

# Self-Awareness

## Summary

This lesson is designed to help students recognize their attitudes, emotions, feelings and personality; how they view themselves and how other classmates view them.

## Main Core Tie

Health Education I (7-8)

[Strand 1: HEALTH FOUNDATIONS AND PROTECTIVE FACTORS OF HEALTHY SELF \(HF\) Standard HI.HF.3:](#)

## Time Frame

1 class periods of 45 minutes each

## Group Size

Large Groups

## Life Skills

Employability

## Materials

- A variety of colored construction paper
- Different colors of markers and pencils
- White type paper
- Pins

## Background for Teachers

This is a good activity to introduce a unit on self-esteem and self-awareness. It may be best accomplished after the students have been acquainted for some time so that they know each other well enough to describe certain aspects of their classmates.

## Intended Learning Outcomes

Students will be able to see how their opinion of themselves and other students' opinions of them are similar and different.

## Instructional Procedures

Discuss the importance of self-esteem for your future in higher education or the work force.

Activity 1-Give each student a piece of colored paper of his/her choice. Write the students' names down on their papers. Help them pick a word that starts with each letter in their name (that they feel describes them) that shows attitudes, emotions, feelings, or personality. Use illustrations or creativity to enhance the assignment.

Discuss with the students how sometimes people see us differently than we see ourselves.

Pin a piece of paper on each student's back. Give them 10-15 minutes (depending on how many students there are) to walk around and write something on each paper about the corresponding student. When the time is up have the students return to their seats.

Referring to the first sheets of colored construction paper, have the students write 1 paragraph on how they see themselves. Continue by using the second paper to write 1 paragraph on how other students see them. Finish by comparing the 2 paragraphs (How are they similar and how they are

they different).

### Assessment Plan

1 month later have the students discuss with the class any changes they have felt or attitude adjustments they have been working on for the month.

### Authors

[CTE LESSON PLANS](#)