

SELF AWARENESS

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SELF AWARENESS

Being self-aware is a huge key in practicing a healthy wellbeing, being resilient and engaging well within team.

However, becoming self-aware doesn't just happen, it takes practice. It is never too early to start practicing becoming self-aware. It is worth noting that some find this harder than others, so it is important to give opportunity to practice.

RESOURCES

[Online videos](#)

Worksheets

Pens and large sheets of paper

GOALS

Students will:

- practice becoming aware of their:
 - thoughts,
 - emotions,
 - and body.
- have an awareness of how our thoughts can impact our behaviour and our emotions.
- learn tools to manage worried thoughts, ruminating thoughts, anxiousness

Session 1

BODY CHECK

[Watch the video.](#)

Group Discussion

Respond - give the body check a go. Where do you notice tension or tightness?

- Discuss where you could use this tool.
- Discuss all the different sensations you could feel (eg - pain, tightness, tension, shakiness, butterflies, sweatiness, heart rate etc).
- Discuss which body part stood out to you.

Session 2

THOUGHTS

[Watch the video.](#)

Mind-map and discuss:

Recap on the body check and have a discussion on any new thoughts around it. Are aware of your thought life or not?

- Do you notice when you are having a repetitive thought or conversation in your head?
- Have you ever noticed how thoughts make you feel?
- Have students take 2 minutes to write down what is running through their mind right now (eg "When is this over?" "I wonder if I will be able to squeeze my english homework in later?" "I really want to check my text messages," "Laura's hair looks really nice today." "I cant wait to play football later."- it doesn't matter what they are, the goal is to become used to noticing by writing them down).

FEELINGS

Session 3

[Watch the Video](#)

In groups discuss and mind-map:

Recap on thoughts. Did anyone notice they were more aware of their thoughts this week?

Discuss how negative thoughts can lead to negative feelings.

- List feelings that don't feel so good and feelings that feel good.
- Our feelings are moulded and shaped by the experiences we have in the past. So don't worry if you notice others don't experience the same feelings as you. This is totally normal.
- Chat about how you can feel lots of different feelings at the same time.
- We want you to start connecting the dots of how thoughts affect feelings and how our bodycheck will feel different when something feels good or bad. So even if we can't use words, we can feel it.

TOOLS - CALMING

Session 4

It can be difficult when we are feeling nervous or anxious. Our anxious thoughts will impact our emotions and our body. So what can you do to help yourself start to calm down even when the circumstances don't change?

[Watch the video - tools 1.](#)

[Watch the video - tools 2.](#)

Scenarios

Which tools were helpful to the pupils? Present the pupils with various scenarios and ask them which tools could be used, or ask them for their own ideas. E.g. the night before an exam, sitting in a job interview, a striker about to take a penalty.

Session 5

THE WHY BEHIND THE WHAT

[Watch the video.](#)

Group Discussion

Continue the discussion of connecting the dots of how thoughts affect feeling and feelings can determine our actions.

- Discuss real life situations where this knowledge has come into play.
- What new discoveries about yourself have popped up? Do you notice negative feelings/emotions more readily?
- How do the tools help? What do you notice when you try them? Do you prefer one to another? How easy were they to do? Have you made up your own helpful tools?
- What have you learnt about self-awareness over this period?