

WEEK 3 SELF AWARENESS



Self-awareness helps us tune into our feelings, thoughts and actions. It is more than just being able to recognise these things; it means understanding that how we act on our thoughts and feelings affects others and ourselves.

Self-awareness means understanding your strengths and weaknesses, and knowing what types of help you could use. It's the first step toward asking for the help you need.

List two words for each picture. Can you write a sentence that explains why the person might be feeling these emotions? Go ahead and make it up.



1. 2.

Why



1. 2.

Why



1. 2.

Why



1. 2.

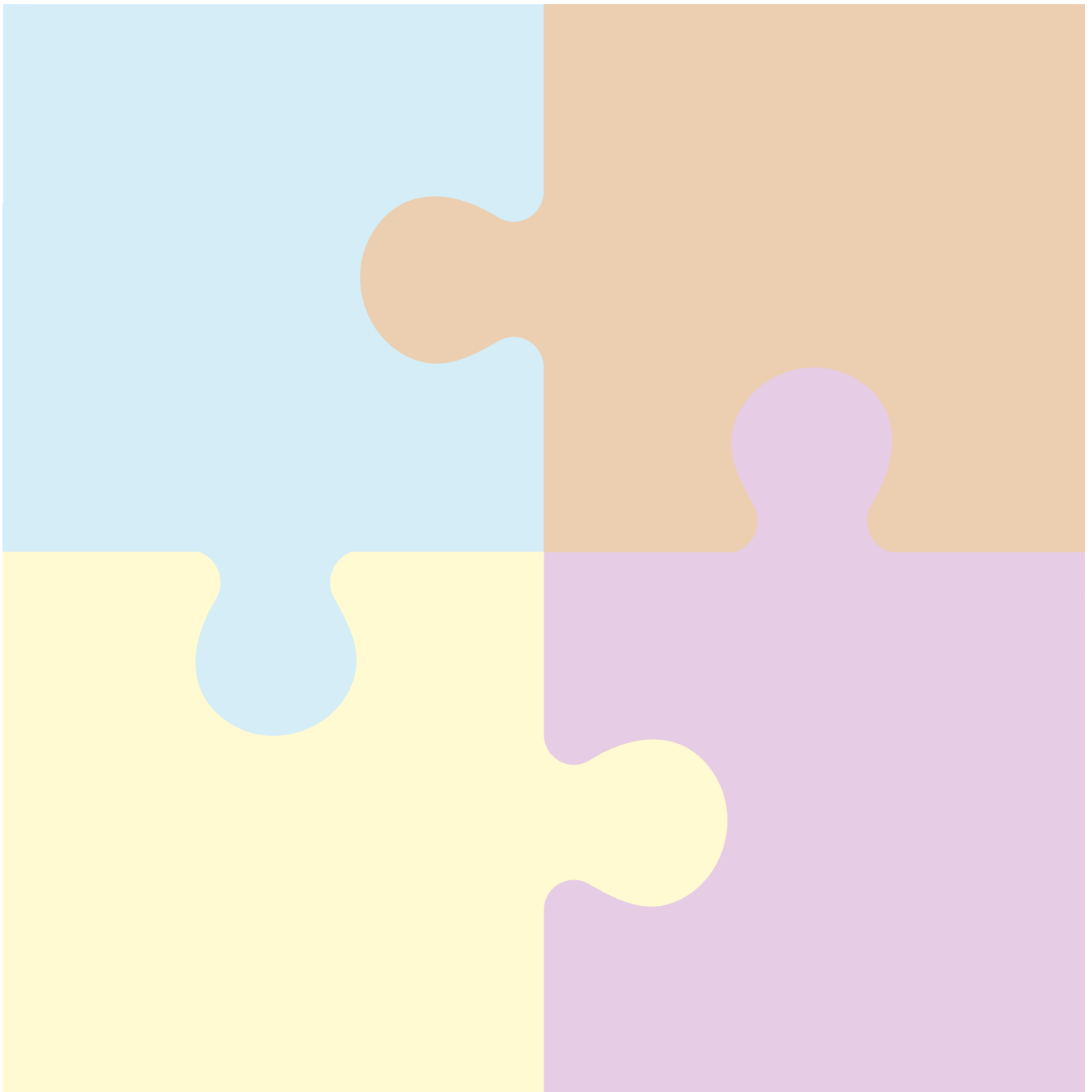
Why

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Many things make up the person you are. Your personality traits, skills and emotions are like a patchwork quilt or a jigsaw, each part is pieced together to make up the whole 'you'.

Inside the pieces on the jigsaw below, write or draw a different aspect that makes you you!



In no particular order - what 10 things are most important to you in your life?



1.
2.
3.
4.
5.
6.
7.
8.
9.
10.

What 3 things are most important to you?

1.
2.
3.

Can you think of two things that you find difficult? Things about you that you feel need some work.

1.
2.