

# Unit 1: Self-Awareness

## Grade 9 | 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:**

- ✓ Define and understand the concept of “Neuroplasticity”
- ✓ Use self-awareness as a tool to recognize negative self-talk and implement positive self-talk
- ✓ Identify internal and external factors that can shape their identity
- ✓ Understand the positive effects of stepping out of one’s comfort zone to grow

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### Tips for Parents and/or Guardians

1. Help your child identify negative self-talk and the effects negative self-talk has on their emotions and behavior. Guide them towards the use of positive self-talk through affirmations and changes in outlook.
2. Talk to your child about their interests, goals, and values. Encourage them to step out of their comfort zone to try something new that aligns with what is important to them.



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