Lesson Blueprints: What is SEL?
Lesson Title: Self-Awareness: Deconstruction
Grade Level: Elementary School

Project and Purpose

Students work together to break down the description of the core competency: Self-Awareness.

Essential Question: What are the skills that build self-awareness?

Materials

- Self-awareness Definition Deconstruction Chart (optional)
- Writing tools

Introduction

Post the definition of self-awareness and ask students to tell you what they think it means in their own words.

Self-awareness: The ability to accurately recognize one's emotions and thoughts and their influence on behavior. This includes accurately assessing one's strengths and limitations and possessing a well-grounded sense of confidence and optimism.

Direct Instruction (I do)

Read the first box in the Elements of Self-management column and demonstrate how you might fill in the box in the Elements of Social Awareness column.

Guided Exploration (We do)

As a class, fill in the second box in the first column. Be sure to include as many ideas as possible.

Independent Practice (You do)

Break into pairs and have each pair work to complete the entire chart.

Conclusion

Have students share their charts. Consider having them do oral presentations, posters, or other creative ways to share. Have students reflect on and/or rate their own mastery of the skills in this core competency.

Lesson Blueprints: What is SEL?
Worksheet: Self-Awareness: Deconstruction
Grade Level: Elementary School

Student _____

Elements of Self Awareness	What it Means	Examples in School, Family, Community
The ability to accurately recognize one's emotions.		
The ability to recognize the influence of one's emotions on behavior.		
The ability to accurately recognize one's thoughts.		
The ability to recognize the influence of one's thoughts on behavior.		
The ability to accurately assess one's strengths.		
The ability to accurately assess one's limitations.		
Having a well-grounded sense of confidence.		
Having a well-grounded sense of optimism.		