



ACTIVITY: Awareness Shuffle

Purpose

- The purpose of this activity is to:
 - Become more aware of the emotions and perceptions that shape us
 - Identify how self-awareness can help to shape future interactions
 - Learn from the experiences of others

ESTIMATED TIME

30 minutes

MATERIALS

Required:

- A. Self-Awareness Phrases
- B. Tables or other surfaces to place cards on as participants circle the room

Optional:

- A. Music to play during activity

Background

- Self-awareness is defined as having knowledge and awareness of our own thoughts, beliefs, feelings and actions. This means being able to recognize emotions beyond the basics of happy, sad, or mad and also recognize situations which are linked with specific emotions.
- When people can begin to link emotions with events, then we learn which emotions are helpful and effective for situation and recognize when we have emotions that aren't.
- During this activity, participants will be asked to reflect on a variety of emotions, but will only be asked to share what they choose.

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Activity

- If you are going to use music during this activity, set the music up before beginning.
- Arrange the Self-Awareness Phrases facing down around the room
- Explain the definition of self-awareness. Part of self awareness is to understand the range of emotions that people experience and also how we adapt these emotions to fit our surroundings.
- Explain that part of this activity is to think about a range of emotions that we feel.
- Tell participants that when the music begins, they may turn over the card in front of them, read it, and answer it silently to themselves.
- Once participants have has about 20 seconds in front of the phrase, ask them to walk around the room.
- Instruct them to stop after walking for another 20 seconds. Read and answer the new card in front of them.
- Repeat these steps until participants have read 3-4 cards each.
- Stop the music and ask everyone to sit at the tables for discussion.

Discussion Questions/ Key Points

- What is one card you answered during this activity?
- Were there some cards you liked answering?
- Were there some card you did not enjoy answering?
- How can people gain self-awareness of their own emotions in the moment?

Let's Try This!

Challenge participants to try and catch themselves in a variety of emotions for the rest of the day. It may even help to notice what signs the body gives us about emotions.

Follow-up

Give participants the list of Self-Awareness Phrases used during the activity. Encourage participants to use the list of self-reflection.

How Self Awareness Solves Problems

<https://www.youtube.com/watch?v=9YIRIvdokMg>

What Self-Awareness Really is and How to Cultivate It

<https://hbr.org/2018/01/what-self-awareness-really-is-and-how-to-cultivate-it>

Self-Awareness Phrases

I am

I believe that

I enjoy

I am learning to

I spend my time

One way I would like to grow

I can

Some thing that makes me laugh

I am inspired by

I describe myself as

I get confused by

Something that makes me worry

I get frustrated when

A place I spent my time this
weekend was

Something that gives me hope

Something important to me is