

Lesson Plan for teachers



Development of Emotional Skills of Students

TOOL 1

SELF-AWARENESS

Activity for students in class



Name of the Tool

Self-Knowledge Map

Objectives of the Tool

The self-knowledge map activity for students can have several pedagogical and psychological objectives. The main objective is to help students Develop Self-Awareness as this activity encourages personal reflection and self-awareness. It helps them to identify and understand their emotions, strengths and weaknesses.

Also aims to stimulate students to think critically and reflect on their own lives.

And finally, and also very important, it tries to promote personal acceptance and the development of positive self-esteem.

Connection of the activity to the skill

Self-awareness is a crucial skill in personal development and deep self-awareness and understanding, including one's emotions, strengths, weaknesses, values and

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goals. The activity contributes to the development of self-awareness skills as they practice personal reflection, where students take the time to think about who they are, what they like, what they care about, and other dimensions of their identity.

Outcomes

The result is an effective way to encourage self-exploration and the development of self-knowledge skills in students, allowing them to better understand themselves in different aspects of their lives.

We can highlight three key outcomes:

- Personal Reflection
- Identification of Emotions
- Awareness of Strengths and Weaknesses

Introduction of the Tool

The "Self-Awareness Map" activity is an educational tool designed to foster personal and emotional development in students, especially those between the ages of 10 and 12. This innovative approach uses visual representation to guide students on an introspective journey, exploring key aspects of their identity, emotions, strengths and aspirations.

Through this activity, students are challenged to reflect on who they are, what motivates them and what their personal goals are. students create a visual map that reflects their self-concept.

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Required time

The recommended duration for the self-awareness map activity may vary depending on several factors, including the complexity of the task, the level of student participation, and the specific objectives of the activity. However, it is generally suggested to plan between 60 and 90 minutes to allow students to complete the activity thoughtfully and thoroughly.

Resources, material needed

The self-awareness map activity is quite flexible and can be adapted to a variety of available resources and materials.

A self-awareness map template such as the one in the picture can be used or can even be created by the students themselves with poster boards, large sheets of paper or cork boards to create the map.

Pencils, pens, markers, etc.

Also recommended is a Question List or Guide, a list of reflective questions to guide students in creating the map. These questions can include topics such as emotions, strengths, goals, interests, etc.

Tips for implementation of the tool by teacher

- ⇒ Before the activity, carefully plan the objectives you want to achieve. Consider how you can adapt the activity to meet the specific needs of your student group.

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- ➔ Introduce the activity by highlighting the importance of self-awareness in personal and academic development. Relate the activity to real-life experiences to help students understand the relevance of self-awareness in personal and academic development.
- ➔ Provide a list of reflective or guiding questions to help students structure their thoughts. This may include questions about emotions, strengths, goals, and aspirations.

Age group most suitable for the tool implementation

The self-awareness map activity can be adapted to different age groups, but it is important to adjust the complexity and focus according to students' abilities and needs.

Suitability of the tool (possible issues, offline/online implementation, adjusting the tool for specific environments, students with special needs, etc.)

In environments with large classrooms, it can be difficult to manage group sessions and ensure that each student receives the necessary attention. The solution may be to break the activity into more manageable parts, consider small group participation, and ensure that there is enough time for each student.

Adaptation for Students with Special Needs, the Solution may be to modify the activity according to individual needs, as well as provide additional support or allow participation in verbal format or through assistive tools.

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Development of Emotional Skills of Students

SELF-AWARENESS

TOOL 2

Activity for students in class

Name of the Tool

"My Inner Journey"



Objectives of the Tool

The "My Inner Journey" activity is a creative and reflective tool designed to work on self-knowledge with students. The objectives of this activity are:

- Encourage self-knowledge and promote personal reflection.
- Facilitate the exploration of identity, helping students understand who they are, what defines them, and how they perceive themselves
- Promoting self-acceptance by recognizing and embracing both strengths and areas for improvement, building a positive self-image

Connection of the activity to the skill

The activity "My Inner Journey" is connected to self-knowledge, as it seeks to stimulate inner exploration and personal understanding. The activity invites students to engage in a deep reflection on their experiences, emotions, thoughts and inner values. This process of introspection is essential for the

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development of self-knowledge. Through the visual representation of their "inner journey," students explore and examine key aspects of their identity, better understanding who they are in terms of personality, interests and values.

Outcomes

The "My Inner Journey" activity has the potential to positively impact various aspects of students' personal and social-emotional development, promoting greater self-awareness and a deeper understanding of themselves and others. Some possible outcomes that could arise from the implementation of this activity:

- Increased Self-Awareness as students may develop a deeper understanding of themselves, including their emotions, thoughts, values, and personal experiences.
- Clarity in Identity as the activity can help students clarify their identity by reflecting on fundamental aspects of who they are and what they value in life.
- Personal Recognition and Acceptance. Students can experience increased self-acceptance by identifying and accepting both their strengths and areas for improvement.

Introduction of the Tool

This activity not only fosters self-awareness, but also promotes interpersonal connection as students share and celebrate their inner journeys. "My Inner Journey" becomes a transformative vehicle for students' social-emotional development and building a deeper understanding of themselves and others.

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Required time

As with any activity, the duration of the "My Inner Journey" activity may vary depending on the educational level of the students, the complexity of the task, the amount of reflection required, and whether a group discussion phase is included. However, it is suggested to plan at least 60 to 90 minutes to allow students to meaningfully immerse themselves in reflection and creative expression.

Resources, material needed

The "My Inner Journey" activity can be done with a variety of resources and materials to encourage creative expression and personal reflection.

Paper or poster board:

Provide large sheets of paper or poster board that allow students to create visual representations of their "inner journey."

Writing Materials - Pencils, pens, markers.

Be sure to clearly explain the activity, the objectives and the importance of self-awareness. Have students understand the purpose of the activity from the beginning.

Creates a safe and trusting environment where students feel comfortable sharing their internal reflections. Emphasizes confidentiality and respect among participants.

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Provide reflective questions that guide students in their reflection. This can help them deepen their self-exploration and create more meaningful representations.

The activity ends with a group reflection on the importance of knowing oneself to achieve correct personal and socioemotional development.

Age group most suitable for the tool implementation

Can be adapted to different age groups, but it is important to adjust the complexity and focus according to the capabilities and needs of the students.

Suitability of the tool (possible issues, offline/online implementation, adjusting the tool for specific environments, students with special needs, etc.)

One of the potential pitfalls of the activity is that of Privacy and Sensitivity, as when sharing internal reflections, some students may feel uncomfortable or concerned about privacy. It is therefore important to establish clear rules of confidentiality, allow for anonymous options if possible, and foster an atmosphere of mutual respect.

It is an activity that can be easily adapted to be carried out in an online environment.

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