

# Scene It!

Here are some situations where we can be left feeling unsure or confused about what we think.  
Use them to practise Self Awareness.

You arrive home from school after a super full and busy day. The first thing said to you is...“What did you get up to today?”

You're getting ready to go on holiday, and have a long list of things to do. You're unsure where to start.

Two of your friends are having an argument and ask you to choose one of them.

You're at a store and really want to buy something with your pocket money but you can't decide what.

It's time for a basic facts test, and it's timed. Just as the time starts and you flip over the piece of paper; your mind goes blank.

## 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.

### Scene It! - Self Awareness

Thinking of examples and scenarios on the spot can be tricky, so here are a few to get the thinking started. Some of the scenarios may have already been seen in other parts of this Value Topic, however there is no harm in using them again. As suggested in the Value Topic Plan, you can present these scenarios in a variety of ways: **act** the scenario out; **write** about the given scenario; **draw** a comic strip; or have **discussion** in groups. Whichever medium is chosen students will need to come up with a solution **modelling** the specific Value Topic - Self Awareness.

In addition:

- Allow students to also demonstrate how the scenario would pan out if the Value Topic wasn't utilised in each scenario.
- Give students opportunity to 'debrief' and give feedback on each other's presentations.

SPECIFIC LEARNING OUTCOME	RESOURCE	LESSON SUGGESTION
6. We are practising self awareness by finding our mind in different scenarios.	- 'Scene It!' A list of possible scenarios where the value could be practised	<b>It will help</b> if you have watched the 'Catch Phrase' POP and worked on the 'Know, Remember, Believe' 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.