



Self-Awareness

CASEL Core Competency · Rooted & Rising · October – November

WHAT IS SELF-AWARENESS?

Self-awareness means you **know yourself** — your emotions, your strengths, your values, and the assumptions you carry. It is not about having everything figured out. It is about **being willing to look honestly at who you are** — and who you are becoming.

WHAT IT LOOKS LIKE IN REAL LIFE

- Naming your emotion precisely — not just "fine" or "bad"
- Knowing your strengths and using them on purpose
- Understanding your values and noticing when they are tested
- Catching yourself in a fixed mindset and choosing a growth response
- Recognizing a bias or assumption you carry and being honest about it

WORDS FROM GREAT LEADERS

Words have power. The leaders who changed how people see each other started by truly seeing others first. Read these slowly. Let them land.

<p>“</p> <p><i>I am not afraid of storms, for I am learning how to sail my ship.</i></p> <p>Louisa May Alcott Author & Abolitionist</p>	<p>“</p> <p><i>Knowing yourself is the beginning of all wisdom.</i></p> <p>Aristotle Greek Philosopher</p>	<p>“</p> <p><i>I had to make my own living and my own opportunity. Don't sit down and wait for the opportunities to come. Get up and make them.</i></p> <p>Madam C.J. Walker Entrepreneur & First Female Self-Made Millionaire in America</p>
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→ [How to use quotes to extend learning](#)

GATHERINGS AND CHECK-INS TO PRACTICE THIS SKILL

Feelings Check-In	Strength Spotlight	Strength Spotlight
Using a feelings wheel, each person names one emotion they are carrying into the day and notices where they feel it in their body. Precision matters: not just "fine," but exactly what is true right now. → See full activity guide	Each person names one strength they see in themselves and one they want to grow. Partners name what they notice too. Knowing what you bring to the room helps you show up on purpose. → See full activity guide	From a shared list, each person names their top three values and shares how those values show up in real life — and what they do when a value is tested under pressure. → See full activity guide



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STORIES THAT SHOW SELF-AWARENESS

ELEMENTARY	MIDDLE SCHOOL	HIGH SCHOOL
BOOK The Name Jar by Yangsook Choi A Korean girl starting at a new American school navigates identity, belonging, and the courage to own her name. A gentle, powerful entry point for exploring who we are and what we value.	BOOK Front Desk by Kelly Yang Mia Tang learns to use her voice, recognize her strengths, and stay true to her values while navigating a new country. Rich for discussions on identity, growth mindset, and self-knowledge.	BOOK I Know Why the Caged Bird Sings by Maya Angelou One of the most powerful explorations of self-awareness ever written — identity, voice, trauma, and resilience told with unflinching honesty. Essential for discussions of self-

knowledge and becoming.

PUT IT INTO PRACTICE — SERVICE LEARNING IN YOUR COMMUNITY

1 Investigate Survey the school: What is one thing you know about yourself that helps you succeed? Map the patterns of emotions, strengths, and values across your whole school community	2 Prepare Design a "Who We Are" gallery — identity flags, self-portraits, and short "My Story" narratives about a moment when self-awareness made a real difference in your life.	3 Action Host a gallery walk where the whole community explores the installation together. Student-led discussions: What did we learn about ourselves? What surprised us?	4 Demonstrate Partner with community organizations to bring self-awareness tools to families. Students lead workshops for younger students and intergenerational conversations with community elders.
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Hertford County Public Schools · SEL Framework 2026–27
Based on CASEL (2020) ROOTED & RISING

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