Self-Awareness

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

Main Core Tie
FACS Exploration
Strand 4 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.

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