

LOOK LIKE ME

SELF AWARENESS



SUMMARY

Self-awareness is defined as the ability to read and understand your emotions as well as recognize their impact on others. It can simply be put that self-awareness is a basic understanding of how we feel and why we feel that way. The more we are aware of our feelings, the easier they are to manage and consciously respond to others.

Some of the benefits of self-awareness are:

- self-awareness can make us more proactive, boost our acceptance, and encourage positive self-development
- self-awareness allows us to see things from the perspective of others, practice self-control and experience higher self-esteem

OBJECTIVES



OUTCOMES

- **UNDERSTAND YOUR EMOTIONS**

To manage them better

- **RECOGNIZE THE IMPACT ON OTHERS**

To cooperate better

- **MANAGE EMOTIONS**

To respond consciously to others emotions

- **BOOSTING YOUR ACCEPTANCE**

Encouraging positive self-development

- **SEEING OTHER'S PERSPECTIVE**

And the impact of our emotions to others

- **BETTER COMMUNICATION**

In the classroom, at work



ACTIVITY IDEA

WHAT I FEEL WHEN

This activity is described as being designed for older kids, but can also be used as an introduction to self-awareness in older groups. The moderator prepares sentence starters and encourage to complete the sentences. Some examples for the beginning (from Positivepsychology.com website). When I'm bored, I like to...; In my free time, I enjoy...; I'm happiest when...; When I make a mistake..., When my day doesn't go my way, I...

Then participants may propose their own beginnings of sentences.



REFERENCES

- Positivepsychology.com: <https://positivepsychology.com/building-self-awareness-activities/>; <https://positivepsychology.com/self-awareness-matters-how-you-can-be-more-self-aware/> (access: October 2022)
- Goleman, D. (2000). Working with Emotional Intelligence. Goleman, D. (2005),
- Emotional intelligence

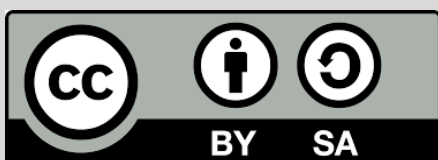
Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Education and Culture Executive Agency (EACEA). Neither the European Union nor EACEA can be held responsible for them.

This project has been funded with support from the European Commission. This publication [communication] reflects the views only of the author, and the Commission cannot be held responsible for any use which may be made of the information contained therein.

Authors

© September 2022 – INDEPCIE SCA, Colegio Séneca., AKETH, VAEV, Diversity Hub. This publication was carried out with the financial support of the European Commission under Erasmus + Project “2021-1-ES01-KA220-SCH-000031591”

Attribution, share in the same condition



(CC BY-SA) : You are free to Share- copy and redistribute the material in any medium or format and Adapt – remix, transform, and build upon the material for any purpose, even commercially. The licensor cannot revoke these freedoms as long as you follow the license terms under the following terms:

Attribution – you must give appropriate credit, provide a link to the license, and indicate if changes were made. You may do so in any reasonable manner, but not in any way that suggest the licensor endorses you or your use

ShareAlike- If you remix, transform or build upon the material, you must distribute your contribution under the same license as the original

No additional restrictions – you may not apply legal terms.