

Here's an opportunity to become aware of what we

Know, Remember, Believe

about someone or something important to us.

..... is important to me

KNOW

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

REMEMBER

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

BELIEVE

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

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.

Worksheet - Know, Remember, Believe

The purpose of the worksheet is to provide opportunities for students to use the knowledge and understanding gained within the Value Topic.

To become aware of ourselves we need opportunity to focus on our thoughts and feelings about things. During this activity students choose something important to them, and then list what they know, remember, and believe about that important thing.

SPECIFIC LEARNING OUTCOME	RESOURCE	LESSON SUGGESTION
4. We are learning to be self aware of what we think about someone or something important to us.	- 'Know, Remember, Believe' worksheet	Give each individual the worksheet, 'Know, Remember, Believe'. 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.