

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.

KEY WORDS & THEMES

Self Awareness. Mind. Thoughts. Thinking. Finding our thoughts. Taking time to think. What do I know? What do I remember? What do I believe? Character. Mind blank. Confused. Foggy. Not sure. Become aware. Find your mind - Whāia e koe te mātauranga (chase or follow knowledge).

NZ Curriculum Links

ACHIEVEMENT OBJECTIVES

HEALTH & PE - PERSONAL HEALTH & PHYSICAL DEVELOPMENT:

Students will...

Personal growth and development -

L3 - Identify factors that affect personal, physical, social, and emotional growth and develop skills to manage changes.

Personal Identity -

L3 - Describe how their own feelings, beliefs, and actions, and those of other people, contribute to their personal sense of self-worth.

VALUES

Excellence. Innovation, Inquiry, and Curiosity. Integrity. Respect.

KEY COMPETENCIES

Thinking. Participating and Contributing. Relating to Others. Managing Self.

SPECIFIC LEARNING OUTCOME	RESOURCE	LESSON SUGGESTION
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POPS

This is the recommended order if you're going to watch all of the POPS (videos). Otherwise each can be watched independently of the others.

1. We are learning what self awareness is and that it's helpful when we're not sure what we're thinking.	<ul style="list-style-type: none"> - 'Mashy GFX' POP - 'Chat Prompts' 	Ask students to note what they think or know self awareness to mean. Watch 'Mashy GFX' POP. Use 'Chat Prompts' to prompt discussion. Selecting some or all of the prompts as you see appropriate. Answer for Question 1 - <u>Time</u> and <u>Aware</u>
2. We are learning how to ask simple questions to help us 'find our mind'.	<ul style="list-style-type: none"> - 'Catch Phrase' POP - 'Chat Prompts' 	Ask students to note how having self awareness could be helpful for them. Watch 'Catch Phrase' POP. Practise the 'Catch Phrase'. Use the 'Chat Prompts' to prompt discussion. Selecting some or all of the prompts as you see appropriate. Answer for Question 1 - <u>Pause</u> and ask <u>What do I Know; Remember; Believe?</u>
3.	<ul style="list-style-type: none"> - 'STEMHYPE' POP - 'Chat Prompts' 	This resource is currently under development.

SPECIFIC LEARNING OUTCOME	RESOURCE	LESSON SUGGESTION
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Resources that give students the opportunity to work and practise the value after watching any or all of the POPS. It's highlighted if a specific POP will help with a specific resource.

4. We are learning to be self aware of what we think about someone or something important to us.	- <i>'Know, Remember, Believe'</i> worksheet	Give each individual the worksheet, <i>'Know, Remember, Believe'</i> . Ask students to think of someone or something that is very important to them: a parent, friend, pet, sport, book, movie, etc. Once they have chosen who or what they are thinking about they fill in the worksheet with what they know, remember, and believe about that person or thing.
5. We are becoming self aware of our own personality traits.	- <i>'Personality trading cards'</i> activity - Original link	This is a whole class or large group activity. The goal is for each player to have four cards, at the end of the allocated time, that describe them the best. 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 become a 'bank'. 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'. 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.
6. We are practising self awareness by finding our mind in different scenarios.	- <i>'Scene It!'</i> A list of possible scenarios where the value could be practised	It will help if you have watched the <i>'Catch Phrase'</i> POP and worked on the <i>'Know, Remember, Believe'</i> worksheet. The scenarios can be used in a variety of ways, including; writing, role play, comic/illustration, and/or discussion. Whichever medium you choose, remind students to use the four steps/questions and to be appropriate and respectful of others. Allow time for sharing and a debrief with the class as a whole.

SPECIFIC LEARNING OUTCOME	RESOURCE	LESSON SUGGESTION
7. We are taking what we have become aware of about ourselves and sharing something important to us with the rest of the class/ group	- <i>'Community Challenge'</i> activity	Decide on a timeframe for the 'Challenge' to take place, could be a lunchtime, a whole day, or the week, and set a target/goal. Set the 'Challenge' for students; Suggestion: 'show and tell' the important person/thing from the worksheet <i>'Know, Remember, Believe'</i> . As each student participates in this, they get to add a tally mark. The resource provided is a generic 'poster' which when printed can have the 'challenge' written on it, the 'target' noted, and students tally marks added.
8. We are learning to promote the value of being self aware.	- <i>'Colouring Page'</i>	It is exactly what it says it is...a colouring page. Students can colour in and decorate where appropriate, then display these posters within their learning environments, or at home, to help them remember the Catch Phrase and be Self Aware.
9.	- <i>'STEMHYPE Instructions'</i> activity	This resource is currently under development.