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
Teen Living
Strand 1 Standard 1

Additional Core Ties
Health Education I (7-8)
Strand 1: HEALTHFOUNDATIONS 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
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