



I Know  
Myself!!

# Students' Scaffolding Series

## SELF AWARENESS

# Pre-Session Activity

***How do you feel today? Tick the animal that describes your feelings!***



sad, tired, bored



happy, ready to go, calm



worried, silly, anxious



angry, upset, frustrated

*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

### Kripa (a 12 years old girl): What she thinks about herself!

Kripa is a 12 year old girl.  
She often cooks and help her mother in the kitchen in her free time.  
She does not go to play like other kids. She is not good at sports.  
She remains quite in the class as she lacks confidence.

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

- She **loves** cooking.
- She **learns** different methods of cooking from her mother.
- She **cooks** different recipes.
- She **helps** her mother in the kitchen.



# Case Study 1: Discussion Forum

- Should Kripa feel bad about herself?
- Why is she low in confidence?
- What should Kripa do to gain confidence?
- *With the help of her teacher, Kripa realised that she may not be good at sports but she has good knowledge about cooking (how to prepare different dishes with different methods).*
- *Once Kripa 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 1: An example such as Kripa's



Garima Arora, the first Indian Woman Chef  
Source: The Michelin Guide



## Case Study 2: Know About Self

*Abhay (a 13 year old boy): What he thinks about himself!*

He thinks that he is too thin and is not happy with his looks either.  
He is kind towards animals, helps his parents and respects people.  
He thinks other students are better than him.  
He is a swimming champion and has quite a few awards.  
He lacks confidence and stays quite.

### **Here are Abhay's qualities:**

He is **kind** towards animals.

He **helps** his parents.

He **respects** all.

He is a good **swimmer**.



# Case Study 1: Discussion Forum

- *Should Abhay feel bad about himself?*
  - *Why is he low in confidence?*
  - *How will you advise Abhay to know his qualities and gain confidence?*
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- With the help of his teacher and school atmosphere, he realised that he has a lot of good qualities.
  - It helped him gain confidence. **(He is a very good swimmer and is quite a helpful child.)**

At present, he is a very popular swimming coach in a five-star hotel.



# Brainstorming

*So, can you now tell why do we need the skill of being self aware?*

*Or*

*What is the need of self awareness skill?*

- Being self aware makes us realise our potential and ways to achieve our goals.
- It makes us better at decision making and hence, helps us gain control of our outcomes.
- It makes us gain more self-confidence, and, as a result, we become clearer with our intentions.
- It frees us from our assumptions and biases and helps to proceed objectively with our life.



*Confidence*

# Self Awareness – Self Esteem

*Once Kripa and Abhay became self aware about their qualities, it built in their self esteem.*

*This gave her/him the confidence to face the world with smile.*



Self esteem is how much YOU value YOURSELF and how important YOU think YOU are.

# TASKSHEET 1: Enhancing Self Awareness

*Do this exercise for a week, and note down all observations 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.
- Keep on doing this activity but in your mind and observe the change.
- Create a worksheet format in a notebook to monitor your activities.

## Tasksheet 2: Sample worksheet for monitoring self awareness

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

Any  
Questions?

THANK  
you