

Self-Evaluation

Self-Awareness

Name: _____

Teacher: _____

Date: _____

Read each skill and write a check in the box that best identifies your ability.

I can...	Almost Always	Sometimes	Still Learning
Identify my emotions.			
Recognize my strengths.			
Recognize my weaknesses.			
Be proud of my accomplishments.			
Stay motivated to complete a task.			

Graphic Organizer

Self-Awareness

Name: _____

Teacher: _____

Date: _____

Complete the graphic organizer after reading each article. Write the main idea under the article title and respond to the self-reflection.

Article	Feelings	Who Am I?	Recognizing Strengths	Self-Confidence	Self-Efficacy
The Main Idea	Example: <i>Students in Ms. Lee's class experienced a wide range of emotions when Adam's caterpillar went missing in the classroom.</i>				
Self-Reflection	What emotions did you feel today and why?	How do you perceive yourself?	What are your strengths?	When do you feel most confident?	Describe a time you struggled but didn't give up.

Self-Reflection

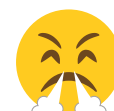
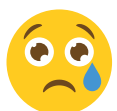
Self-Awareness | Feelings

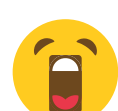
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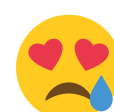
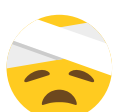
Teacher: _____

Date: _____

What emotions do you see below?









What emotions did you feel today?

My Emotion Wheel: Graphic Organizer

Self-Awareness | Feelings

Name: _____

Teacher: _____

Date: _____

What are some feelings you felt today? Write or draw about them in the boxes below:

What are some feelings you feel on other days? Write or draw about them in the boxes below:

My Emotion Wheel: Design Your Own

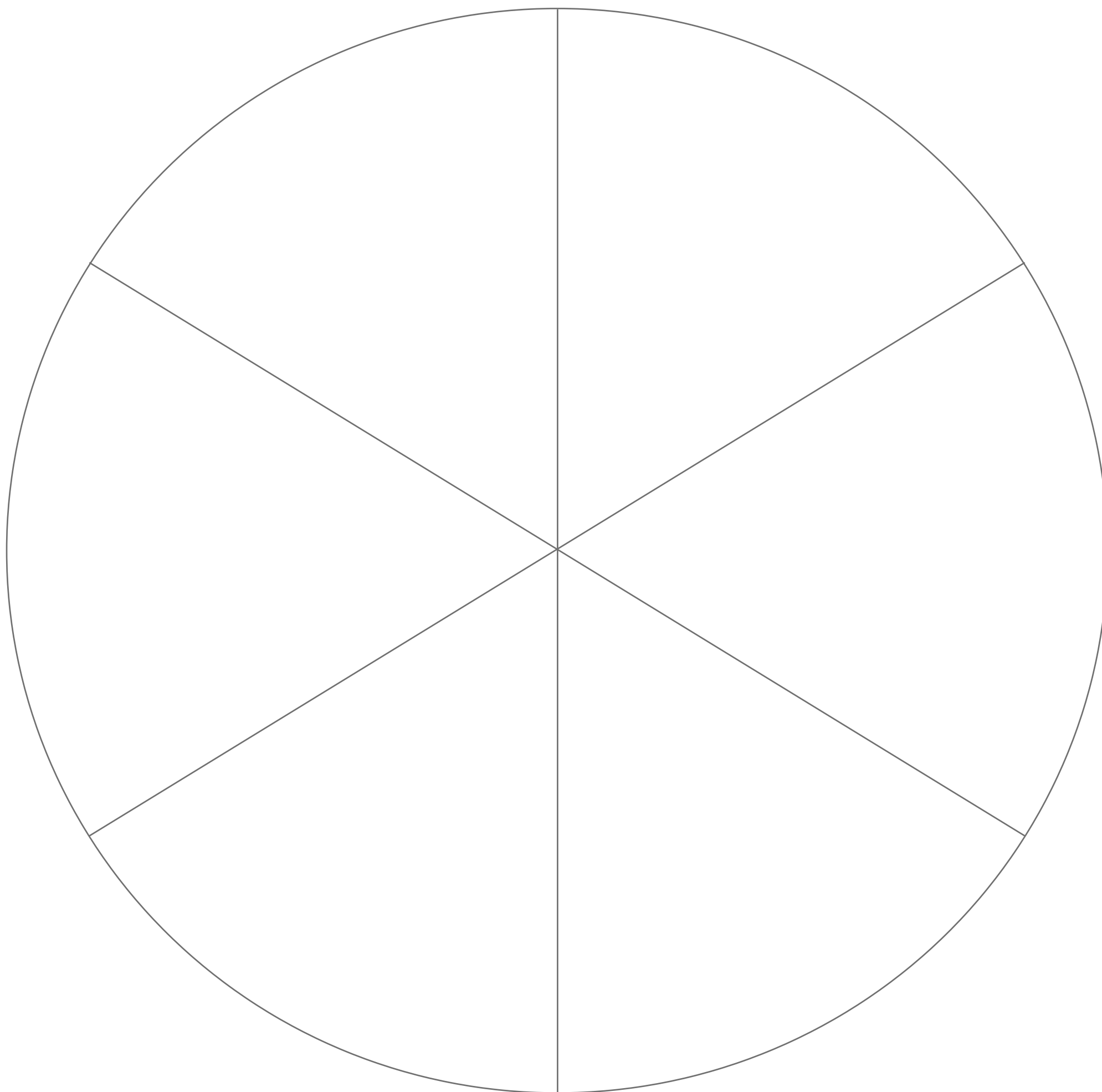
Self-Awareness | Feelings

Name: _____

Teacher: _____

Date: _____

Use your graphic organizer to design your own emotion wheel! Label each section with a feeling, then add words or drawings to explain more about these feelings!



An Emotional Moment: Explore

Self-Awareness | Feelings

Name: _____

Teacher: _____

Date: _____

Imagine a scenario in your classroom that could cause a wide variety of emotions. Write or draw about it below:

How would each student react to your scenario? Write about or draw their reaction:

A happy student

A sad student

An angry student

A scared student

An Emotional Moment: Roleplay

Self-Awareness | Feelings

Name: _____

Teacher: _____

Date: _____

In groups, roleplay an emotional moment that one of your group members wrote about. Write or draw about how it went in the box below:

What emotion did you play? (Answer below)

What did it feel like to play your emotion? How did you show your emotion? How did it feel in your body and brain? What's something unexpected that happened? Write or draw about the experience in the box below:

Self-Reflection

Self-Awareness | Who Am I?

Name: _____

Teacher: _____

Date: _____

Review the character traits below.

Adventurous	Brave	Artistic	Careful
Calm	Cheerful	Friendly	Caring
Considerate	Honest	Respectful	Dependable
Patient	Responsible	Courageous	Funny
Shy	Quiet	Energetic	Hard-working

What traits describe your character?

Describe a time when you displayed one of the character traits.

I Am Poem

Self-Awareness | Who Am I?

Name: _____

Teacher: _____

Date: _____

Fill in the blanks in the poem below.

First Stanza

I am _____

I wonder _____

I hear _____

I see _____

I want _____

I am _____

Second Stanza

I pretend _____

I feel _____

I touch _____

I worry _____

I cry _____

I am _____

Third Stanza

I understand _____

I say _____

I dream _____

I try _____

I hope _____

I am _____

Self-Reflection

Self-Awareness | Recognizing Strengths

Name: _____

Teacher: _____

Date: _____

Growth Mindset

Instead of...

- This is the best I can do.
- I give up.
- This is good enough.
- This is too hard.

Try thinking...

- I can always do better.
- I will try it a different way.
- Is this my best work?
- This might take some time.

One goal you have for this school year: _____

List three things you can do to achieve this goal.

1. _____

2. _____

3. _____

Recognizing My Strengths: Graphic Organizer

Self-Awareness | Recognizing Strengths

Name: _____

Teacher: _____

Date: _____

Explore your strengths by writing or drawing about them in the chart below:

A strength I have is...

A time I used this strength was...

Recognizing My Strengths: Mood Board

Name: _____

Teacher: _____

Date: _____

Self-Awareness | Recognizing Strengths

Using your graphic organizer, create a mood board about your strengths below. You can use words, drawings, collage... anything that represents your strengths and how you use them!



My Monthly Goal: Graphic Organizer

Self-Awareness | Recognizing Strengths

Name: _____

Teacher: _____

Date: _____

What are some of your strengths? List them below:

Using one or more of your strengths, what's a goal you want to achieve this month? Write or draw about it in the box below:

What's something you can do every day to work toward your goal?

What date will your goal be completed?

My Monthly Goal: Peer Review

Self-Awareness | Recognizing Strengths

Name: _____

Teacher: _____

Date: _____

What do you think about your partner's goal? Do you think they can achieve it? Why or why not? Do you have any advice for them?

What does your partner think about your goal? Do you agree with your partner? Why or why not? What adjustments are you going to make to your goal?

Self-Reflection

Self-Awareness | Self-Confidence

Name: _____

Teacher: _____

Date: _____

Draw three things that you are good at in the boxes below.

1.

2.

3.

I Was Afraid, But Then...

Self-Awareness | Self-Confidence

Name: _____

Teacher: _____

Date: _____

Draw or write in the boxes below:

I used to be afraid to do this...

...but now it's one of my strengths!

Now I'm afraid to do this...

...but it could become one of my strengths!

Confidence Boosters

Self-Awareness | Self-Confidence

Name: _____

Teacher: _____

Date: _____

Write or draw in the boxes below:

Something I like about my brain...

Something I like about my body...

Something I know how to do really well...

Something I want to learn how to do...

A goal I achieved this year...

I feel supported by this person...

Self-Reflection

Self-Awareness | Self-Efficacy

Name: _____

Teacher: _____

Date: _____

Think about a time you did something wrong or made a mistake.

Reflect	Respond
What was the mistake?	
What caused the mistake?	
How could you fix it?	
What did you learn from it?	



Did you know that the chocolate chip cookie was invented by mistake?

I Want To Try...

Self-Awareness | Self-Efficacy

Name: _____

Teacher: _____

Date: _____

Draw or write in the boxes below:

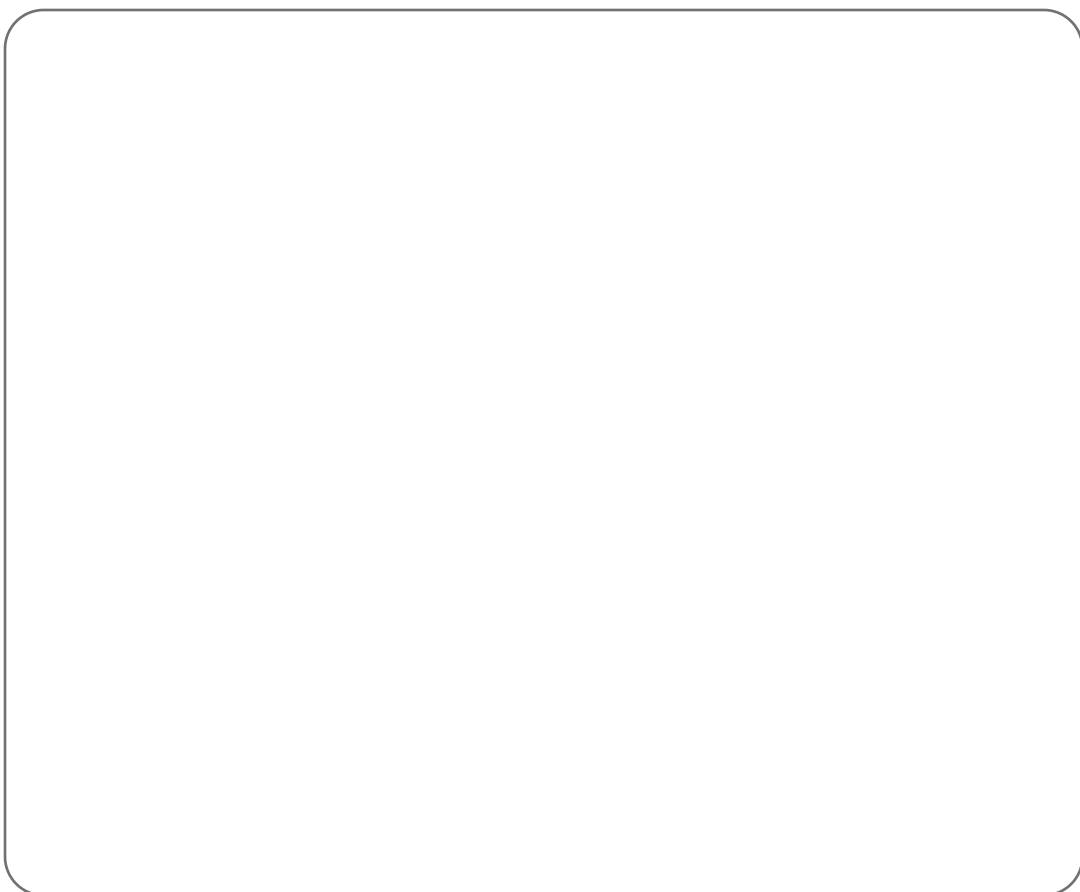
Something I want to achieve is...



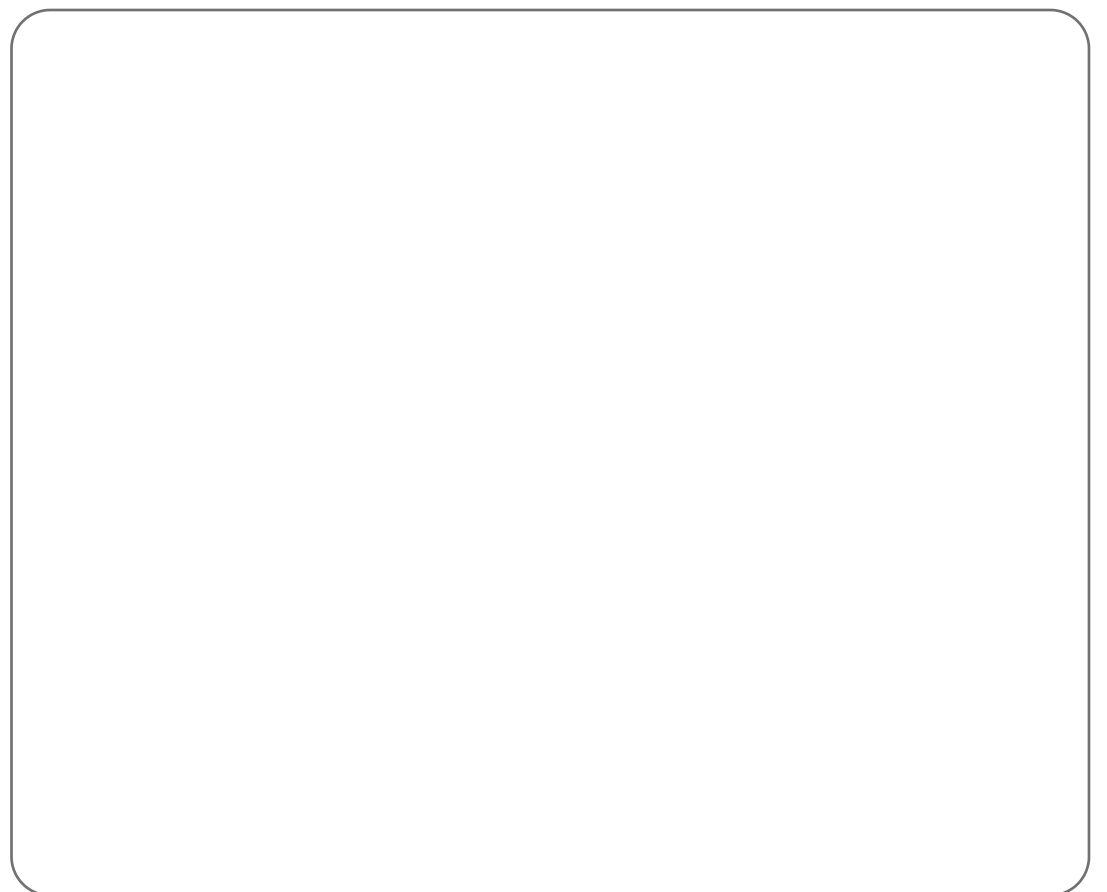
The first step I'll take toward my goal is...



The second step I'll take toward my goal is...



A possible mistake I'll make is...



Learning From My Mistakes

Self-Awareness | Self-Efficacy

Name: _____

Teacher: _____

Date: _____

What's a goal you're working towards? Write or draw about it in the box below:

Here's one mistake I made so far...

...and here's how I fixed it!

Here's a mistake I might make soon...

...and here's how I'll fix it!