

Unit 1: Self-Awareness

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Grade 7 | About This Unit

Self-Awareness is a measure of how accurately learners can recognize their feelings and thoughts and learn to understand how those influence their behavior.

After completing these lessons, students should be able to:

- ✓ Begin to analyze factors that create stress and factors that motivate success
- ✓ Apply strategies to adapt to challenging situations
- ✓ Begin to identify personal values, strengths, and weaknesses

Tips for Parents and/or Guardians

1. Encourage resilience by modeling positive self-talk statements (e.g., “That was challenging, but I’m glad I didn’t give up!”)
2. Discuss how a person’s personal qualities and values influence their choices and potential success.



Source: CASEL Teaching Activities to Support the Core Competencies of SEL—August 2017