



KNOW  
YOURSELF

INTRO TO SEL

# SELF AWARENESS



WE DO IT  
FOR THE  
CULTURE  
an SEL Curriculum  
by Go to Ms. Sams Inc.™



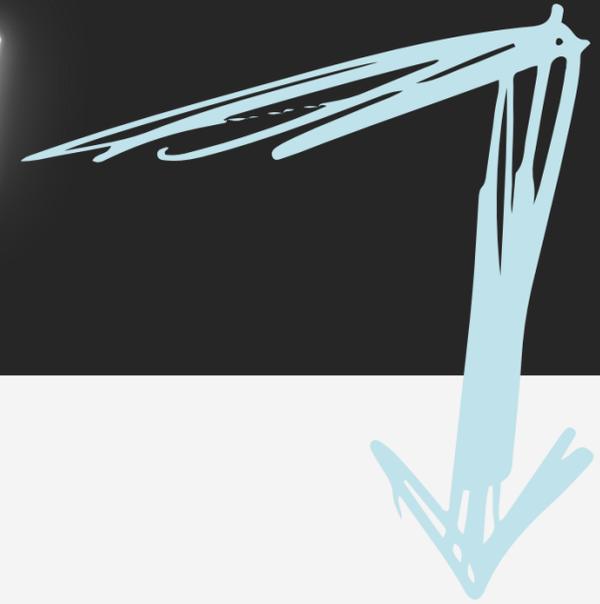
# INTRODUCTION

Today, we will:

- \* Discuss quotes related to self awareness
- \* Explore the definition of self awareness
- \* Interview a partner to help them reflect on “self awareness”



# SEL CONNECTION



Today, we will practice **Self awareness** by exploring its definition and responding to questions that help us self-reflect.





# ICEBREAKER

# HIP-HOP AWARENESS





## HIP-HOP AWARENESS

- What are emotions?
- Share some examples of behaviors attached to emotions.



## HIP-HOP AWARENESS

- 1) Divide up into groups of 5.
- 2) In your group, come up with as many emotions for each letter in the alphabet as you can.





# LESSON

## PART ONE

# EXAMPLES OF SELF AWARENESS





## EXAMPLES OF SELF AWARENESS

Define the words

**SELF + AWARENESS**

in your own words.





## EXAMPLES OF SELF AWARENESS

### SELF AWARENESS

Conscious knowledge of one's own character, feelings, motives, thoughts and desires.

In other words, it's when we are aware of who we are, how we are, and what's going on inside of us.





### EXAMPLES OF SELF AWARENESS

Can you give any examples of self awareness in your own life?



# LESSON: PART ONE



WATCH A VIDEO

## EXAMPLES OF SELF-AWARENESS

Watch the video of Tokimonsta, an artist and producer, being interviewed by Billboard.





### EXAMPLES OF SELF AWARENESS

- How has self-awareness guided Tokimonsta on her journey as a musician?
- What role does challenging herself play in Tokimonsta's success?
- What emotions do you feel when you're thinking about challenges in your life?
- How can you begin to see challenges as opportunities to improve your life?





## EXAMPLES OF SELF AWARENESS

### "PARASAIL" BY TRAVIS SCOTT

I fall, and I get up  
I stand tall, I stand tall  
I forgive myself, I forgive myself  
I choose to feel good, I choose to feel free  
I will fight for everything I love, forever  
And I will love everything that I fight for,  
forever (with me)

### REFLECTION QUESTIONS

- What does this quote mean to you?
- How does this quote connect to self-awareness?





**LESSON**  
**PART TWO**

**ASSESSING YOUR OWN  
SELF AWARENESS**





### INTERVIEW QUESTIONS

- What is one thing you can't live without?
- How would you describe your style i.e. clothes, shoes, taste
- When are you most tired in the day?
- What kinds of things bring you joy, happiness and fun?
- What kinds of things bring you frustration or sadness?
- Describe your best day – what does it look, sound and feel like?
- Do you realize when you are anxious or nervous? How?
- Do you realize when you're interested in something?
- What interests you most?
- What dreams do you have of the future? Where do you want to be in 5-10 years?





## ASSESSING YOUR OWN SELF AWARENESS

- What is self-awareness to you?
- Would you say you're self aware? Why or why not?
- What were differences in your responses between you and your partner?





# DEBRIEF / EXTENSION



# EXTENSION



WATCH A VIDEO

## SELF-AWARENESS

- 1) Watch the video on mindfulness, a form of self-awareness.
- 2) Consider how it relates to the quotes and scenarios we've read.

