



SEL Competency: Self-Awareness

Professional Learning Series Module 1

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Welcome & Please Sign In





Activating Activity

SEL Bingo

Introduction to the Playbook

Professional Learning Playbook: Adult Social Emotional Learning

Prepared by the Michigan Department of Education with support from the Region 8 Comprehensive Center – June 2023



Module 1: Self-Awareness

Agenda

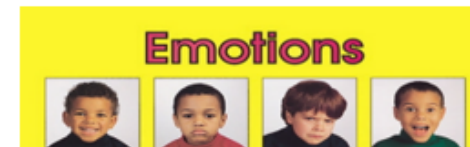
Topic	Time
Activating Activity: Social Emotional Learning (SEL) Bingo	5 minutes
Session Overview	10 minutes
Reflection Activity: Definition and Benefits of Self-Awareness	10 minutes
Explore and Discover Activity 1: Self-Awareness Video and Reflection	20 minutes
Explore and Discover Activity 2: Practicing Presence	30 minutes
Organize and Integrate Activity: Reflection and Most Important Point	30 minutes

Activating Activity: SEL Bingo

Purpose: To practice your self-awareness skills while also recognizing others' emotions.

Directions:

- Select which emotion denotes how you are feeling in this moment. Write your "bingo" answer below.
- Share your "bingo" emotion with your colleagues and discuss how that emotion impacts your motivation to learn during this session.



SEL Bingo














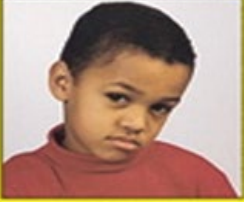


➤ **Purpose:** To practice your self-awareness skills while also acknowledging others' emotions.

➤ **Directions:**

- > Choose which emotion best describes how you are feeling in this moment as the session begins. Note your selection in your playbook.
- > Reflect on how your emotion impacts motivation to learn throughout the session.

Activating Activity: SEL Bingo

Emotions

			
happy	sad	angry	excited
			
afraid	shy	guilty	tired
			
jealous	loved	hopeful	bored
			
proud	sorry	embarrassed	surprised

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Group Discussion

Share:

- Your emotion
- How it will impact your motivation to learn during this session





Session Overview

Group Norms

- Collaborate with ideas
- Listen fully and reflectively
- Speak your truth
- Accept the challenge
- Be responsible for your impact on the room
- Be ok with non-closure
- Have fun

Professional Learning Series Goal

To increase your capacity around the five CASEL competencies.

Session Outcomes

Participants will increase:

- Their understanding of what adult self-awareness is and why it is important
- Their ability to reflect on their own practice and encourage others to do the same
- Their ability to recognize opportunities to demonstrate and model their own skills

CASEL SOCIAL AND EMOTIONAL LEARNING COMPETENCIES



Session Agenda

- **Activating Activity: SEL Bingo**
- **Session Overview**
- **Personal Self-Reflection Activity**
 - *Definition and Benefits of Self-Awareness*
- **Explore and Discover Activity 1**
 - *Watch Video*
 - *Respond to Self-Awareness Prompts*
 - *Complete Self-Assessment*
- **Explore and Discover Activity 2**
 - *Read Practicing Presence Excerpt*
 - *Complete Questions and Discussion in Small Groups*
- **Organize and Integrate Activity**
 - *Reflection and Most Important Point*



Reflection Activity

*Definition and Benefits of
Self-Awareness*

Reflection Activity

Take a minute to write down in your playbook:

- » Your definition of self-awareness
- » Why you think self-awareness is important
- » Your ideas of ways equity and perspective-taking fit within self-awareness



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The Definition of Self-Awareness

The ability to accurately recognize one's own **emotions**, thoughts, and values and how they influence behavior. The ability to accurately assess one's **strengths and limitations**, with a well-grounded sense of confidence, optimism and a "**growth mindset**."

Return to your playbook and rate yourself from 1 to 5 on how close your definition matched the one above (1=not at all close, 5=very close/exact).



Explore & Discover Activity 1

Self-Awareness Video and Reflection



Explore and Discover Activity 1:
View [video](#) and reflect on how self-awareness is defined and list the benefits of developing this competency

Let's Practice

I Am

I Can

I Believe

I Like

I'm
Learning

Personal SEL Reflection: Self-Awareness

Self-Awareness		Very difficult	Difficult	Easy	Very easy
EMOTIONAL SELF-AWARENESS	I can identify and name my emotions at the moment.				
	I can use self-reflection to understand the factors that contribute to my emotions and how my emotions impact me.				
	I can recognize when my emotions, thoughts, and biases influence my behavior and my reactions to people and situations, both negatively and positively.				
IDENTITY AND SELF KNOWLEDGE	I can recognize and am able to be realistic about my strengths and limitations.				
	I can recognize and reflect on ways in which my identity is shaped by other people and my ethnicity, culture, experiences, and environments.				
	I can recognize and reflect on ways in which my identity shapes my views, biases, and prejudices.				
GROWTH MINDSET AND PURPOSE	I believe I can continue to learn and develop skills to better myself.				
	I believe I can continue to learn and develop my skills to better support all young people to succeed.				
	I can see how I have a valuable role in my work, my family, and my community.				

Whole-Group Discussion

>> Why do you think self-awareness is important to your personal and professional lives?



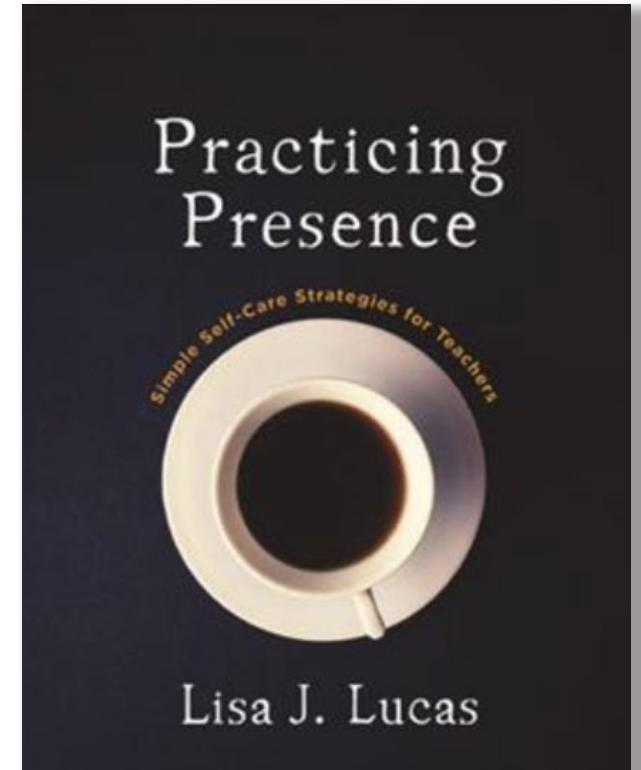


Explore & Discover Activity 2

Practicing Presence

Practicing Presence

- **Purpose:** To clarify and deepen your understanding of self-awareness.
- **Directions:** Read the *Practicing Presence* excerpt in the playbook.
- As you read, document:
 - > The feelings you imagine Lisa felt as the phone rang
 - > How her different roles and responsibilities inform her preparation to take the call
 - > How do her life roles/responsibilities impact how she responds
- Answer the questions in your playbook.



Small Group Discussion

- Share your own personal experience with self-awareness. Are there times when it is easier or harder to be self-aware?
- How have you noticed self-awareness when you are stressed/tired versus rested/calm? Or in various situations, classroom/meetings, etc.?
- How do you model self-awareness and self-care in your work and/or personal life?

Whole-Group Discussion

- What surprised you as you did your own reflection?
- What's the significance of being self-aware?





Organize & Integrate Activity

Reflection and Most Important Point

Reflect on Definition & Benefits of Adult Self-Awareness

- Revisit your initial definition for self-awareness in your playbook.
- Reflect on any changes you would make to your previous definition.
- Explain in your playbook why you would make those changes.



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Most Important Point



- **Purpose:** Energize you as you distinguish and report on relevant information learned during today's session.
- **In small groups:**
 - Share your most important point from today's learning
 - Plan how you will use what you learned to promote your personal and professional self-awareness practices

Provide Feedback on Today's Session!



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