and your hopes for the future.

DID YOU KNOW?

Click the video icon to learn more!

Self-Awareness

There are three things you must understand to become more self-aware.

CLICK HERE to learn more!

Self-awareness can help you become more successful... right now and in the future!

Self-Awareness Poetry

Drag the word tiles to create a poem about self-awareness! You can use as many or as few words as you'd like.

Self-awareness actions thoughts feelings reflect discover aware goals dreams thinking trigger cope recognize emotions unique behavior of consequence habits routines mind choose a improve practice future success motivation motivate of a future success motivation an the like help pay attention refocus the positive strengths the challenge deeply a think focus others around me friend on he she me my in out and go above is above try be to 's s es ing us you are was I I and me is a that this at

RESET WORD TILES

Getting to Know Yourself!

In order to improve your self-awareness, you must know who you are. You can begin to understand yourself by identifying your strengths and positive qualities. This may be fun for you. But, don't forget, it's equally important to recognize your challenges, or things with which you struggle. To become self-aware, you must understand both your strengths and challenges.

DID YOU KNOW?

Click the video icon to learn ways you can become more self-aware!

CLICK HERE to answer questions that will help you understand yourself better.

Self-awareness will help you recognize and understand your unique qualities, strengths, weaknesses, and motivations.

Understand Yourself Better in 3... 2... 1... GO!

Click on each card to flip it over. Then, answer the questions about yourself in the space provided on your recording sheet.

3 2 1

4 Keys to Self-Awareness

Drag each key to open the lock to self-awareness success!

Click to Unlock

BRAIN BURST!

Complete each self-awareness activity below.

- THE KEYS TO SELF-AWARENESS
- THE BIG REVEAL
- SELF-AWARENESS POETRY

The Big Reveal

Choose true or false for each statement about self-awareness. Each time you answer a question correctly, the magnifying glass will zoom out to reveal more of the mystery picture.

Self-awareness is the ability to "see" yourself accurately.

TRUE FALSE

1 Actions

Being aware of your **actions** means paying attention to your behavior and how it affects you and others around you. Watch and see if you have certain **habits** or **routines**. Then, think about what happens because of your actions. Notice if your actions have **consequences**, or what comes after. Do you get in trouble if you borrow your sibling's shoes without asking? Does your teacher acknowledge you when she sees you helping a classmate? Consequences can be both good and bad. By focusing on the consequences of your actions, you become the best version of yourself!

2

3

The Big 3 of Self-Awareness

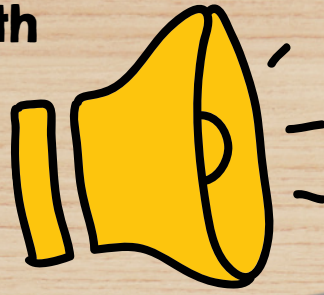
These 3 things help you get to know yourself better. Understanding these 3 things will help you feel good on the inside, and get along better with others.

Click on each number to learn more about the BIG 3!



This LINKtivity is provided with

AUDIO SUPPORT




Perfect for English
language learners
or students who
could use a little
extra support!


**Understand Yourself
Better in 3... 2... 1... GO!**

Click on each card to flip it over. Then, answer the questions about yourself in the space provided on your recording sheet.


List THREE words that best describe your personality.



Write TWO things your best friend would say about you.

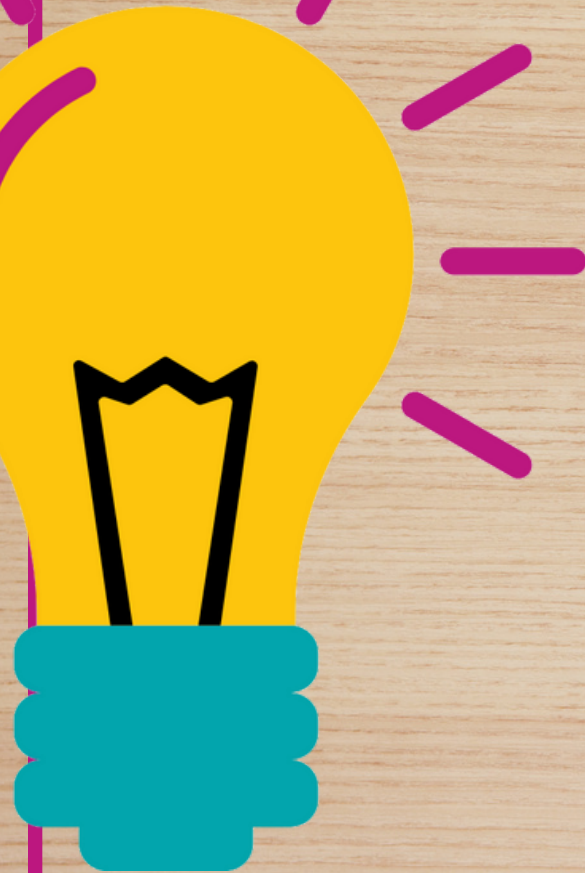


Name ONE thing that makes you unique!

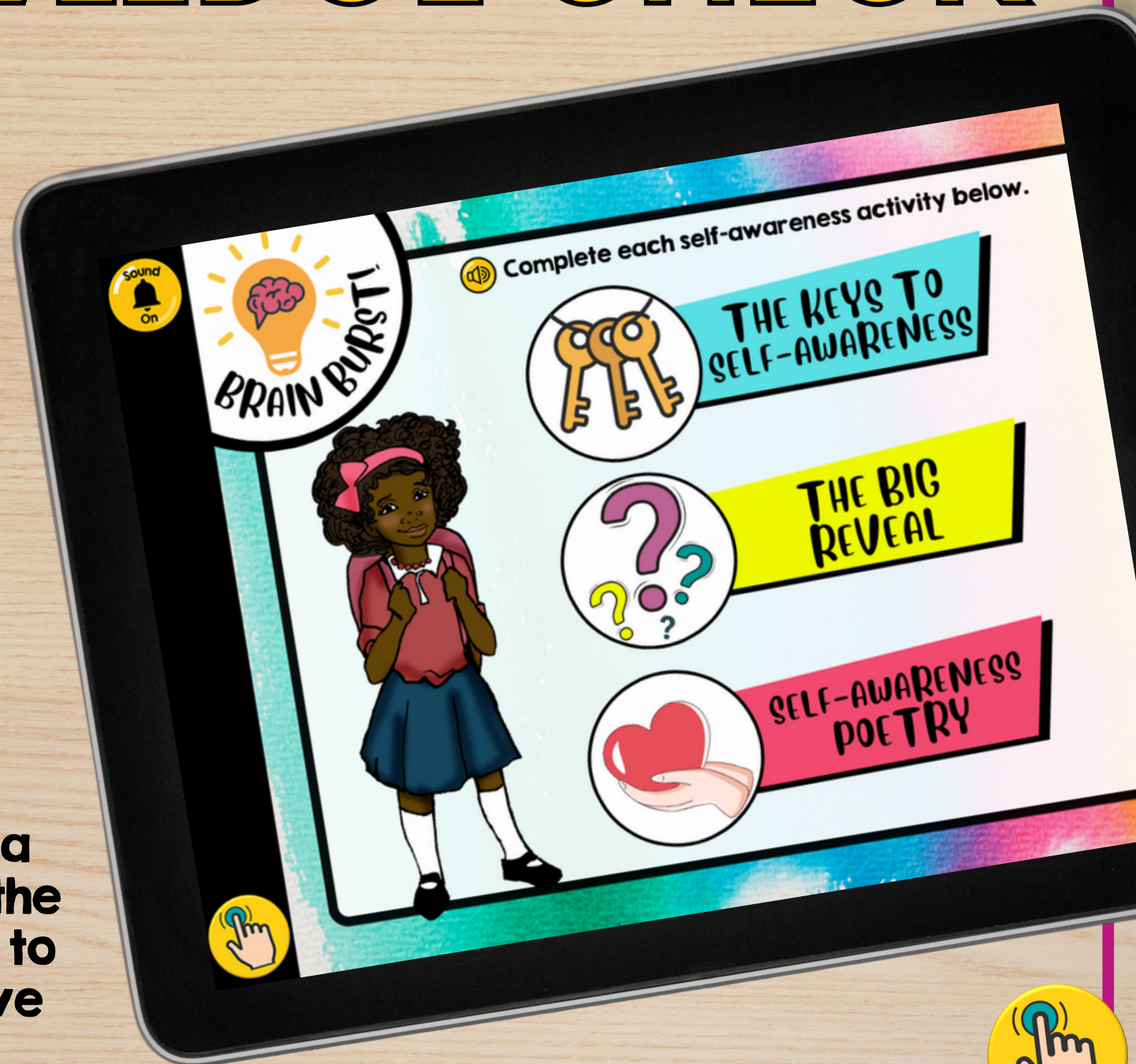


Additional icons on the tablet include a 'Sound On' button, a hand cursor, and a hand cursor at the bottom right.

KNOWLEDGE CHECK



Students complete a quick self-check at the end of the LINKtivity to show what they have learned!



Student & Teacher Resources

LESSON

ESSENTIAL QUESTIONS:
 What is self-awareness?
 How can I be more self-aware?

Standards Covered
 N/A

Materials Needed
 Self-Awareness LINKtivity®
 Hand-Held Mirror(s)
 Self-Awareness Poster
 Student Recording Sheet (optional)

Teacher Preparation
 Preview the Self-Awareness LINKtivity® and plan for how you will share the LINKtivity with students (ex. assign link in Google Classroom, prepare QR codes, etc)
 Make copies of the recording sheet (optional).
 Collect one or more hand-held mirrors.

Lesson Introduction (5-10 min.)
 1. Introduce the essential questions.
 2. Divide the class into small groups and give each pair a small hand-held mirror. Have students take turns looking into the mirror and describing what they see about their face, the color of their hair, the color of their nose, or the shape of their eyes. They should then share their observations with their partner.
 3. Use the poster to introduce the concept of self-awareness.

Lesson Activity (20-25 min.)
 Have students complete the Self-Awareness LINKtivity®. While they are working, circulate the room and provide support. After the LINKtivity, students have a chance to share their work with the class.

Self-Awareness
 Self-Awareness is:

Self-awareness can help you become more successful!

Self-awareness can help you make better decisions & increase your confidence!

To be self-aware, you must be honest with yourself about your _____ and _____, your thoughts and emotions, and your hopes for the future.

In the speech bubbles, write the "BIG 3 of Self-Awareness"

Becoming self-aware will take time

Printable or Digital Recording Sheet for LINKtivity

Self-Awareness
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Understand Yourself Better in 3...2...1...Go!

Record your answers in the flipcards to help you understand yourself better

3	List THREE words that best describe your personality.
2	Write TWO things your best friend would say about you.
1	Name ONE thing that makes you unique!

WHAT IS SELF-AWARENESS?

Self-awareness is the ability to "see" yourself accurately. This includes being honest with yourself about your strengths and challenges, your thoughts and emotions, and your hopes for the future.



I Am Aware of My...

EMOTIONS

THOUGHTS

ACTIONS

Self-Awareness
 Self-Awareness is:

Self-awareness can help you become more successful!

Self-awareness can help you make better decisions & increase your confidence!

To be self-aware, you must be honest with yourself about your **strengths** and **challenges**, your thoughts and emotions, and your hopes for the future.

In the speech bubbles, write the "BIG 3 of Self-Awareness"

Emotions Thoughts Actions

Understand Yourself Better in 3...2...1...Go!

Record your answers from the flipcards to help you understand yourself better

3	List THREE words that best describe your personality.
2	Write TWO things your best friend would say about you.
1	Name ONE thing that makes you unique!

Answers will vary!

Becoming self-aware will take time and reflection!

Answer Key Included!



Lesson Plan & Poster