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# Self Awareness Activity Guide

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5 Self Awareness  
Activities: How to  
Be More Self  
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Reflection in Me HD

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Increase your self-awareness with one simple fix | Tasha Eurich |

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Activities Top 5:  
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Intelligence #3 Self  
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Awareness The  
Evolution of the  
Soul (37) SEL Self-

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an activity for

developing self-  
awareness in  
children I am

interesting | An

Activity based on  
Self-Awareness |

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Mamburu PE Read

Aloud - Listening to

my Body by Gabi

Garcia, illustrated

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by Ying Hui Tan

The 5 Best Self  
Reflection  
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Questions to Ask  
Yourself Self-aware  
Picture Books The  
Secrets To Self-  
Awareness Self  
Awareness SEL  
read aloud 5 Books  
That'll Change Your  
Life | Book  
Recommendations |  
Doctor Mike SELF



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## ~~AWARENESS ACTIVITIES FOR SCHOOL STUDENTS Self Awareness Activity Guide~~

Two particular self-awareness activities I recommend are:  
Zhan Zhuang: a Chinese standing meditation that helps you develop a

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deep level of body  
sensitivity.

Grounding

Techniques: a  
series of exercises  
for grounding  
yourself in your  
body and  
reconnecting to the  
Earth.

~~15 Self Awareness  
Activities and  
Exercises to Build~~

*Page 10/40*

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Some common  
Activity Guide  
techniques include:

Mindfulness

Meditation.

Grounding

techniques, and

reconnecting to the

Earth. Tai Chi,

Qigong, or Yoga.

Strength

Assessments, such

as the Values in

Action Strength

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Test, from the

University of  
Pennsylvania.

Journaling. Having a  
Personal Vision.

Observing others.

~~17 Self-Awareness~~

~~Activities and~~

~~Exercises (+ Test)~~

Self-awareness is  
the ability to  
monitor our inner  
and external world.

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Our thoughts and feelings arise as signals. Developing self-awareness allows us to be no longer swept away by those signals, but instead to objectively and thoughtfully respond to them.

~~Building Self-Awareness: 16~~

*Page 13/40*

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~~Activities and Tools~~  
for ...

Self-Awareness

Activities – Written  
Exercises 1. Write  
morning pages..

This exercise  
comes from Julia  
Cameron ' s An  
Artist ' s Way, which  
teaches readers  
techniques to... 2.

Keep a journal..

Keeping a journal

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Awareness  
creates a  
permanent record  
of your thoughts,  
feelings, and events  
in your life. 3. Use  
...

~~33 Self Awareness  
Activities for Adults  
and Students~~  
Self Awareness  
With Body  
Activities. There  
are even ways in

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establishing self awareness with our bodies. Some activities that are worth researching are Yoga, Tai Chi and Qigong. The practice of any of these practices begins to build a stronger mind to body connection.

~~Self Awareness~~

*Page 16/40*



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~~Guide & Activities -~~

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Activity Guide  
Level 1 Self

Awareness

Activities: Thinking

1. Taking a walk..

It ' s easy to get lost

in your stream of

consciousness on

your way to work,

but without a

geographical... 2.

Taking a walk with

a friend.. Steve

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Jobs used to  
conduct meetings  
while walking  
across the vast  
Apple campus.  
Along... 3. ...

~~Self-Awareness~~

~~Activities: 27~~

~~Exercises To Help~~

~~You Reach ...~~

Self-Awareness is  
the first step for  
personal growth. To

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know ourselves  
allows us to take  
the reins of our life.  
Self-awareness  
helps you see  
yourself clearly — it  
illuminates your  
blind spots so you  
can live more  
intentionally rather  
than on autopilot.  
Most of us are more  
unaware than  
aware.

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~~15 Simple  
Exercises to  
Increase Your Self-  
Awareness ...~~

self-awareness is a foundational skill essential to anyone interested in authentic personal development . The key to developing self-awareness is the same as with

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building any skill:  
you need to the  
right methods  
combined with  
consistent practice.  
Thankfully, there  
are many self  
awareness  
activities and  
exercises designed  
to increase our ...

~~A Comprehensive Guide to D~~

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~~eveloping ...~~

1. MODULE #1:  
Self-Awareness and  
Self Knowledge.

Objectives:

Participants will  
recognize their  
personal strengths  
and enhance their  
self-image.

Participants will be  
provided an  
opportunity to  
compare their

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positive self-  
concepts with  
others ' positive  
perception of them.  
Participants will be  
introduced to the  
concept of self-  
disclosure.

~~MODULE #1: Self-  
Awareness and Self  
Knowledge~~

4 activities to  
promote self-

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children Manual of  
the heart. Since the  
heart is the center  
of feelings, we  
should listen to it.  
Try to help your  
children... Reciting  
stories. Reciting  
stories is a big part  
of almost all  
cultures. Even from  
an early age,  
children have



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Children - You ...~~  
Living Tree Self  
Awareness Activity  
Interpretation  
Guide. The Living  
Tree Activity is one  
of a few self  
esteem exercises

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on this website that offer a way to increase your self awareness.. Use the guidelines below to help you interpret your Living Tree drawing. Have some paper and a pen to hand when following the guide.

~~Self-Esteem~~

~~Exercises: Living~~

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ACTIVITIES /  
GAMES for kids  
and teens. There  
are lots of easy  
ways for parents  
and educators to

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help children boost  
their confidence.

There are also  
plenty of self-  
esteem activities  
for kids and teens  
that are fun and  
engaging. Building  
positive self-  
esteem and  
confidence is  
important to the  
child and teen  
development.

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