



Chapter 3:

Stimulating self-awareness and building self-identity



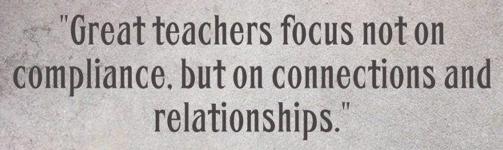






"In schools, and elsewhere, we must shift our thinking to 'connection' rather than relying the traditional and damaging forces of dominance, force and exclusion."





- PJ Caposey in Education Week Teacher

"Classrooms present a natural focus to explicitly teach 'relationships education' because this is where so much relationship action happens."





"Finding your tribe is literally lifesaving."



Loneliness and social isolation are prominent health risks in children, teens and the elderly.

Professor Julianne Holt-Lunstad



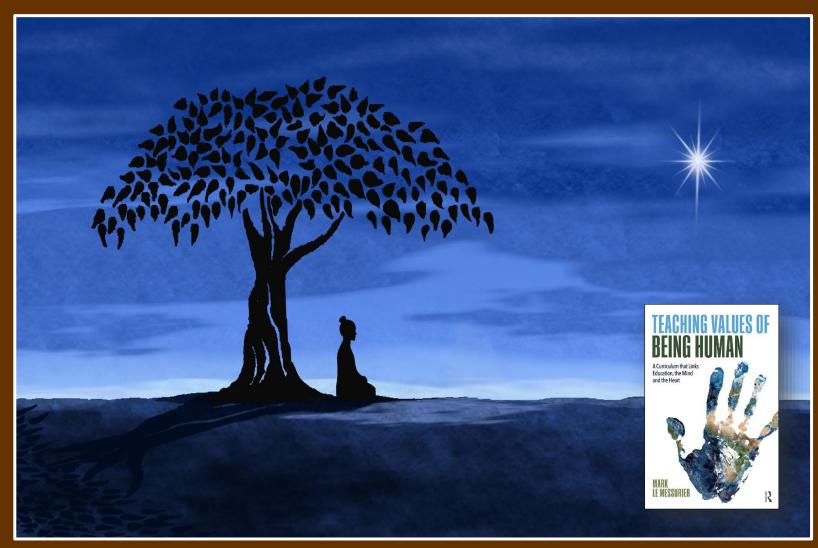




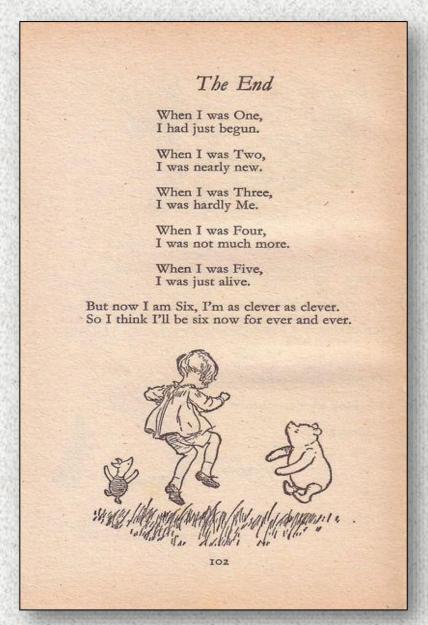


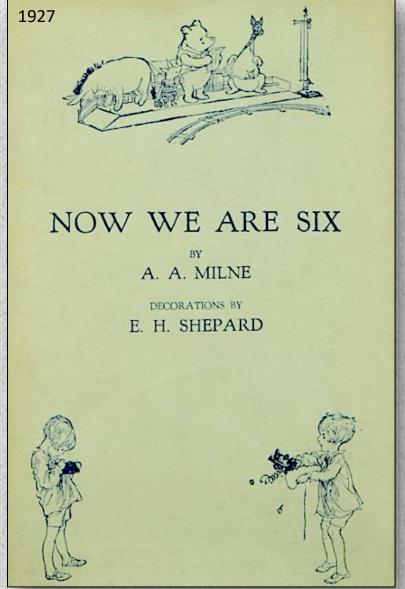
Chapter 3:

Stimulating self-awareness and building self-identity









"Self-awareness is an emotional intelligence or self-knowledge; the idea of knowing one's internal states, preference, resources and intuitions."

(Goleman, 1996)







"It takes courage to grow up and become who you really are"

E.E. Cummings, poet, playwright and essayist



Even if I grow old, I'll never grow up.



CONVERSATIONS; 20 questions, for older children

- 1. What do you like about yourself?
- 2. Identify a character trait you have, and feel pleased with?
- 3. What longer-term goal do you have for yourself?
- 4. Who do you talk to when you have a problem?
- 5. What do you wish your parents knew about you?
- 6. What are you pleased that your friends know about you?
- 7. Is there something you often feel unhappy, or unsettled about, in yourself?
- 8. What does 'success' mean to you?
- 9. Do you have to be a winner, or rich or popular to be successful?
- 10. Tell a time when you felt 'rich'?
- 11. Do you have a work ethic? Do you need one? Why?
- 12. What would you like others to say about you?
- 13. What's best thing someone has ever said about you?
- 14. What is your proudest moment?
- 15. What things are in your control and you make the most of?
- 16. What things are out of your control and know it?
- 17. How do you cope with frustrations or disappointments?
- 18. When you mess up or make a mistake, do you fix it? How?
- 19. What do you do when you're feeling sad or lonely?
- 20. Is it okay to cry? When? Where? Or is crying weak?



CONVERSATIONS; 20 questions, for younger children

- 1. What are you good at?
- 2. What's hard for you, at the moment?
- 3. Do you think dragons or unicorns or mermaids ever lived? Why?
- 4. What do you like about school?
- 5. What's important to you?
- 6. Who are the most important people in your life?
- 7. Do you get too worried sometimes?
- 8. What worries you?
- 9. What relaxes you?
- 10. What makes you sad?
- 11. What makes you happiest?
- 12. When you get frustrated, do you get angry or go quiet?
- 13. When do you feel free?
- 14. Have you ever given something away because someone needed it more than you?
- 15. Do you get too excited and forget to think about others sometimes?
- 16. What makes you excited?
- 17. Give 3 words that describe you?
- 18. Give 3 words you hope your friends would use to describe you?
- 19. Which animal matches your style?
- 20. What do you LOVE?



CONVERSATIONS;

share experiences and opinions – exchange answers

- a time when their stubbornness found trouble
- best or worst TV shows, series and movies ever
- big finds or wins
- a disaster
- best pets/ weird pets
- scariest/ happiest time ever
- something that warms my heart
- something that leaves me cold
- special talents
- climate change
- global warming
- heritage
- video gaming
- You tubing

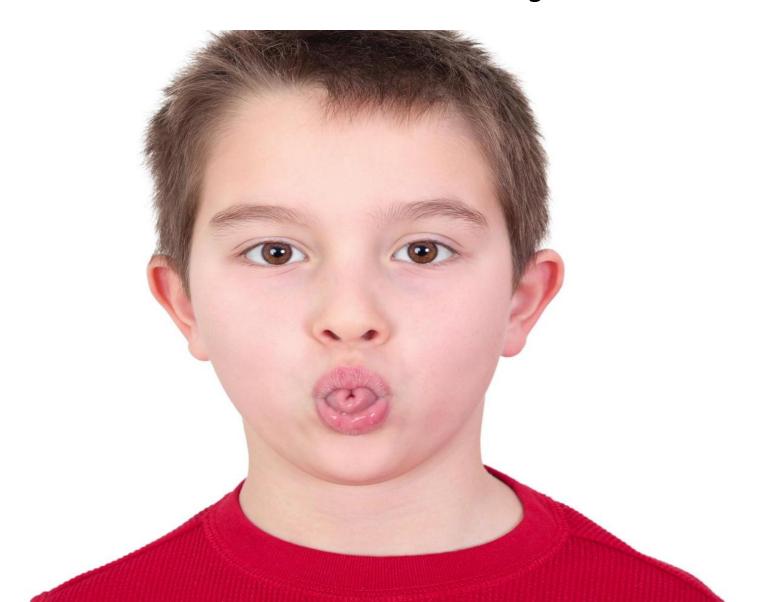


ACTIVITY; celebrating physical differences – earlobes





ACTIVITY; celebrating physical differences – tongue roll and waves







ACTIVITY; celebrating physical differences – tongue roll and waves







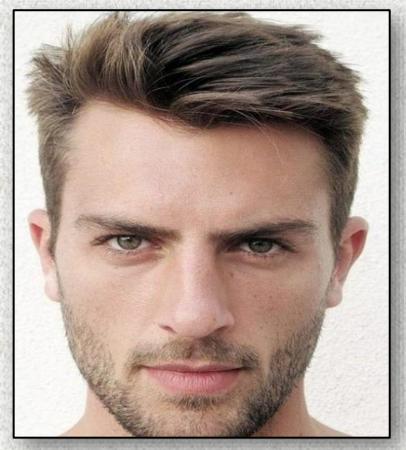
ACTIVITY; celebrating physical differences – lefties/righties, freckles, hair and more







Ideas to stretch your child's self-awareness Physical features; lefties/righties, freckles, hair and more









Hand clasp individuality





Ideas to stretch your child's self-awareness Physical features; eyebrows, eyes, skin, noses and more





ACTIVITY; take a selfie





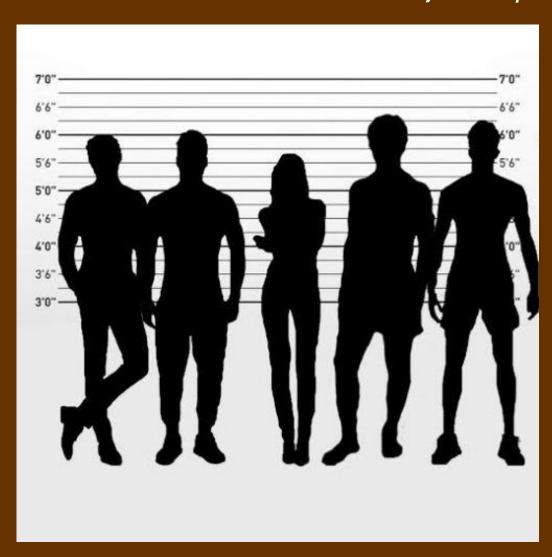
Teaching Values of Being Human Stimulating self-awareness and building identity I like to ... Colour phrases that reflect how you identify your life. Be careful as the pathways twist about - just as real life does. Keep away from the phrases and thoughts that have nothing to do with how you think or see yourself. Happy hunting! TVE BEEN TEASED AND CAN'T The state of the convergence of ADORE NATURE WAR ON PARTY OF THE PA LNVM LOVE SWIMMING SAMMES AND REPTILES Celebrate who you are and what you're about. Also celebrate the possibilities of change. It's this wonderful mix of strengths, interests and hope that makes you, you!

ACTIVITY; I like to ...

This can be downloaded for free from www.teachingvaluesofbeinghuman.com.au



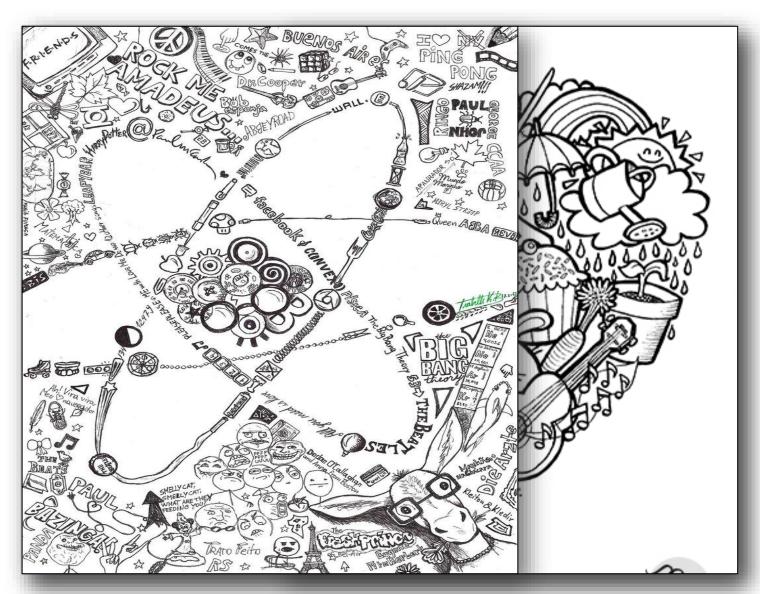
ACTIVITY; line-up







Ideas to stretch your child's self-awareness My World





Self-portraits to build self-awareness, identity and individuality









Video to prompt growth and awareness





Ideas to stretch your child's self-awareness Character strengths

Creativity Perspective Judgment Curiosity **PERSEVERANCE** Teamwork Love Kindness Leadership Social Intelligence Appreciation of Beauty & Excellence GISDITITUALITY SELF-REGULATION





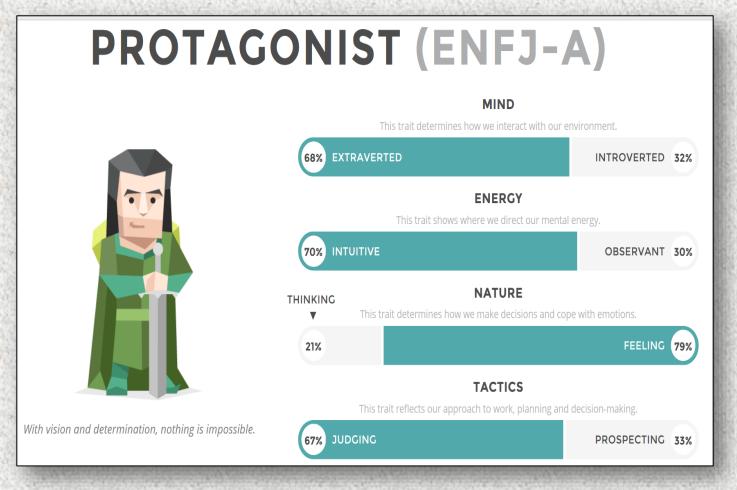








Personality surveys

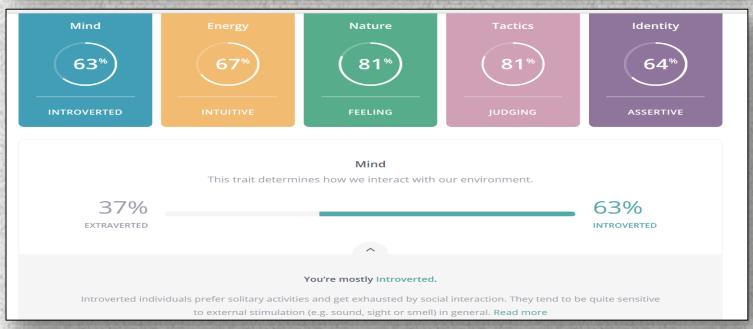


Personality type and style survey

http://www.16personalities.com/free-personality-test







Personality type and style survey

http://www.16personalities.com/free-personality-test



Personality surveys

The Personality Questionnaire for Kids

Before starting, scroll down and make sure you see the SUBMIT button at the bottom of the screen! If not, press "Reload" or "Refresh" and check again.

The Personality Questionnaire for Kids is being offered free of charge while we gather information from users on the internet. This tool is appropriate for children aged 7 - 12 years.

The Personality Questionnaire for Kids is a tool to help parents and other adults understand their children better, so that they can support their healthy development. For this tool to be most effective, it's important for the adults to know their own personality type as well as the children's types. It's also important that this questionnaire be filled out by both the parent and the child in question. Some questions are directed more toward the parent, and some more toward the child. Both parent and child should participate in the answers. As adults, we sometimes like to think that our children have behaviors and attitudes that they do not actually possess, so the child's input is quite important. Like other such tools that are dependent on your input for scoring, results are dependent on choosing answers that truly reflect the child's behaviors and attitudes. Please answer the questions thoughtfully, and take a few moments after receiving the child's type to verify that it is the best fit for them. This can be done by reading a couple of other possible profiles to see if they are a better fit. We have done our best to create a questionnaire that is very accurate, please do your best to see that the child is typed accurately!

There will be questions that you're not sure how to answer for the child. This is expected and completely normal. For these questions, you should choose "Do not know" as your answer.

Remember... this isn't a test! There are no right or wrong answers. There are no "good types" and "bad types". As Isabel Myers put it, "Each type has its own path to excellence, and its own pitfalls."

- 1. Compared with other kids of a similar age, is the child more of a
 - Slow, deliberate reader, absorbing every detail
 - Ofast reader, sometimes skimming over details
 - O Do not know
- 2. When dealing with other people, does it describe the child better to say that they
 - O need approval, and are very upset if someone expresses dissatisfaction with them
 - o seek approval, but can function without it
 - Odo not care what others think
 - O Do not know
- 3. Does the child more often
 - Othink something through before speaking
 - O speak up before they've thought something through
 - O Do not know
- 4. When criticized, does the child usually
 - oreact emotionally and/or cry
 - Onot cry or get emotional, although they may be confused or upset
 - O Do not know

The personality Questionnaire for kids -

https://www.personalitypage.com/cgi-local/build_pqk.cgi



Personality surveys



3.107.878 tests taken

Work

Personality

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ends

Food

What 'Type' Is Your Child? Your Kid's Personality Type Test

You see your child off to school in the morning and you have dinner together every night. You spend the weekends together, and you go on vacations as a family. You know your child really well. Still, you could know your child even better by getting inside of his or her brain. If you knew your child's personality type, you would have a better understanding of what makes him or her happy and how he or she learns. This would help you navigate the landmines of the teen years and raise a happy, healthy kid that will turn into a well-adjusted adult.

The Importance of Personality

If you have more than one child, you have likely noticed that your kids react to things differently. One child might get upset over failing a quiz and stay inside all weekend, while another one might shrug his or her shoulders and blow it off like it doesn't matter. That is because of differing personalities. Children can share DNA and still have extremely different personalities, and these personalities rule every reaction and decision that they make.

When you understand their personalities, you can engage with them in meaningful ways. For instance, if you learn that your child has an intellectual personality, you can start taking trips with him or her to the library, or even build an athome library as a birthday present. On the other hand, if you have an inquisitive child, you can take him or her to an exciting museum.

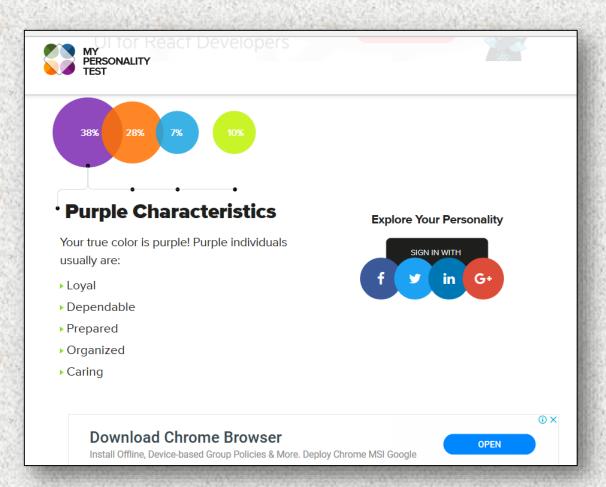
By reaching out to your kid on his or her level, you will communicate with him or her as you never have before. This will bring you closer to your kid, which is an important step in raising a happy child. When you are close to your kid, he or she is more likely to come to you in times of need.

Get Started with the Test

365 tests - https://365tests.com/personality-tests/what-type-is-your-child/



Personality colour surveys

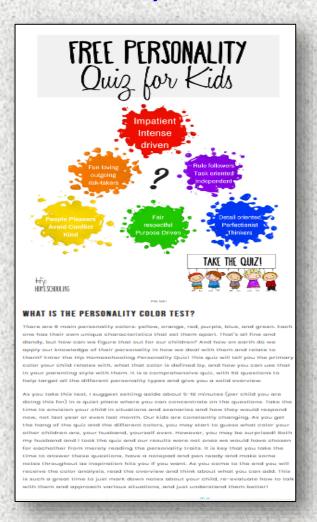


My personality test -

https://my-personality-test.com/results/9838239307391427584/true-colours



Personality colour surveys





Free colour personality quiz – https://homeschoolon.com/the-color-personality-test-for-kids/



Personality colour surveys



Which Colour Matches Your Personality? -

https://www.highlightskids.com/jokes/quiz/which-color-matches-your-personality





The VIA Classification of 24 Character Strengths

ViaCharacter.org

WISDOM

CREATIVITY

- Originality
- Adaptive Ingenuity

CURIOSITY

- Interest
- Novelty-Seeking
- Exploration Openness

JUDGMENT

- Critical Thinking
- Thinking Things Through

HONESTY

OVE OF LEARNING

- Mastering New Skills & Topics

PERSPECTIVE



BRAVERY

- Valor
- · Not Shrinking from
- Speaking Up for What's Right

PERSEVERANCE

- Persistence
- Industry
- Finishing What One Starts

- Integrity

ZEST

- VitalityEnthusiasm
- Vigor
- EnergyFeeling Alive





LOVE

- Both Loving and Being Loved
- Valuing Close Relations with Others

KINDNESS

- Generosity
- Nurturance Care & Compassion
- Altruism
- "Niceness"





SOCIAL INTELLIGENCE



TEAMWORK

- Citizenship
- Social
- Responsibility
- Lovalty





FAIRNESS

- Not Letting Feelings **Bias Decisions** About Others

LEADERSHIP

TEMPERANCE



FORGIVENESS

- Mercy
- Accepting Others' Shortcomings
- Giving People a Second Chance

HUMILITY

- Modesty
- Letting One's Speak for Themselves

PRUDENCE

- Careful
- Cautious
- Not Taking Undue

SELF-REGULATION

- Self-Control

TRANSCENDENCE

APPRECIATION OF BEAUTY & EXCELLENCE

- Awe
- Wonder
- Elevation

GRATITUDE

- Thankful for the
- Expressing Thanks
- Feeling Blessed

HOPE

- Optimism
- Future-Mindedness
- Future Orientation

HUMOR

- Playfulness

- Lighthearted

SPIRITUALITY

- Religiousness

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http://www.viacharacter.org/character-strengths



ACTIVITY;

find an animal with similar character strengths to yourself

<u>www.crystalinks.com/totemanimals.html</u> – character strengths in animals <u>www.travelchinaguide.com/intro/social_customs/zodiac/</u> - to find your spirit animal and those in your family

Also, use YouTube to find your spirit animal;

What's Your True Spirit Animal? Personality Test - www.youtube.com/watch?v=-KGnRe1f2DA

What Is Your Spirit Animal? -

www.youtube.com/watch?v=NhtSEno W7k

What's Your Soul Animal? A Cool Personality Test -

www.youtube.com/watch?v=PyYuLhl 508

What is Your Protector Animal? Personality Test -

www.youtube.com/watch?v=ryk7t7fkyOA

And, for fun; Which Pokemon Are You? -

www.youtube.com/watch?v=hD9TJKVhxQ4



superhero and dinosaur strength quizzes

Dinosaur personality quizzes

What Dinosaur Are You? - https://www.buzzfeed.com/kasiagalazka/what-dinosaur-are-you

Which Dinosaur Are You? - https://boyslife.org/quizzes/143851/which-dinosaur-are-you/

What Kind of Dinosaur Are You? - https://www.quizony.com/what-dinosaur-are-you/index.html

Superhero personality quizzes

Which superhero are you? Quiz - https://www.theguardian.com/

The Superhero quiz - https://www.thesuperheroquiz.com/?pic=flash&result=The%20Flash

What DC Or Marvel superhero are you? - https://www.proprofs.com/quiz-school/story.php?title=NjQzNTcx





YouTube

The Most Precise 4-Question Personality Test -

https://www.youtube.com/watch?v=12-rsgTrhpl

Who Are You In Your Friend Group? A Cool Personality Test -

https://www.youtube.com/watch?v=fdjXeL3qHp8

What Is Your Soul Element? Cool Personality Test -

https://www.youtube.com/watch?v=Fisr4YY 2L8

Personality Test: What Do You See and What It Reveals -

https://www.youtube.com/watch?v=iJkGRt0BZPQ



Strength Cards



St Luke's Strength Cards -

https://innovativeresources.org/resources/digital-applications/strength-cards-digital-version/



Books and movies



Questions to enable lively discussions;

What strengths did each of the characters show?

Help me list 4 character strengths for each of the characters?

What challenges did characters have to overcome?

How did their character strengths help them?

Without using their character strength what may have happened?

What characters are most like you? Why?

Which ones were least like you? Why not?



ACTIVITY; authentic human character flaws

Ask, what is a flaw?

Ask; what are human character flaws?

Together, generate a list of 20 words that highlight typical human character flaws.

Then discuss;

25 Character Flaws for Stories

2. Pettiness 15. Self-pity 3. Cowardice 16. Selfishness 4. Dishonesty 17. Hypocrisy 18. Laziness 5. Cruelty

6. Self-denial 19. Entitlement 7. Naivety 20. Prejudice 21. Defensiveness

8. Gullibility 9. Messiness

1. Spitefulness

22. Prudishness

10. Insincerity 11. Arrogance

13. Delusion

23. Unfairness

12. Vengefulness

25. Paranoia

14. Rage

24. Tactlessness

Are they good, bad or do not matter? Does everyone carry them?

Should they be fixed?

Can they be fixed?

How would you fix them?



ACTIVITY;

are you more resilient for having lived and got hurt along the way?



Discuss these statements;

We place too much importance on giving the appearance we are perfect or living a perfect life.

Being less than perfect is wonderfully human.

You being you (your cracks, quirks and messy history) is what makes you beautiful.

Human beings are both fragile and resilient and this poorly understood mix is what makes us extraordinary.



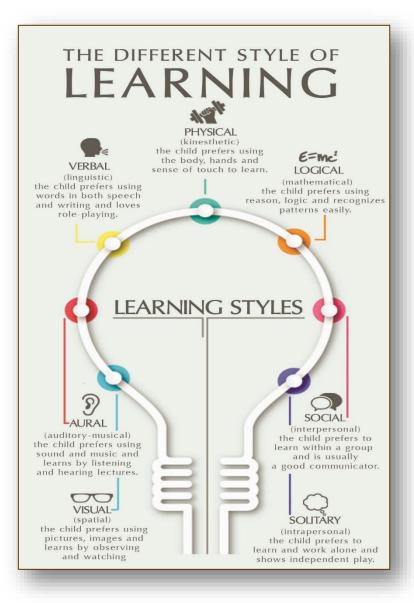


ACTIVITY; our flaws may be a blessing





Learning styles



Visual (spatial) — learning through imagery and spatial

Aural (auditory) – learning through listening, sound, and music

Verbal (*linguistic*) – learning through speech and writing

Physical (kinaesthetic) – learning through hands-on, tactile interaction

Logical (mathematical) – learning through logic, reasoning and systems

Social (interpersonal) – preference for learning in groups, or working with others

Solitary (*intrapersonal*) – preference for learning alone via self-study



Learning styles surveys – easy, fun and so valuable



What's your learning style? -

http://www.educationplanner.org/students/self-assessments/learning-styles-quiz.shtml

Learning Styles Quiz -

https://www.teacherlists.com/blog/parent-corner/learning-styles-quiz-what-is-your-childs-learning-style/

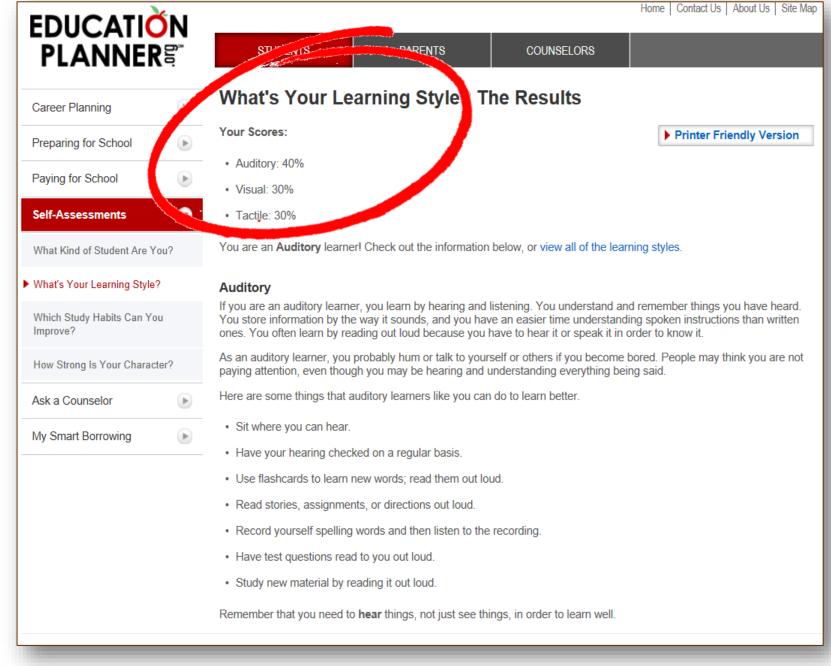
What is my personal learning style? -

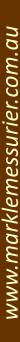
http://www.acceleratedlearning.com/method/test_flash.html

Learning Style Assessment <u></u>

https://www.how-to-study.com/learning-style-assessment/







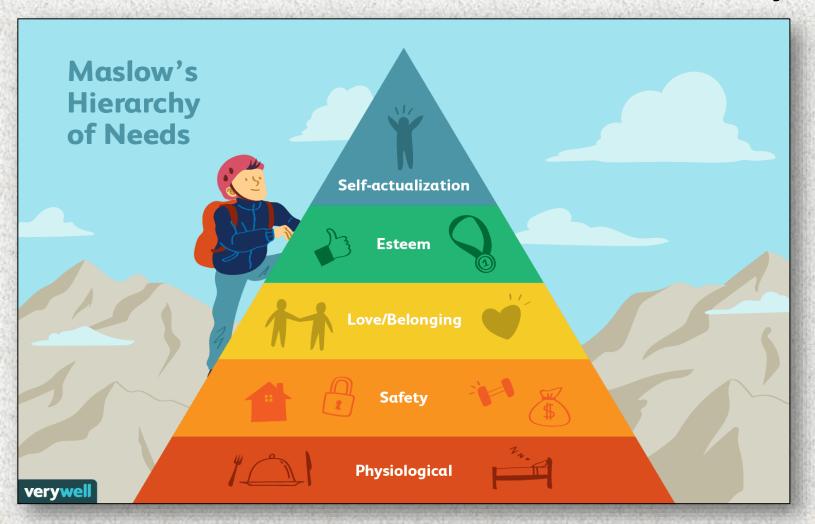


Ideas to stretch your child's self-awareness More on learning styles



http://vark-learn.com/the-vark-questionnaire/

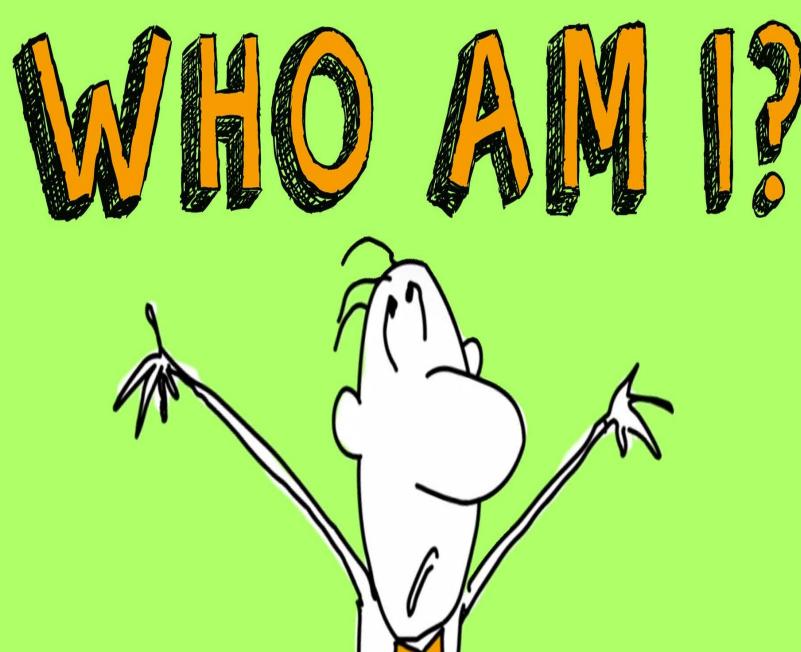




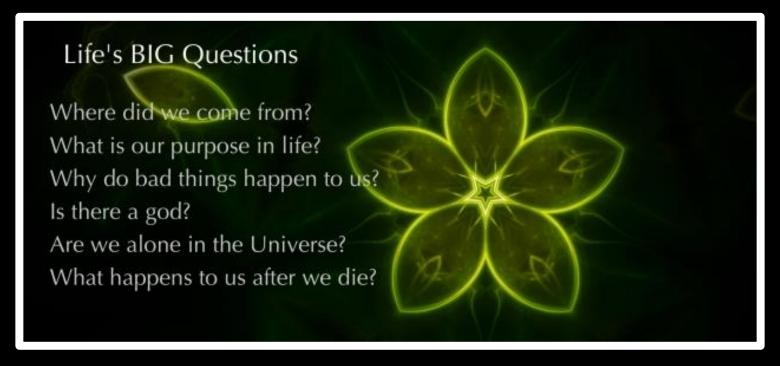
Why Maslow's Hierarchy Of Needs Matters -

https://www.youtube.com/watch?v=L0PKWTta7lU













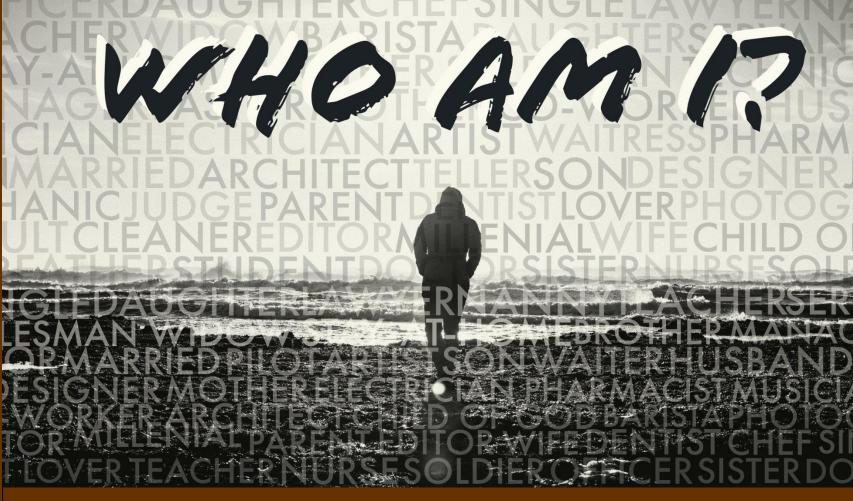


From Alice in Wonderland

The Caterpillar says to Alice, "Who are you?"

Alice replies with, "Why, I hardly know, sir. I've changed so much since this morning, you see."





arrogant, brave, caring, cold, clean, creative, conceited, confidential, determined, dishonest, earnest, faithful, friendly, forgiving, generous, honest, immature, inflexible, intelligent, jealous, liar, loyal, mean, moral, negative, openminded, patient, positive, restless, reliable, respectful, resilient, selfish, sensitive, small-minded, strong, understanding, worthy





HAVE A YOUR

If 'yes' - thumbs up!

If 'no' - thumbs down

If 'maybe' - both thumbs to the side



Ideas to stretch your child's self-awareness Self-identity



'Who am I?'
'What makes me, me?'
'What do I believe in or stand for?'



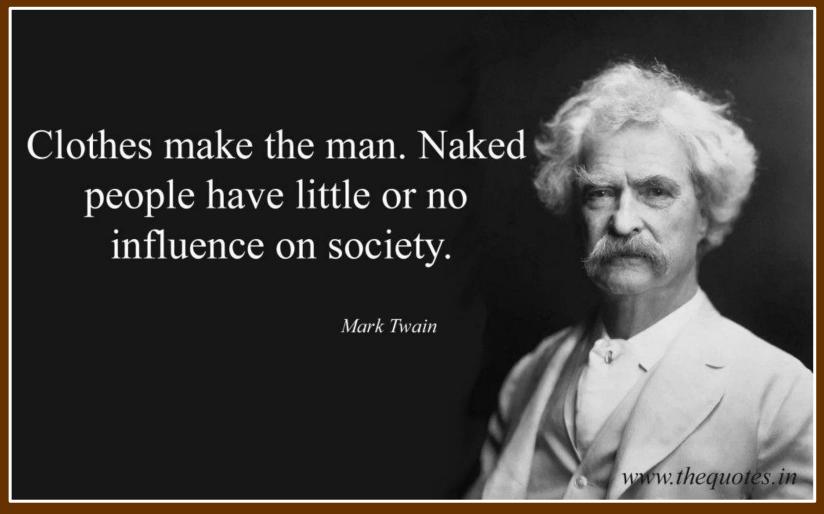


Ideas to stretch your child's self-awareness Self-identity





For older children









TEACHING VALUES OF BEING HUMAN A Curriculum that Links Education, the Mind and the Heart LE MESSURIER



Chapter 3:

Stimulating self-awareness and building self-identity