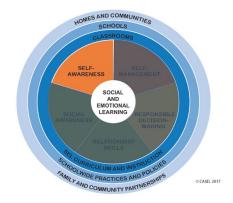
Arete Education

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