



Self-Awareness in the Classroom

Self-awareness is defined as recognition of one's emotions and values and their impacts on behavior, as well as accurate self-assessment of strengths and challenges.

For the item, "I understand my moods and feelings," students' responses were:
Not at all true: 3% A little true: 33% Pretty much true: 25% Very much true: 29%

Individual Learning Styles

Encourage students to notice and record learning strategies that were helpful when working on or completing an assignment.

Mindful Breathing Exercise

During the beginning of each school day, ask students to:

- Sit down in a comfortable position
- Close their eyes and be as still as possible
- Bring their attention to their breath
- Feel their stomach rising and falling

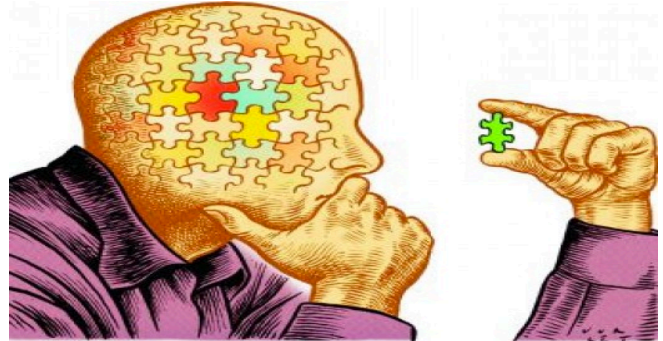
Identifying/Managing

Learning to deal with one's feelings in a positive way is an important skill.

Ask students to identify how they feel today. Naming our emotions allows us to "slow down" and consider them before acting.

It is through understanding the message of our emotions that we are empowered to act in ways that connect with our best judgment.

Demonstrate understanding of emotions by validating students' feelings and helping them explore options in response to those feelings.



Why is self-awareness important?

- Studies show that students experiencing self-awareness in the classroom...
- Are better able to set idealistic goals, and identify, monitor, evaluate, and modify learning strategies.
- Show less performance-avoidance goals and better academic performance.
- Show less behavior problems.
- Show more leadership and prosocial

Resources

- **Collaborative for Academic, Social, and Emotional Learning (CASEL)**
- **Healthy Classrooms, Emotional Intelligence, and Brain Research**
- **Teaching Teenagers to Develop Their Emotional Intelligence**