

Weekly SEL Skill: Self-awareness (Accurate self-perception)

“Self-Awareness is simply the ability to be aware of one’s inner life—one’s emotions, thoughts, behaviors, values, preferences, goals, strengths, challenges, attitudes, mindsets, and so forth— and how these elements impact behavior and choices across contexts.”

Focusing on self-awareness helps students with:

- Identifying and analyzing one’s emotions and how they affect others
- Understanding the relationship between one’s emotions, thoughts, values, and behaviors
- Integrating personal and social identities
- Identifying personal, cultural, and linguistic assets
- Demonstrating honesty and integrity
- Examining prejudices and biases
- Developing interests and a sense of purpose

Students thrive on structure. This week’s activities and games are designed to help students get to know themselves, identify what works for them, and show teachers how best to support them. As the school year continues, they will continue to discover and develop their personalities. Students will be introduced to vocabulary, activities, and experiences that will enhance their skills and give them an extra boost as learners. We are excited to be a part of your students’ village and help them discover their personalities!

This week’s activities:

Stony Brook

Pick-A-Side

- Students run to either side of the gym based on what they prefer for the given categories
 - Ex: Pick this side if you prefer reading time, Pick that side if you prefer gym time

School Bus Photo Frames

- Using popsicle sticks, pompoms, and other materials, students will craft a photo frame that looks like a school bus to put their school photos in

Eye Witness

- Students sit in a circle, then send one student out of the room, and the group changes something about the circle. The student who was sent out has to come back in to guess what the group has changed

Eddy

Hot Glue Club

- Students will learn to properly handle, use, and store hot glue for various crafts/projects

Cardio Club

- Students will participate in movement activities to use their energy and build fun relationships

Junk Journaling Club

- Start collecting trash because in the junk journaling club, students will learn to make a scrapbook out of anything they can find

STEAM Club

- Students will participate in various experiments and activities designed to enhance their skills in science, technology, math, and engineering.

Life skills: Establishing a sense of self, building relationships, open communication, empathy, self-perception, developing interests, self-efficacy, creating growth mindsets

Weeklong challenge: Try at least one new activity or game this week

How you can continue at home:

- Play Would You Rather? (always a conversation starter!)
 - [250+ questions to try!](#)
- Let students come to conclusions on their own
- Try new activities and reflect on how students enjoyed them
- Create clear boundaries and structure to boost confidence and give students purpose

What we're doing next week:

- Theme: Goals
- Activities:
 - Stony Brook
 - DIY whiteboards
 - Writing goals
 - Friendship bracelets
 - Eddy
 - Writing goals
 - Continuing clubs
 - Homework time

For more, look here:

<https://ggie.berkeley.edu/student-well-being/sel-for-students-self-awareness-and-self-management/>

<https://casel.org/fundamentals-of-sel/what-is-the-casel-framework/#self-awareness>