

# Use these worksheets to help students learn about and practice self-awareness.

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


### MY STRENGTHS

There are a lot of great things about you! Think about your strengths and respond to the prompts below.

AT SCHOOL:	OUTSIDE OF SCHOOL:	WITH OTHERS:
The subject/topic that I am best at is:	The sport or activity that I'm best at is:	I am a good friend because:
The subject/topic that I like the most is:	My favorite sport or activity is:	
Learning about these things will be helpful to me when:	These sports/activities will help me be able to:	

**3 POSITIVE WORDS TO DESCRIBE ME ARE:**

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



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

### INTEGRITY: WHAT WOULD YOU DO?

Doing the right thing isn't always easy. Sometimes it seems like it would be better to be dishonest or hide the truth. Look at the scenarios on the left and decide what you think the person would do. Then, think about what you think you would actually do in that situation.

SCENARIO:	WHAT SHOULD HE/SHE DO?	WHAT WOULD YOU DO?

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

### WHAT MAKES ME WORRIED

When you know what makes you feel worried, it's easier to manage those feelings. Look at the scenarios below and color the bar to show how much you worry about each thing. If you have a worry that's not on the list, write it in above the last bar!

Getting good grades \_\_\_\_\_ All The Time  
Never

\_\_\_\_\_ about me \_\_\_\_\_ All The Time

\_\_\_\_\_ getting sick \_\_\_\_\_ All The Time

\_\_\_\_\_ \_\_\_\_\_ All The Time

\_\_\_\_\_ \_\_\_\_\_ All The Time

\_\_\_\_\_ \_\_\_\_\_ All The Time

\_\_\_\_\_ family \_\_\_\_\_ All The Time

\_\_\_\_\_ \_\_\_\_\_ All The Time

\_\_\_\_\_ \_\_\_\_\_ All The Time

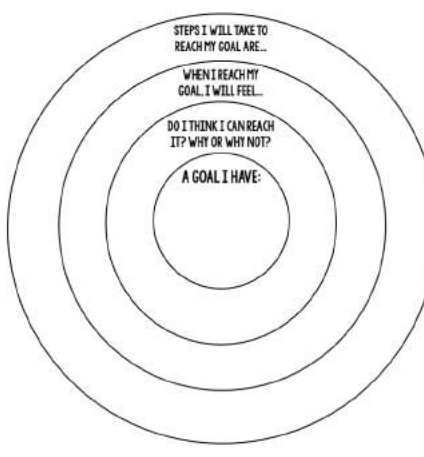
WHEN... **WHEN I'M WORRIED, SOME THINGS THAT HELP ME FEEL BETTER ARE:**

\_\_\_\_\_

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

### I CAN REACH MY GOALS!

Goal setting can help us identify and the things we want to accomplish, and then work toward getting them done. It can be helpful to write down the goals you have and the steps you will take to reach them. The target below to write about a goal you have, and then write the answers to the prompts around the rings in the target.



STEPS I WILL TAKE TO REACH MY GOAL ARE...

WHEN I REACH MY GOAL, I WILL FEEL...

DO I THINK I CAN REACH IT? WHY OR WHY NOT?

A GOAL I HAVE:

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

### WEEKLY REFLECTION

WEEK OF: \_\_\_\_\_

WHAT I ENJOYED DOING:	WHO I ENJOYED BEING WITH:
WHAT I'M PROUD OF FROM THE WEEK:	FEELINGS I HAD:
WHAT WAS HARD:	WHAT I'LL DO DIFFERENTLY NEXT WEEK:

On a scale of 1-10, my week was ...

1 2 3 4 5 6 7 8 9 10

Really hard Okay Amazing

# They are aligned to the CASEL concepts for self-awareness.

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

## REFLECTING ON MY ACCOMPLISHMENTS

You have done great things in your life, and are capable of doing other great things in the future! When something is challenging, it can be helpful to take time to think about the great things you've already done. Fill out the prompts below about your greatest accomplishment.

**MY GREATEST ACCOMPLISHMENT IS:**

THIS IS MY GREATEST ACCOMPLISHMENT BECAUSE...

I WAS ABLE TO ACCOMPLISH THIS BECAUSE I AM...

BEFORE I DID IT, I FELT ...	DURING THE PROCESS, I FELT ...	AFTERWARD, I FELT ...

I SHOULD BE PROUD OF MYSELF FOR THIS BECAUSE...

IF SOMETHING IS HARD IN THE FUTURE, I CAN REMIND MYSELF ...

Including:

- Integrating personal and social identities
- Identifying personal, cultural, and linguistic assets
- Identifying one's emotions
- Demonstrating honesty and integrity
- Linking feelings, values, and thoughts
- Experiencing self-efficacy
- Having a growth mindset
- Developing interests and a sense of purpose

# The worksheets are easy to use in individual, small group and classroom lessons!

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

### WHAT MAKES ME ANGRY

When you know what makes you feel angry, it's easier to manage those feelings. Look at the scenarios below and color the bar to show how often you get angry about each thing. If there's something that makes you angry that's not on the list, write it in above the bottom bar.

Being told "no"  
 Never  All The Time

Being told what to do

When other people are mean

When my school work is hard

When someone takes something of mine

When I feel like someone isn't listening to me

Losing a game

Getting bad grades

When I can't figure something out

I KNOW I'M FEELING ANGRY WHEN...

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

### WHAT MATTERS TO ME

Take time to think about the things that matter most to you. Fill out the prompts below.

THINGS I CARE MOST ABOUT:

PEOPLE I CARE MOST ABOUT:

HOW I LIKE TO:

FOR SAYING THAT INSPIRES ME:

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

### EXPERIENCING EMOTIONS

Taking time to think about how you experience different emotions can help you become more familiar with those emotions. Then, it will be easier for you to figure out how you are feeling so you can manage your feelings in a positive way. Look at each feeling below and respond to the prompts.

WHEN I FEEL HAPPY			
My body feels...	My body looks...	Things I say...	Things I do...

WHEN I FEEL ANGRY			
My body feels...	My body looks...	Things I say...	Things I do...

WHEN I FEEL SAD			
My body feels...	My body looks...	Things I say...	Things I do...

WHEN I FEEL WORRIED			
My body feels...	My body looks...	Things I say...	Things I do...

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

### HAVING A GROWTH MINDSET

When something is hard, you make a mistake, or you don't know how to do something, it can be easy to give up. Instead of giving up, it's important to have a growth mindset – to believe that you can do hard things with effort, and that mistakes and failure are a part of the process. Look at each of the situations below and think about what you can tell yourself and what you can do that will help you succeed!

WHEN I DON'T KNOW HOW TO DO SOMETHING		WHEN SOMETHING IS HARD	
Something I can tell myself is...	Something I can do is...	Something I can tell myself is...	Something I can do is...

WHEN I MAKE A MISTAKE		WHEN SOMEONE TELLS ME WHAT I DID WRONG	
Something I can tell myself is...	Something I can do is...	Something I can tell myself is...	Something I can do is...

WHEN SOMEONE IS BETTER THAN ME AT SOMETHING		WHEN I WANT TO GIVE UP	
Something I can tell myself is...	Something I can do is...	Something I can tell myself is...	Something I can do is...

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

### CELEBRATING DIFFERENCES

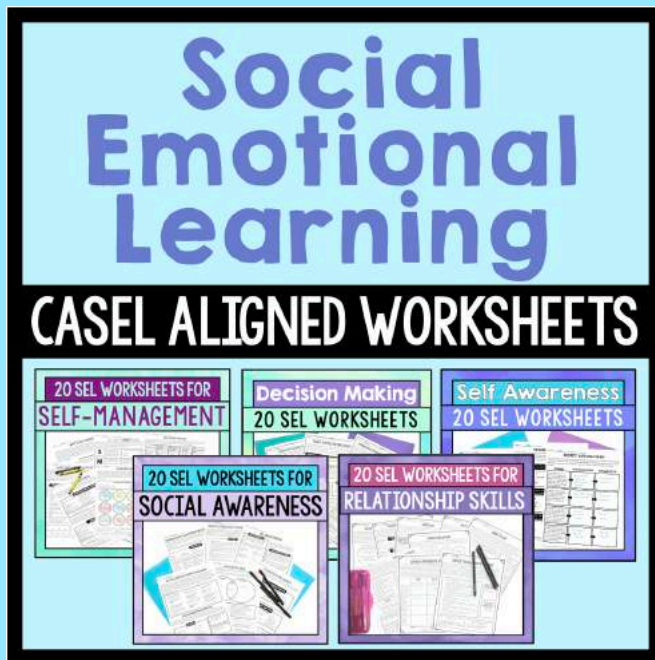
We each have things in common with other people, and things that make us unique. Name 3 people and think about what is the same about the two of you, and what makes you different. Then, think about what you could learn from each other.

Person # 1:			
What we have in common:	What makes us different:	What I could teach this person:	What I could learn from this person:

Person # 2:			
What we have in common:	What makes us different:	What I could teach this person:	What I could learn from this person:

Person # 3:			
What we have in common:	What makes us different:	What I could teach this person:	What I could learn from this person:

# Looking for the rest of the CASEL competencies? Bundle & Save!



This resource is a part of a bundle that includes worksheets for all 5 CASEL competencies. There are 100 worksheets that will help your students learn about and practice self-management, self-awareness, social awareness, relationship skills and responsible decision making.

**SEE THE BUNDLE HERE!**