



"SELF-AWARENESS" IN ACTION

SEPTEMBER 2024

Self-awareness is the conscious knowledge of one's own character, feelings, motives, and desires. It involves understanding one's own emotions, strengths, weaknesses, thoughts, and beliefs, and recognizing how these elements affect behavior and interactions with others.

Please note: Hyperlinks are included, where applicable, for easy searching.

Elementary School

FILMS

[Inside Out \(2015\)](#)

BOOKS

["I Like Myself!"](#) by Karen Beaumont

["Stand Tall, Molly Lou Melon"](#) by Patty Lovell

Middle/Junior High School

FILMS

[Akeelah and the Bee \(2006\)](#)

BOOKS

["Wonder"](#) by R.J. Palacio

["Out of My Mind"](#) by Sharon M. Draper

TEDTalks

["The Power of Vulnerability" by Brené Brown](#)

DOCUMENTARIES

[Spellbound \(2002\)](#)

High School & Adults

FILMS

[The Breakfast Club \(1985\)](#)

BOOKS

["The Catcher in the Rye"](#) by J.D. Salinger

["Speak"](#) by Laurie Halse Anderson

TEDTalks

["Why We All Need to Practice Emotional First Aid" by Guy Winch](#)