



# Students' Scaffolding Series

## SELF AWARENESS

# Pre-Session Activity

Ask the students to create a self-portrait that reflects their feelings, thoughts, and emotions.

- *Let them enjoy draw their portrait.*
- *Now tell them to observe and tell two good things about themselves.*

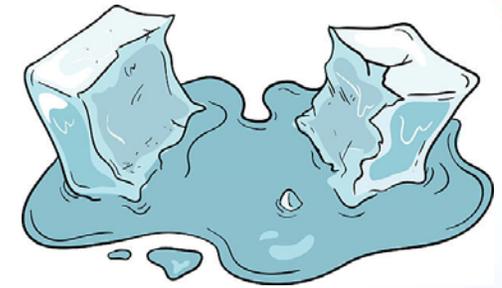


*It is not what we think, it is the fact of **observing** what we think. That is, it means '**knowing one's own self**'.*

# Learning Outcomes

- Know about self – Who Am I (Being self aware)
- Importance of self awareness in our life
- Ways to develop self awareness

# Icebreaking Activity



- Make pairs and tell your partner the following things:
  - Who is your best friend?
  - What you like the most about your best friend?
  - Is there something you want to improve in him/her?
- Now tell these things:
  - Who considers you as his/her best friend?
  - What he/she likes most about you?

## Self-awareness means that: I should be able to...

- tell “*who I am*”
- express “*why I behave in a certain way*”
- to analyse myself “*about my own thinking*”
- to “*care what other people think and feel about me*”
- to “*review my actions*”



*Once we know about our best qualities and our shortcomings, we say that we have become self aware.*

## Case Study 1: Know about Self

### **Reshma: *What she thinks about herself!***

Reshma is a 8 year old girl.

She often goes to the field with her father in her free time.

She does not go to play like other kids. She is not good at sports.

She thinks that she is not a normal human being. She remains quite in the class as she lacks confidence.



### **Here are some facts about Reshma:**

She **loves** nature.

She **observes** how crops are grown.

She **reads a lot of books** on 'how to get good crops'.

She **helps** her parents in their work.

# Case Study 1: Discussion Forum

- Should Reshma feel bad about herself?
- Why is she low in confidence?
- What should Reshma do to gain confidence?
- *Reshma realised that she may not be good at sports but she has good knowledge about crops (how to grow crops and save them from insects.).*
- *Once Reshma got AWARE of her qualities, she became confident.*



*Source: Food and agriculture organisation of the United Nations*

**At present, she is a scientist and is helping farmers by inventing new methods of cultivation.**

## Case Study 2: Know about Self

Once upon a time, on a large mountainside, there was an eagle nest with 4 large eagle eggs inside. One egg rolled down the mountain to a chicken farm, where it hatched by mother hen into a beautiful eagle. The chickens raised the eagle to be like a chicken, and he soon forgot his true identity.

### Think and tell –

- Is there any difference between the chicken and the eagles?
- Does the baby eagle have self awareness about himself?



*Discuss in pairs and tell*

*After few years, one day, the eagle saw a mighty eagle. Mighty eagle told him the reality and advised him to be aware about his qualities.*

- The baby eagle reflects upon himself and becomes self aware. Now he is confident and powerful as any eagle!
- One day a wolf attacks on chickens. The self aware, confident and now powerful eagle fights and saves all the chickens from the wolf.
- *Who helped the baby eagle to become self-aware?*
- *How did the eagle become more confident and powerful?*

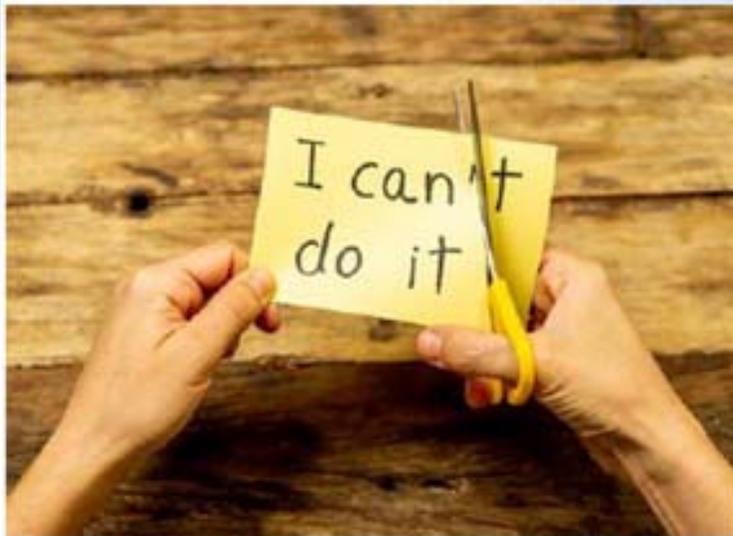


## Case study 2: Discussion Forum

- What did you learn from the story about being self-aware?
- What can you do to become more self-aware of your own qualities?
- Should we self aware about our weaknesses also?  
a) Yes b) No
- Can we take help of our parents or teacher for guidance?  
a) Yes b) No
- With the help of our parents and teachers we can start the practice to be Self aware. It will surely help us to gain confidence.

## Self Awareness – Self Esteem

*Once Reshma and Baby eagle became self aware about their qualities, it built in their self esteem.  
This gave them the confidence to face the world with smile.*



***Self esteem is how much you value yourself and how important you think you are.***

# Activity Time: Enhancing Self Awareness

***Do this exercise for a week and note all the points in a diary.***

## **Step 1**

- Every night before you sleep, THINK about what you did the whole day.
- Recall the actions for which others PRAISED you.
- Think if you did anything SPECIAL.
- Was there any action of yours that HURT someone?
- Did you HELP anyone in need?

## **Step 2**

***Next morning, read what you wrote the previous night and do a self analysis where you need to do better. Repeat this for a week.***

***Then keep on doing this activity but in your mind and observe the change.***

***The worksheet given in the next slide can be used for the above task.***

# Tasksheet

<b>SITUATION</b> <i>(Think of anything where you were involved, for example,</i>	<b>THOUGHTS</b> <i>(What did you think during that time?, that is, what was going in your mind)</i>	<b>FEELINGS</b> <i>(What did you feel , for example, did you feel bad, happy, angry or had any other feelings at that time?)</i>	<b>ACTION</b> <i>(what did you do finally?)</i>
<i>You joined a new school</i>			
<i>You were being bullied</i>			

