

WYRKSHOP MOBILE MAKERSPACE

SOCIAL-AWARENESS



ESTIMATED TIME: 30 MINUTES

LEARNING OBJECTIVES

You will work to :

- Realize what is unique to you.
- Discover what things you don't realize you have in common with others.
- Learn why you would feel differently to another person?
- Discover how to have an empathetic perspective and mindset.

LIFE SKILLS LEARNED:



LEVEL: 1

MATERIALS NEEDED/THINGS TO REMEMBER:

- Makerspace Journals in Canvas or a physical notebook
- Active listening

INTRODUCTION

Social awareness is the ability to understand different perspectives and how to empathize with others including those from diverse backgrounds, cultures, and contexts. Social awareness is often referred to as socialization, and is important to build positive relationships and make decisions responsibly.

In addition to building strong positive relationships with others and responsible decision making, developing social awareness skills promotes more positive outcomes for students and adults. Some of the additional positive outcomes include empathy, appreciation for cultural differences and diversity, and the capacity to work as a team.



HOW DO I GET STARTED?

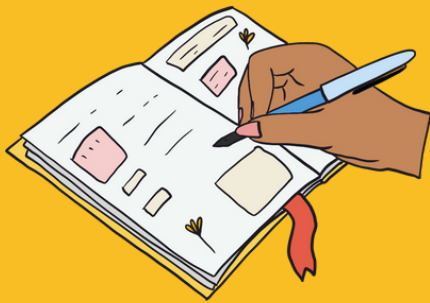
We are all different, but we all have something in common, like loving to play soccer so we might be on the same team, or maybe what is different about us that makes us friends. Unfortunately, sometimes people think that if they do not know somebody, that they don't need to care, which couldn't be farther from the truth. Whether it is starting with the Maker-crates or with the online MAP program, doing something new (and maybe uncomfortable) and making an effort is a way to interact more with our world.



ACTIVITY OUTLINE:

STEP 1

Set the purpose of today's lesson: Today, we'll learn how to use positive self-talk to reframe our unhelpful thoughts.



STEP 2

Write down as many things as you can think of that went wrong today or yesterday. You have 1 minute to write in your journal.

STEP 3

Now look at your lists and add up how many things that went right and how many things that went wrong. Give yourself time to count.



STEP 4

If you are doing this activity with your class, stand up if you find it easier to come up with things that went wrong than things that went right.

As you can see, you're not alone. It's often easier for us to come up with negative things than positive things. This is called "negativity bias."

STEP 5

Take a few minutes to reflect on the following question, why can it be difficult to pay attention to the positives? (Our brains are wired to pay more attention to negative things than positive things.)



STEP 6

Positive self-talk is another strategy you can use to manage your emotions and interrupt the cycle that can lead to negative decisions.

When you think more positive thoughts, your “feelings alarm” is less likely to go off.

And when you make positive self-talk a habit, you can actually rewire your brain to pay attention to the positives and have fewer unhelpful thoughts. It sounds simple, but it takes practice and time to build a habit.



STEP 7

Now you'll practice using a positive frame to notice good things in your life. In your notebook, write at least one thing you're good at, one thing that went well today, and one thing you're grateful for. Use these three facts as inspiration to write one positive self-talk statement you can say to yourself for each category.



STEP 8

Conclude the lesson: Throughout this unit, we've been building skills to help manage our emotions so we can make more positive decisions every day.

TIME TO REFLECT!

1. What makes it hard to listen to someone else?
2. How can you show empathy and compassion for another person?
3. What are ways to show you care about a person's feelings?
4. Why would it matter to recognize and acknowledge the strengths in others?
5. Why do people talk about how important it is that children TO adults have these important skills?

