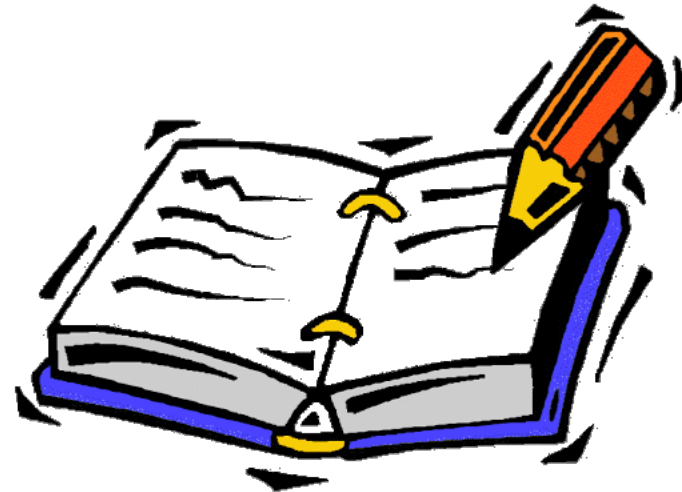
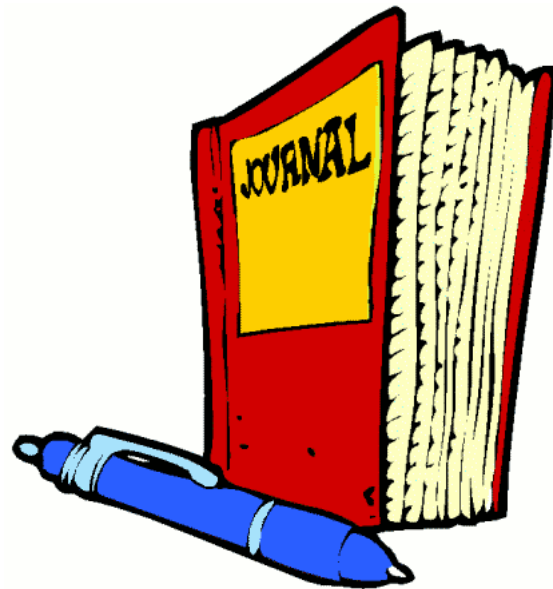


Syracuse City School District SEL Remote Learning: Self-Awareness

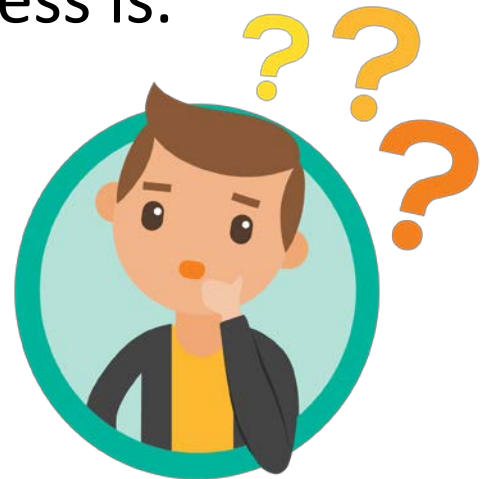
Middle School Focused Mindfulness and Reflection Activity



What do you think of when you think of Self-Awareness?

One thing that you might think about is identifying your own thoughts and actions and trying to think about how they impact yourself and your mood. The actions and thoughts you think about may be positive or negative - both are okay!

- Remember... this is just one definition of self-awareness. What you think of when thinking of self-awareness might be different. Talk to a trusted adult about what your definition of self-awareness is.



Mindfulness Warm-Up

Visit this website and choose 1 of the 11 breathing exercises to complete. This exercise is an easy way to calm down and become present with your own self.

<http://mindfulnessforteens.com/guided-meditations/>

Think about the following questions...

- How are you feeling before completing the breathing exercise?
- How do you feel after completing the breathing exercise?

Journaling Activity

Before we begin, find a safe place to record your thoughts that you can have access to all week... a notebook, a blank sheet of paper, an empty Note in the Notes App

This week, answer a new prompt each day, and answer the question “How are you feeling today?” everyday. Everyday there are two questions that you can answer.

Daily Prompts:

Daily: How are you feeling today?

Day 1: What are three things you are grateful for? How can you display gratitude to these things or people?

Day 2: What is a challenge you are having today?

Day 3: What is one positive activity or action you did for your community today?

Day 4: What is one positive activity or action that your community did for you today?

Day 5: How are you expressing creativity today?

Day 6: How are you practicing self care, or taking time for yourself today?

Day 7: What is one lesson you can learn from today?

Debrief

At the end of your week think about...

- Did your journal check-ins change throughout the week? How?
- Is there a way you could continue journaling past this week?
- What are some new prompts you want to think about?
- Which prompts do you want to revisit?

Don't forget to check out the [Social Emotional Tip of the Day](#) on the Syracuse City School District's Home Page!