



## SEL Classroom Activity Self Awareness - Sense of Purpose

According to the CASEL Framework, building **self-awareness** helps us to understand our emotions, thoughts and values. It can also help us recognize our strengths while building a sense of confidence and purpose.

The members of Duniya Dance & Drum Company described how drumming, dancing, performing, teaching and sharing their art gave them a sense of purpose.

The activity below can help your students learn about themselves and start to discover what their sense of purpose might be. **Have Fun!**

### Listening Circles (from Waterford.org)

To begin this activity that teaches active listening, separate your class into groups of four or five students. Have students take turns answering a get-to-know you question. If any student interrupts the person talking, remind them that everyone gets to have a turn sharing their answer.

Here are a few questions that may help students identify their intrinsic values:

- What makes you feel happiest?
- What is something unique about you?
- Who do you look up to the most and why?
- When you grow up, what do you want to be? Why? (Describe how it is important to you.)

At the end of the activity, come together for a class discussion about what they learned in their groups. To make sure every student feels included, try pairing students up and having them share one thing about their partner after the activity.

