

# Self-Awareness

## Summary

These are a series of worksheets to be used in helping students get to know themselves better.

## Main Core Tie

FCS Exploration

[Strand 5 Standard 1](#)

## Time Frame

1 class periods of 45 minutes each

## Group Size

Individual

## Life Skills

Thinking & Reasoning

## Materials

Handouts for students.

## Student Prior Knowledge

Discussion of self-awareness and how important each student is.

## Intended Learning Outcomes

Students will learn more about themselves and their true value.

## Instructional Procedures

Various handouts and activities to be used in conjunction with a lesson on self-awareness.

## Authors

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