

Learning Agility & Grit
Self-Awareness
Lesson Plan

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| <u>Objective:</u> Participants will be able to understand the importance of being self-aware and will be able to do self-evaluation for self-awareness | |
| <u>Total Time:</u> 90 Minutes | |
| <u>Materials Required:</u> Projector, white screen or board, videos (downloaded from www.youtube.com) if applicable, PowerPoint presentation, Chart papers or sheets | |
| <u>Instructor Note:</u> Self reflection is an important exercise in building the right attitude and behavioural skills. This session should make students comfortable and curious in knowing themselves better. Keep the resources ready on your desktop. | |
| <u>Opening Protocol:</u> <ul style="list-style-type: none"> ● Greet the participants ● Take attendance ● In pairs, ask participants to share with each other how they are feeling ● Recap the previous session by asking 1-2 participants to share with the class, what they learnt and did in the previous session | 5 Minutes |
| <u>Self-Awareness</u> <u>Activity 1: Questions about self (10 minutes)</u> Show the PPT or ask students to answer these questions- <ul style="list-style-type: none"> ● What are your skills? ● What are your fears? ● What do you like doing? ● What do you want to do in life? ● What are some values that you follow in life? ● What makes your confidence high or low? <p>Students may feel overwhelmed at this time because they might not have thought about these questions. Tell them that it's completely fine if they have not thought about it till now but they should use this time to find answers to these questions and that's why they are going to do some interesting activities for Self-awareness</p> <u>Activity 2: Think and Discuss (10 minutes)</u> Ask students- <ul style="list-style-type: none"> ● What is Self Awareness and why is it important? ● Have they ever tried to do self-awareness exercises, if yes then how? ● What advantages can we have if we are more self-aware? ● What can be different ways to become better self-aware? | 30 Minutes |

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| <ul style="list-style-type: none"> • What categories can we have on our self-awareness sheet? • What are strengths? • What are our weaknesses? <p>Activity 3: Practice (15 minutes)</p> <ul style="list-style-type: none"> • Ask students to open the self-awareness sheet in their handout. If students are not carrying handbook, they can take chart paper or sheet from trainer • Tell them to list down some strengths and weaknesses • Encourage them to be honest with themselves • Tell them to ask questions if they are not able to articulate something in words • Roam around and see that students are filling the self-awareness sheet. Help them, if needed | |
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| <p>Importance of feedback in Self-Awareness</p> <p>Activity 4: Sahu’s way of taking feedback (10 minutes)</p> <ul style="list-style-type: none"> • Show the video: https://www.youtube.com/watch?v=u56k1sulDas or ask students to read Sahu’s story in their handbook. • Ask students: Why did Sahu call his employer? Why didn’t he reveal his identity? What will Sahu do after this call? What would have Sahu done if the employer hadn’t given good feedback? • Take few responses for each question and involve students in the discussion <p>Activity 5: Think & Discuss (10 minutes)</p> <ul style="list-style-type: none"> • Why should we take feedback? • How can feedback from others help us in self-awareness? • What are different ways of collecting feedback ? • Who can we collect feedback from? <p>Activity 6: Practice (15 minutes)</p> <ul style="list-style-type: none"> • Ask students to decide one family member, one friend and one teacher they will take feedback from • Tell them that they have to fill these feedback columns (given in their handbook) at home after having a word with the 3 people they have decided | <p>45 Minutes</p> |
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| <ul style="list-style-type: none"> ● Tell them to practice this exercise in class by picking one person they would like to get feedback from ● Ask them to sit with that person and get to know your strengths and weaknesses according to them. They can use the chart paper or sheet for taking feedback ● At the end of the activity, ask if anyone wants to share the list or even the experience of getting feedback from others | |
| <p><u>Closing/Debrief:</u> Encourage students to use self-awareness exercises regularly in life. Tell them that self-awareness lays a foundation for goal setting. Ask them to complete the feedback sheets in the handbook at home. Take their questions, if any.</p> | 10 Minutes |
| <p><u>Closing Protocol:</u></p> <ul style="list-style-type: none"> ● We will work on one weakness from the list that you have identified today ● Thank the participants for their time ● Announce the next time you will be visiting them ● Share the topic of the next session ● Collect 1-2 most interesting activity sheets/artefacts from students and show to Nodal officer and institution head after session ● Click pictures of the artefacts for documentation | 5 Minutes |