

## SELF AWARENESS - FINDING OUR THOUGHTS

VALUE TOPIC: Self Awareness - The conscious knowledge of one's own character and feelings

CATCH PHRASE: Find your mind - Whāia e koe te mātauranga (chase or follow knowledge)

### TOPIC SUMMARY

It can be concerning when we're asked a question and our mind goes blank, or when we're asked for our opinion and we're not really sure what it is. When we're not sure what we are thinking, it's helpful to take the time to become aware of what is happening inside our mind. Through this topic we 'find our mind' and become self aware of our character, feelings, and thoughts.

### Activity - Personality Trading Cards

The aim of the activity is to engage students in a physically interactive way with the value topic - Self Awareness.

In this activity students build self awareness in identifying their own personality traits, and get to know the personality traits of others in the group.

SPECIFIC LEARNING OUTCOME	RESOURCE	LESSON SUGGESTION
5. We are becoming self aware of our own personality traits.	<ul style="list-style-type: none"> <li>- <i>'Personality trading cards'</i> activity</li> <li>- <a href="#"><u>Original link</u></a></li> </ul>	<p>This is a whole class or large group activity.</p> <p>The goal is for each player to have four cards, at the end of the allocated time, that describe them the best.</p> <p>Print and cut out the 'personality trait cards' from the 'Personality trading cards' resource. There are some blank ones for you to fill with other personality traits you may want to include. Deal out four 'cards' to each student. The left over cards become a 'bank'.</p> <p>Ask students to order their four cards by accuracy (most accurate trait at the top, least at the bottom). Set a time (10-15 minutes) for students to trade cards with each other. Each student must have four cards at all times. Once the time is up, allow each student to switch out a single card from the 'bank'.</p> <p>In pairs or small groups, have students reveal the three cards that best describe them. They could give examples of how this trait has shown up in their lives. Encourage respectful feedback from the other students in the group.</p>

## Personality trait cards



<b>Adaptable</b>	<b>Adventurous</b>	<b>Affectionate</b>	<b>Agreeable</b>
<b>Ambitious</b>	<b>Amusing</b>	<b>Articulate</b>	<b>Balanced</b>
<b>Benevolent</b>	<b>Brave</b>	<b>Bright</b>	<b>Brilliant</b>
<b>Broad-minded</b>	<b>Capable</b>	<b>Captivating</b>	<b>Careful</b>
<b>Caring</b>	<b>Charming</b>	<b>Clear-headed</b>	<b>Clever</b>

## Personality trait cards cont.



<b>Compassionate</b>	<b>Confident</b>	<b>Conscientious</b>	<b>Considerate</b>
<b>Courageous</b>	<b>Courteous</b>	<b>Creative</b>	<b>Curious</b>
<b>Daring</b>	<b>Decent</b>	<b>Decisive</b>	<b>Dependable</b>
<b>Determined</b>	<b>Diligent</b>	<b>Diplomatic</b>	<b>Disciplined</b>
<b>Discreet</b>	<b>Dynamic</b>	<b>Easy-going</b>	<b>Efficient</b>

## Personality trait cards cont.



<b>Eloquent</b>	<b>Empathetic</b>	<b>Encouraging</b>	<b>Energetic</b>
<b>Enthusiastic</b>	<b>Exuberant</b>	<b>Fair</b>	<b>Faithful</b>
<b>Fearless</b>	<b>Firm</b>	<b>Flexible</b>	<b>Focussed</b>
<b>Forgiving</b>	<b>Frank</b>	<b>Friendly</b>	<b>Funny</b>
<b>Generous</b>	<b>Gentle</b>	<b>Genuine</b>	<b>Hard-working</b>

## Personality trait cards cont.



<b>Helpful</b>	<b>Honest</b>	<b>Humble</b>	<b>Humorous</b>
<b>Idealistic</b>	<b>Imaginative</b>	<b>Impartial</b>	<b>Incisive</b>
<b>Independent</b>	<b>Innovative</b>	<b>Insightful</b>	<b>Intelligent</b>
<b>Inventive</b>	<b>Invulnerable</b>	<b>Keen</b>	<b>Kind</b>
<b>Logical</b>	<b>Lovable</b>	<b>Loving</b>	<b>Loyal</b>

## Personality trait cards cont.



<b>Mature</b>	<b>Meticulous</b>	<b>Moderate</b>	<b>Modest</b>
<b>Neat</b>	<b>Obedient</b>	<b>Objective</b>	<b>Open</b>
<b>Optimistic</b>	<b>Orderly</b>	<b>Organised</b>	<b>Original</b>
<b>Passionate</b>	<b>Patient</b>	<b>Peaceful</b>	<b>Perceptive</b>
<b>Persistent</b>	<b>Personable</b>	<b>Persuasive</b>	<b>Pioneering</b>

## Personality trait cards cont.



<b>Placid</b>	<b>Plucky</b>	<b>Polite</b>	<b>Powerful</b>
<b>Practical</b>	<b>Precise</b>	<b>Principled</b>	<b>Protective</b>
<b>Punctual</b>	<b>Quick-witted</b>	<b>Quiet</b>	<b>Relaxed</b>
<b>Reliable</b>	<b>Reserved</b>	<b>Resourceful</b>	<b>Responsible</b>
<b>Responsive</b>	<b>Scrupulous</b>	<b>Secure</b>	<b>Self-confident</b>

## Personality trait cards cont.



<b>Self-disciplined</b>	<b>Selfless</b>	<b>Sensible</b>	<b>Sensitive</b>
<b>Shy</b>	<b>Sincere</b>	<b>Skilful</b>	<b>Sociable</b>
<b>Spontaneous</b>	<b>Sporting</b>	<b>Stable</b>	<b>Straightforward</b>
<b>Strong</b>	<b>Suave</b>	<b>Subtle</b>	<b>Sympathetic</b>
<b>Thorough</b>	<b>Thoughtful</b>	<b>Tidy</b>	<b>Tolerant</b>



## Personality trait cards cont.



<b>Tough</b>	<b>Uncomplaining</b>	<b>Understanding</b>	<b>Upright</b>
<b>Versatile</b>	<b>Vivacious</b>	<b>Warm</b>	<b>Willing</b>
<b>Wise</b>	<b>Witty</b>		

This Value Topic has been written in conjunction with POWEROFTHESTORY

