

# 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
<b>The Main Idea</b>	Example: <i>Students in Ms. Lee's class experienced a wide range of emotions when Adam's caterpillar went missing in the classroom.</i>				
<b>Self-Reflection</b>	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.

## Paragraph Response

Self-Awareness

Name: \_\_\_\_\_

Teacher: \_\_\_\_\_

Date: \_\_\_\_\_

Why do you think self-awareness is important? Write or draw your answer below.

# Self-Reflection

Self-Awareness | Feelings

Name: \_\_\_\_\_

Teacher: \_\_\_\_\_

Date: \_\_\_\_\_

What emotions do you see below?



\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

What emotions did you feel today?

# My Emotion Wheel: Graphic Organizer

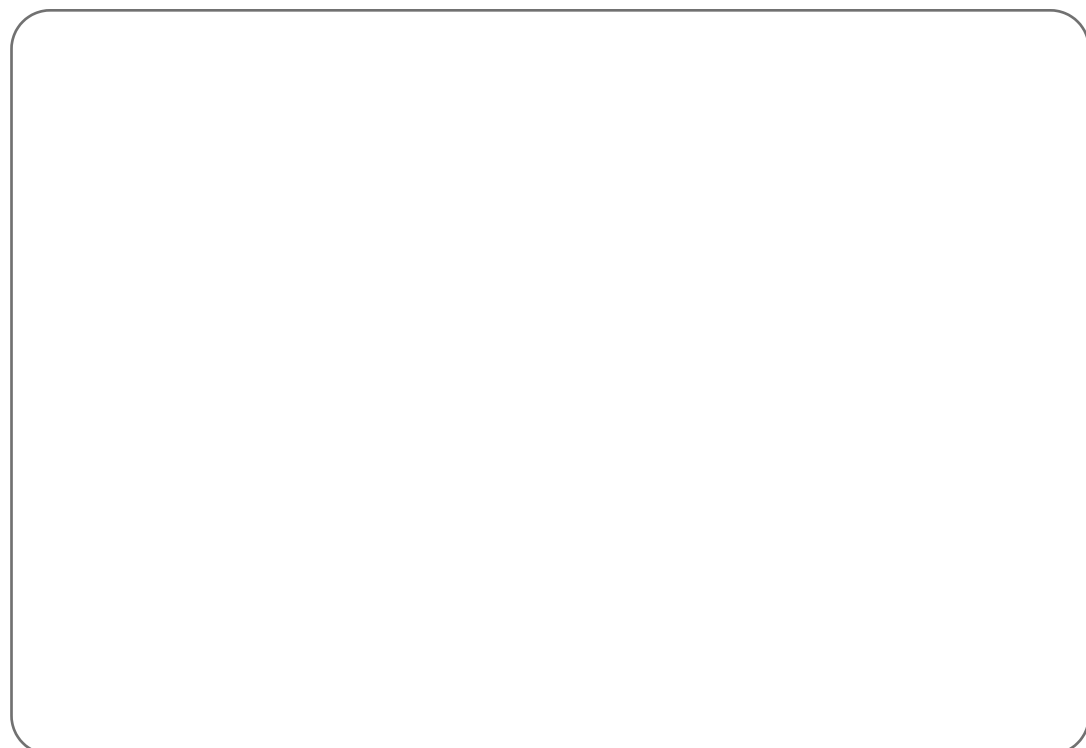
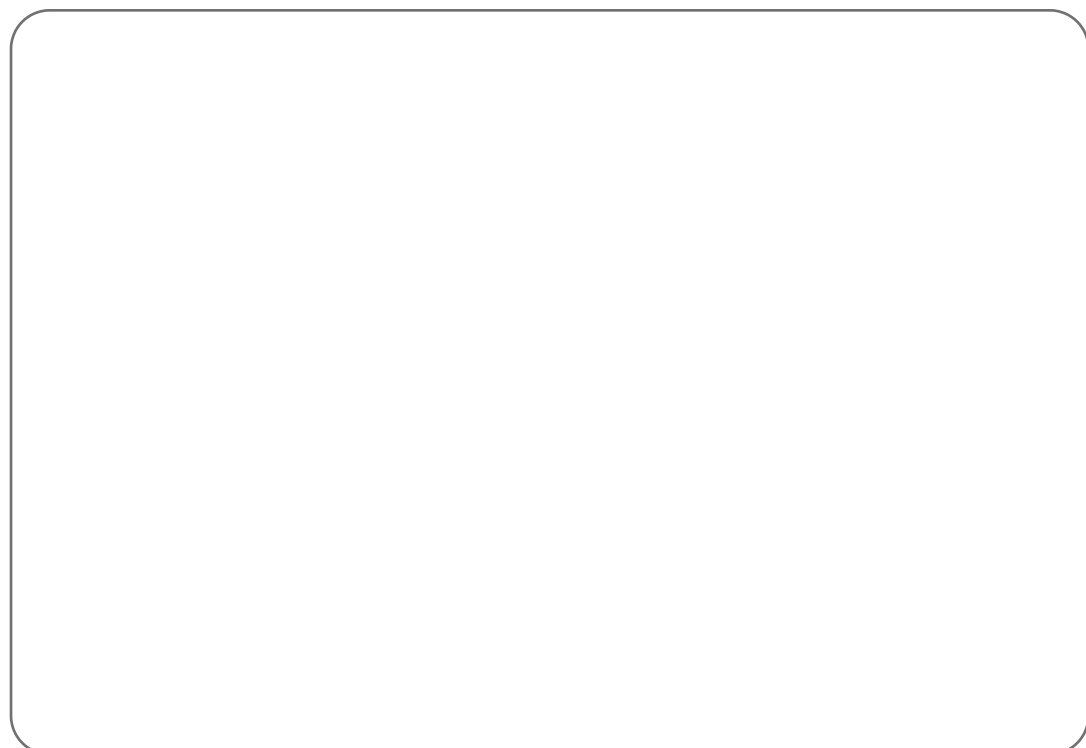
Self-Awareness | Feelings

Name: \_\_\_\_\_

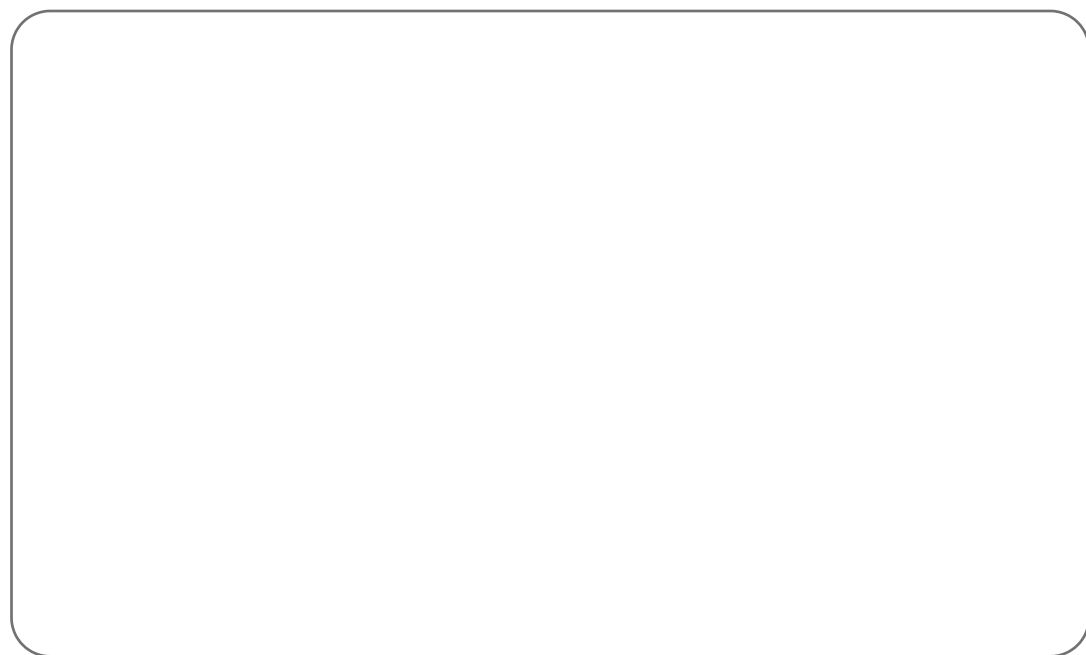
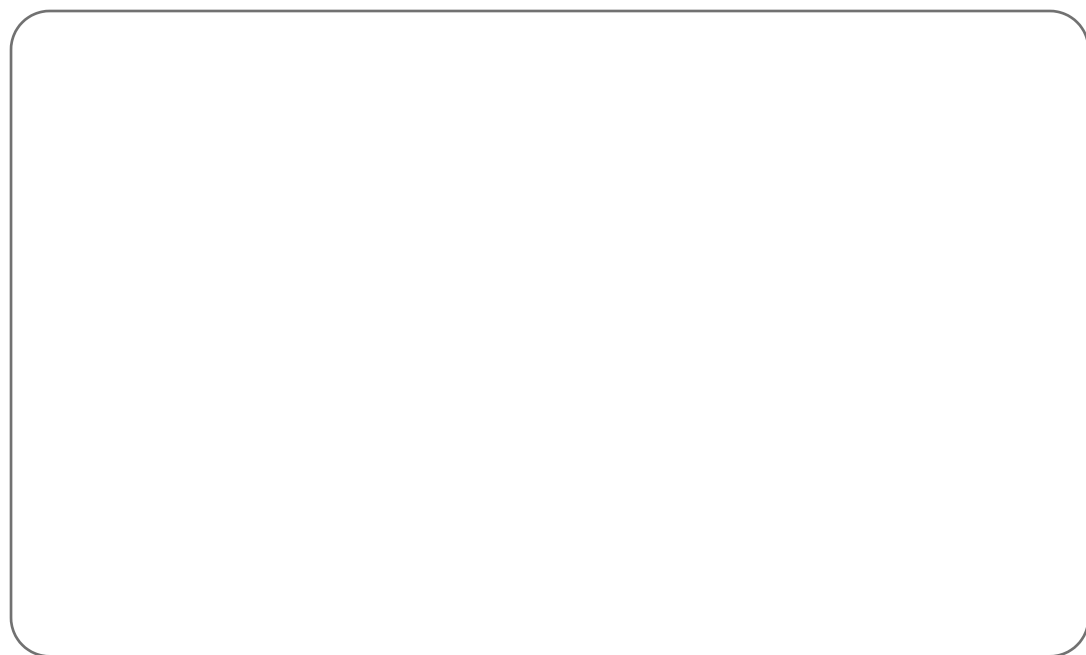
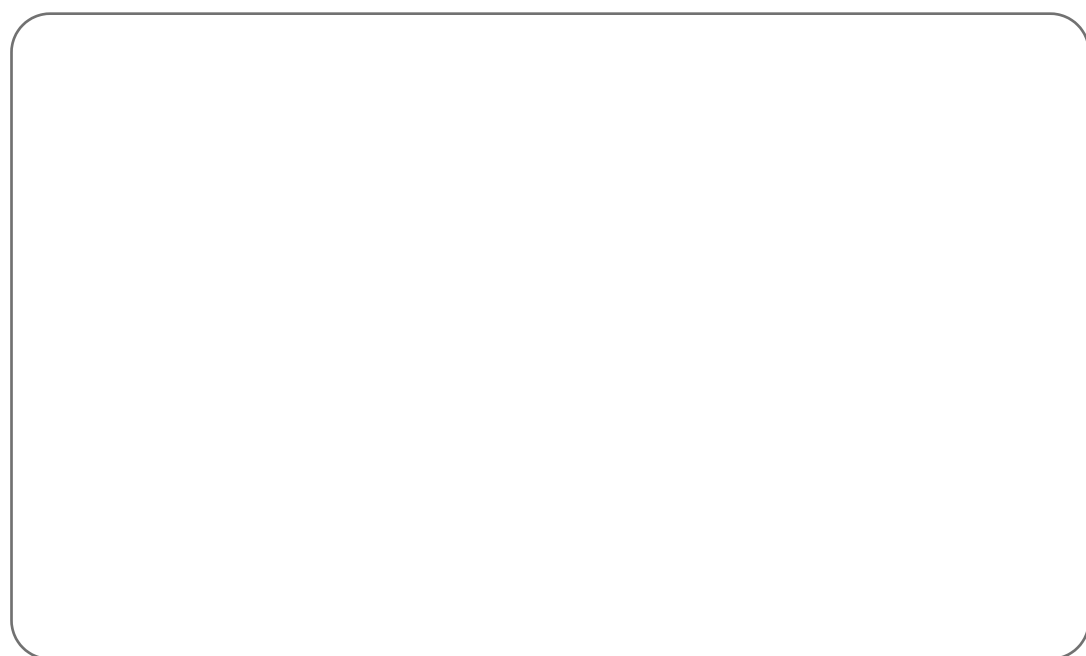
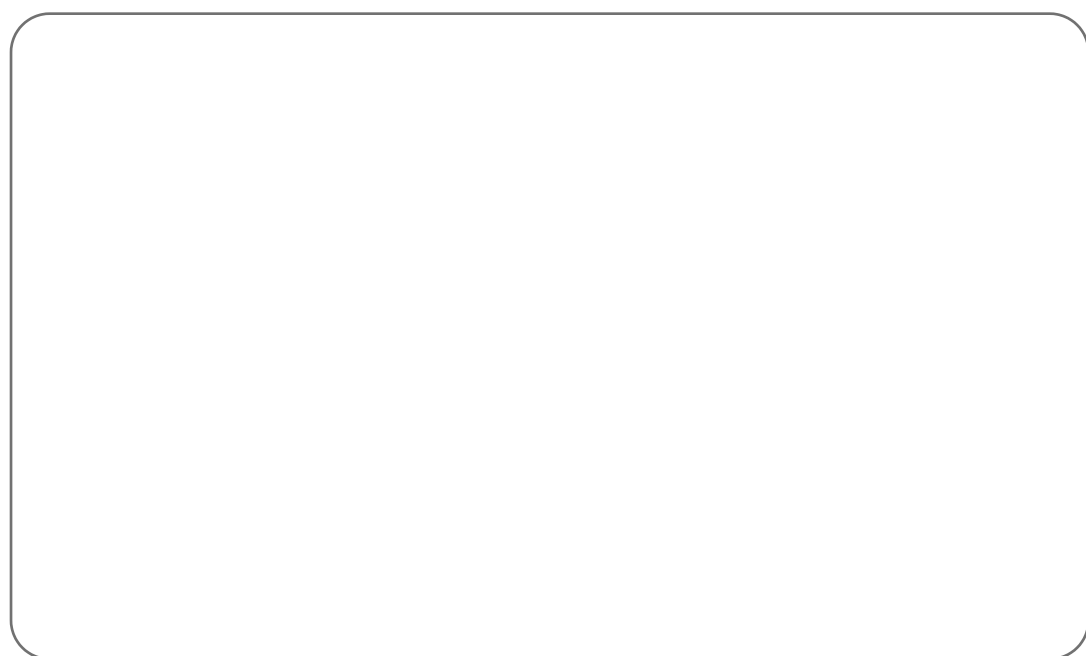
Teacher: \_\_\_\_\_

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

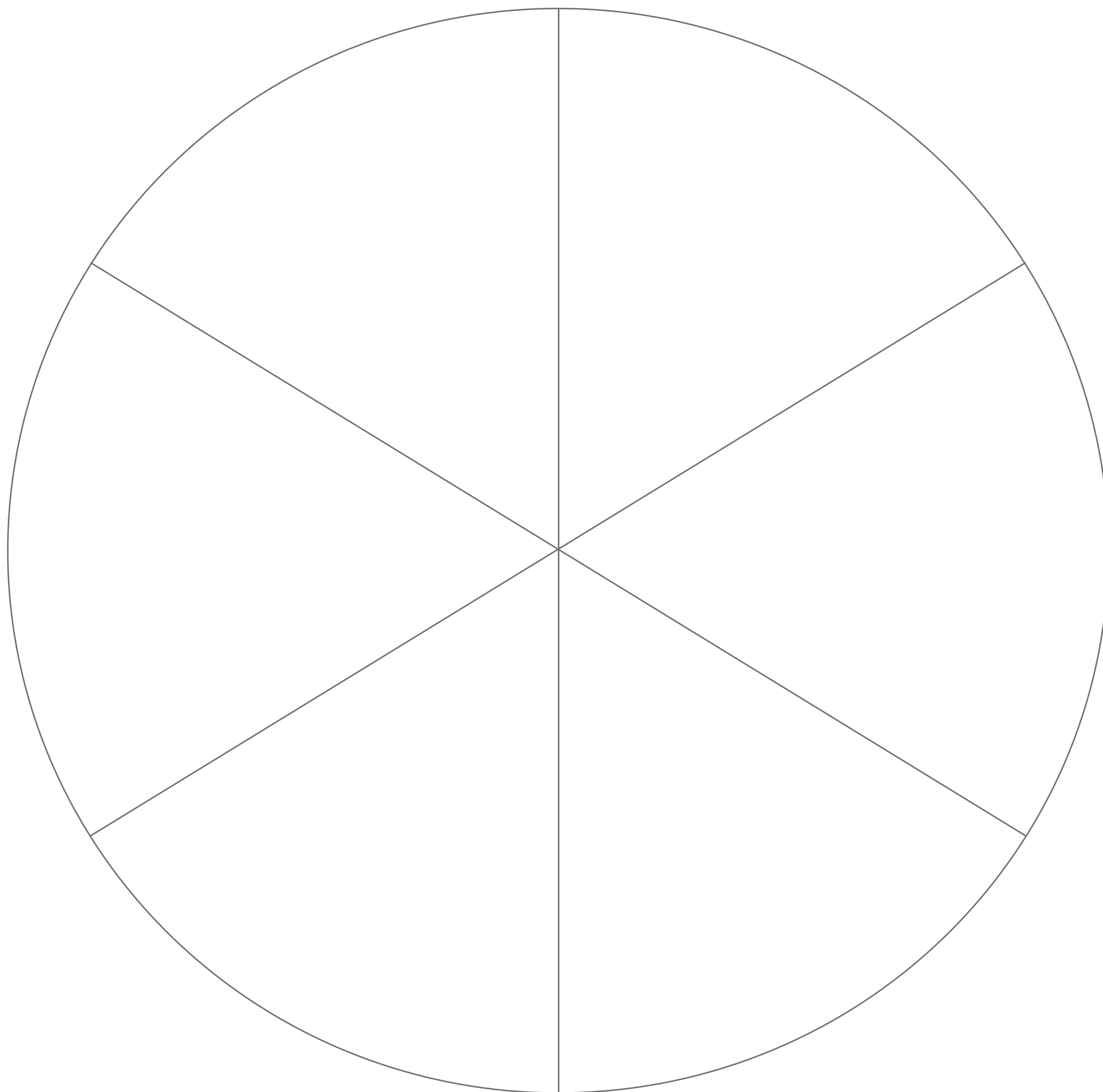
Self-Awareness | Feelings

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: \_\_\_\_\_

What's something that could happen in your classroom that would cause lots of feelings? Write or draw about it below:

How would different students react to this event? 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)**

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What did it feel like to play your emotion? Write or draw about it in the box below:



# Self-Reflection

Self-Awareness | Who Am I?

Name: \_\_\_\_\_

Teacher: \_\_\_\_\_

Date: \_\_\_\_\_

Review the character traits below.

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

What traits describe your character?

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

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# Character Traits

Self-Awareness | Who Am I?

Name: \_\_\_\_\_

Teacher: \_\_\_\_\_

Date: \_\_\_\_\_

Write positive character traits in the box below.

Write two positive character traits to describe yourself.

1. \_\_\_\_\_

2. \_\_\_\_\_

Write a positive character trait about the person sitting next to you.

**Person's Name:** \_\_\_\_\_

**Positive Character Trait:** \_\_\_\_\_

# I Am Poem

Self-Awareness | Who Am I?

Name: \_\_\_\_\_

Teacher: \_\_\_\_\_

Date: \_\_\_\_\_

Fill in the blanks in the poem below.

**I am** \_\_\_\_\_

**I wonder** \_\_\_\_\_

**I love** \_\_\_\_\_

**I need** \_\_\_\_\_

**I want** \_\_\_\_\_

**I worry** \_\_\_\_\_

**I dream** \_\_\_\_\_

**I understand** \_\_\_\_\_

**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 two things you can do to achieve this goal.

1. \_\_\_\_\_

2. \_\_\_\_\_

# Recognizing My Strengths: Graphic Organizer

Name: \_\_\_\_\_

Teacher: \_\_\_\_\_

Date: \_\_\_\_\_

Self-Awareness | Recognizing Strengths

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

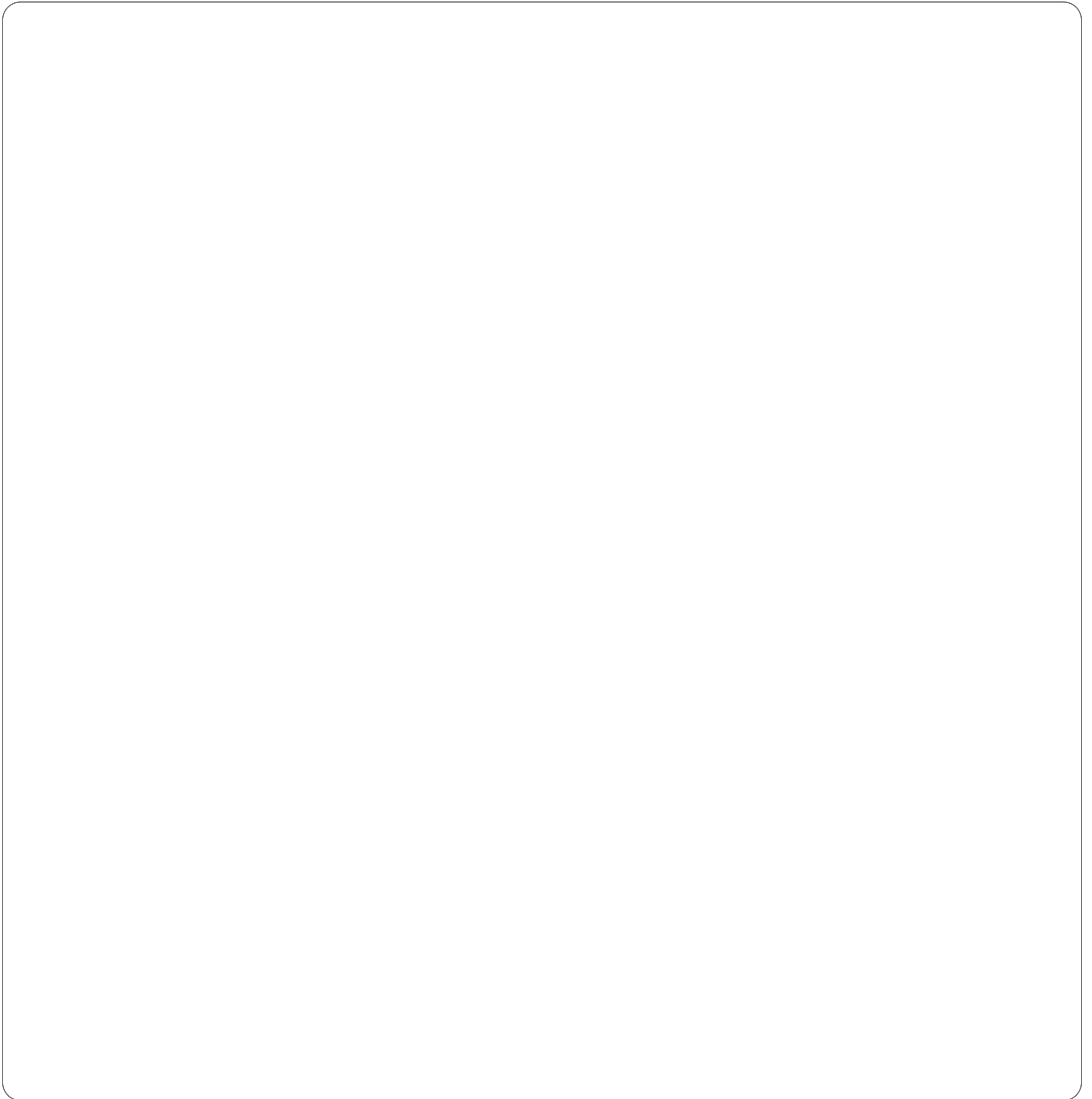
Name: \_\_\_\_\_

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? Write or draw them in the boxes below:

Using 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?

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What date will your goal be completed?

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## My Monthly Goal: Peer Review

Self-Awareness | Recognizing Strengths

Name: \_\_\_\_\_

Teacher: \_\_\_\_\_

Date: \_\_\_\_\_

What do you think about your partner's goal? Do you have any advice? Write or draw about it in the box below:

What does your partner think about your goal? Are you going to change your goal at all? Write or draw about it in the box below:



# 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
<b>What was the mistake?</b>	
<b>What caused the mistake?</b>	
<b>How could you fix it?</b>	
<b>What did you learn from it?</b>	



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:

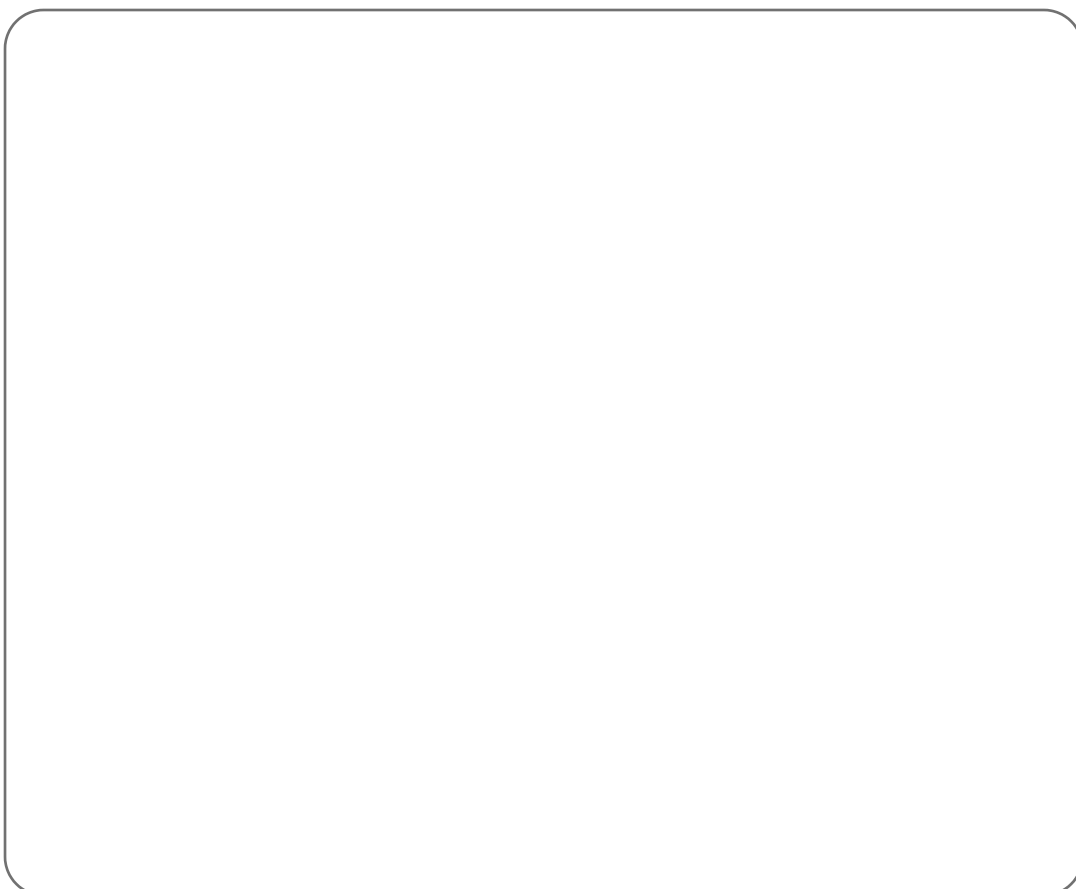
**Something I want to achieve is...**



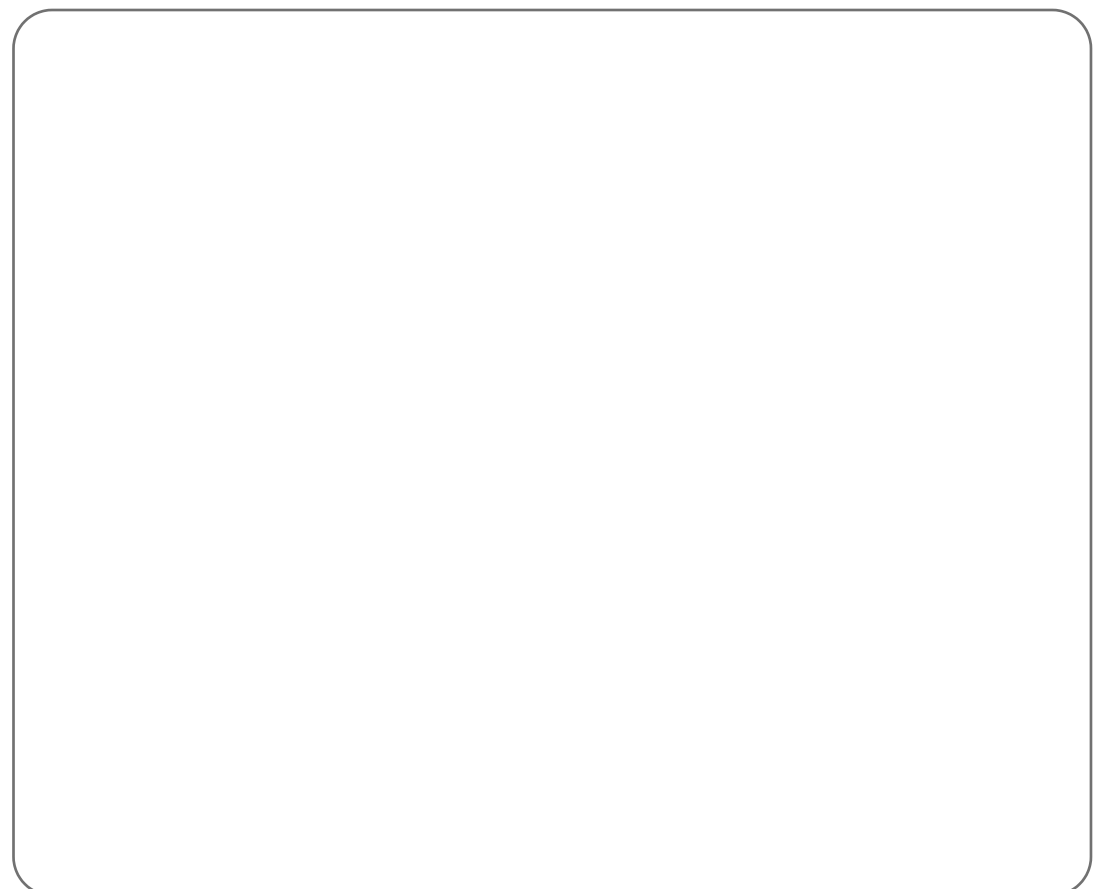
**The first step I'll take toward my goal is...**



**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!**