

Arete Education

SEL & Leadership Curriculum Binder Excerpt



Self-awareness

The ability to accurately recognize one’s own emotions, thoughts, and values and how they influence behavior. The ability to accurately assess one’s strengths and limitations, with a well-grounded sense of confidence, optimism, and a “growth mindset.”

- Identifying emotions
- Accurate self-perception
- Recognizing strengths
- Self-confidence
- Self-efficacy

Activities we have used to develop this competency in students:

- Emotions Check-in/Check-out ([Level 2](#), [Level 3](#))
- [8 Basic Emotions](#)
- Emotion Vocabulary Builder ([Cards for Emotional Check In Games](#))
- [Bio Dots](#)
- Emotional Iceberg ([Facilitator Instruction](#), [Activity Instruction](#), [Activity Handout](#))
- [Moon Face Box of Emotion Cards](#)
- Emo Heads Up ([Facilitator Instruction](#), [Activity Instruction](#), [Activity Handout](#))
- [Emo Monster](#) ([Activity Instruction](#), [EmoMonster Cards](#), [Feeling Words Handout](#))
- Journaling
- Past, Present, Future (Draw EmotIcons to present past, present and future)
- [Emotionometer](#) ([Emotionometer Activity Instruction](#), [Emotionometer Handout](#), [Feeling Words Handout](#))
- Match the Message ([Activity Instruction](#), [Activity Handout](#))
- [StrengthsExplorer posters](#) - students identify 2-3 strengths they have
- [Talent Cards & Strengths](#)
- Talent Cards, Strengths & 2 Truths, 1 Lie