**SEL Lesson Plan – Week 4**

**Self – Awareness – Describing Me**

**Overview:** A healthy self-concept is key to students’ success and well-being in school and in life. During adolescence, students are developing their sense of self. This lesson guides them toward evaluating themselves in favorable ways, based on how they see themselves now and in the future and the positive traits others see in them.

**Objectives:**

* Recognize that identity is complex and shaped by many factors
* Learn what aspects, both internal and external, make up your identity
* Recognize that people change and discuss the effects of this change

**MONDAY – No School – Enjoy your day off**

**TUESDAY- Self – Awareness**

* **Collaborate:**
* What are some adjectives a person might use to describe someone? ***Note:*** *adjectives should be words that describe how a person acts or treats others.*
* **Video**: “Self Awareness” <https://www.youtube.com/watch?v=HIhEMk7CZ-A>
* **Class Discussion**:
* What somethings that shape our self –conscious?
* How do we get in the way of being aware and being who we are?

Time permitting... students can share their negative self-talk and actions that keep them from being who they really are

**WEDNESDAY: “Who am I”?**

* **Collaboration:**
* 1. What is your identity? *I’m a middle school student. I’m a girl. I’m a*

*musician.*

* 2. What parts of your identity do you think will change? *I won’t always be a student.*
* 3. What will stay the same? *I think I’ll always be a positive person.*
* **Video**: “I Am”
* Video is directly from Second Step Curriculum. The video is a MP4 file posted in PP and on [www.selmatters.weebly.com](http://www.selmatters.weebly.com)
* **Class Discussion**:
* Think of the different ways you would finish the sentence

“I am \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_”’

*Biracial. Female. Southerner. Witty. Daughter. Sister. Musician. Storyteller. Kind. Anxious. Curious. Artist.*

* Time permitting, have students share words to describe themselves. Tomorrow’s activity will start with the same discussion

**THURSDAY: Describing Myself**

* **Collaboration**:
* Think of words you could use to describe yourself.?
* Have students share words to describe themselves

*If students use negative words to describe themselves, refer back to the negative self-talk in Tuesday’s video*

* **Activity**:
* Students reflect on the question “Who am I?” and create identity maps.
* Students will use identity maps for Friday’s activity

**FRIDAY: This is Me**

* **Warm -Up**
* Get our your “I Am” webs from yesterday

Circle the aspects of your identity that are most important to you.

* **Video:** This is Me – The Greatest Showman

This is Me – Recording Studio version <https://www.youtube.com/watch?v=XLFEvHWD_NE>

* **Activity:**
* Choose one of the most important aspects that you circled on your identity map.
* Write a paragraph describing why it's important

-or-

* Draw a picture of yourself that shows this aspect of your identity

\*\* I would love to see student’s identity maps and or identity pictures. Students can take a picture and share they with me at [hannerch76@aol.com](mailto:hannerch76@aol.com). I will post identity pictures on [www.SELmatters.weebly.com](http://www.SELmatters.weebly.com)

**Optional Activities:**

* **Video**: Man Aides A Pedestrian Who Has Fallen On Sidewalk | What Would You Do? | WWYD | ABC News
* **Class Discussion:** We live in a world where no one wants to get involved in another person’s drama. We say “It’s none of my business!” or “I don’t want to be pulled into the drama!” It seems like teens might be missing something in their day to day interactions with others. Especially when no one is looking.
* The “What Would you Do?” video clips gives us an opportunity to explore own actions and who we are.