

SEL | SOCIAL EMOTIONAL LEARNING

# SELF-AWARENESS



BY EMILY SCHLESINGER



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# CHAPTER 1

## LOOKING INSIDE

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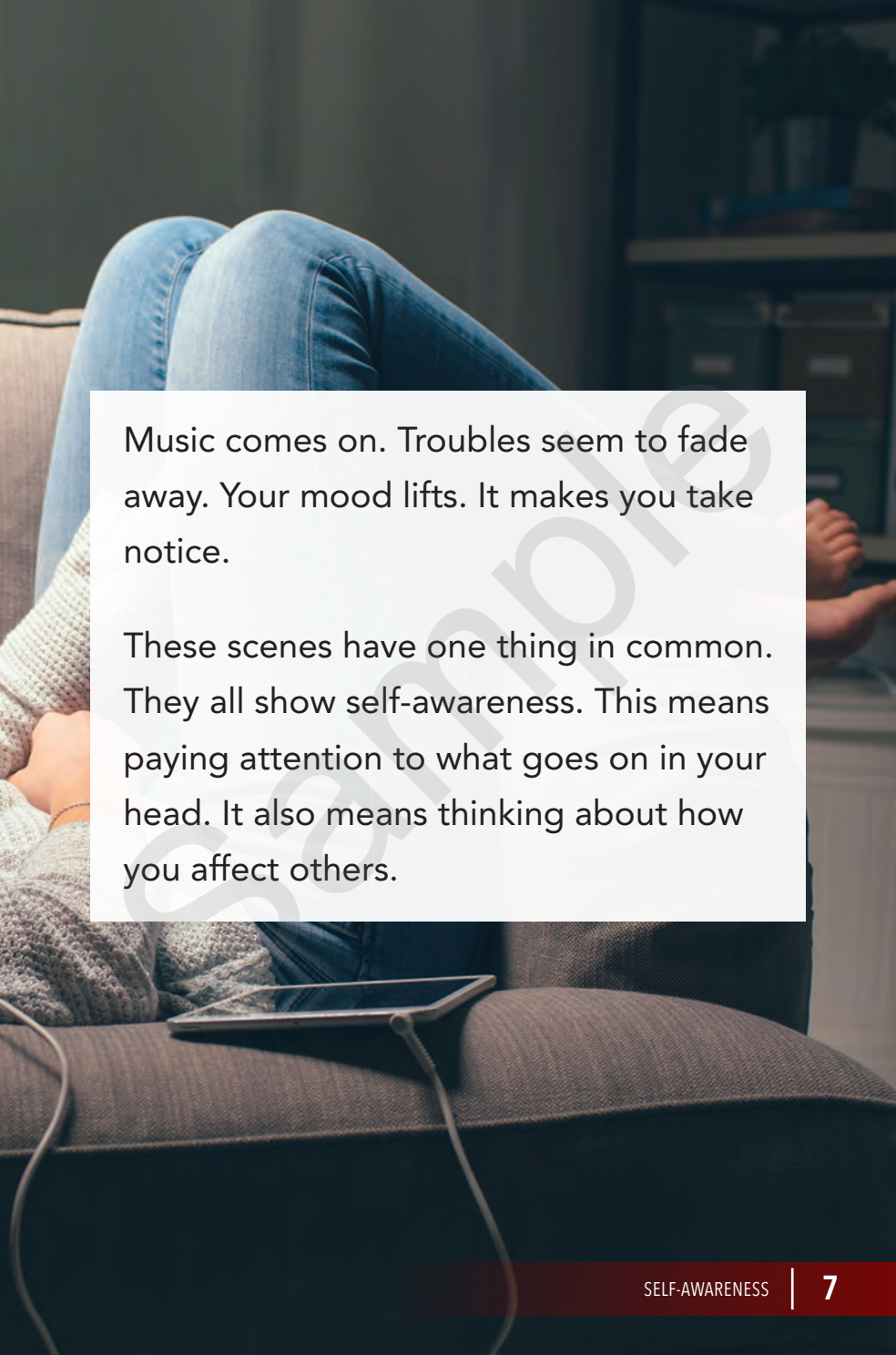
Someone gives you a gift. It is not on your wish list. But you smile and say, "Thanks! It's just what I wanted." You hope your disappointment does not show.

A friend misses a free throw. "Sorry," you say. Why do you secretly feel glad?







A person is sitting on a couch, wearing blue jeans and a grey sweater. Their legs are bent, and a smartphone is resting on their lap. The background is dark and out of focus, showing some shelves with books or objects. A large, faint watermark 'Sample' is visible across the center of the image.

Music comes on. Troubles seem to fade away. Your mood lifts. It makes you take notice.

These scenes have one thing in common. They all show self-awareness. This means paying attention to what goes on in your head. It also means thinking about how you affect others.







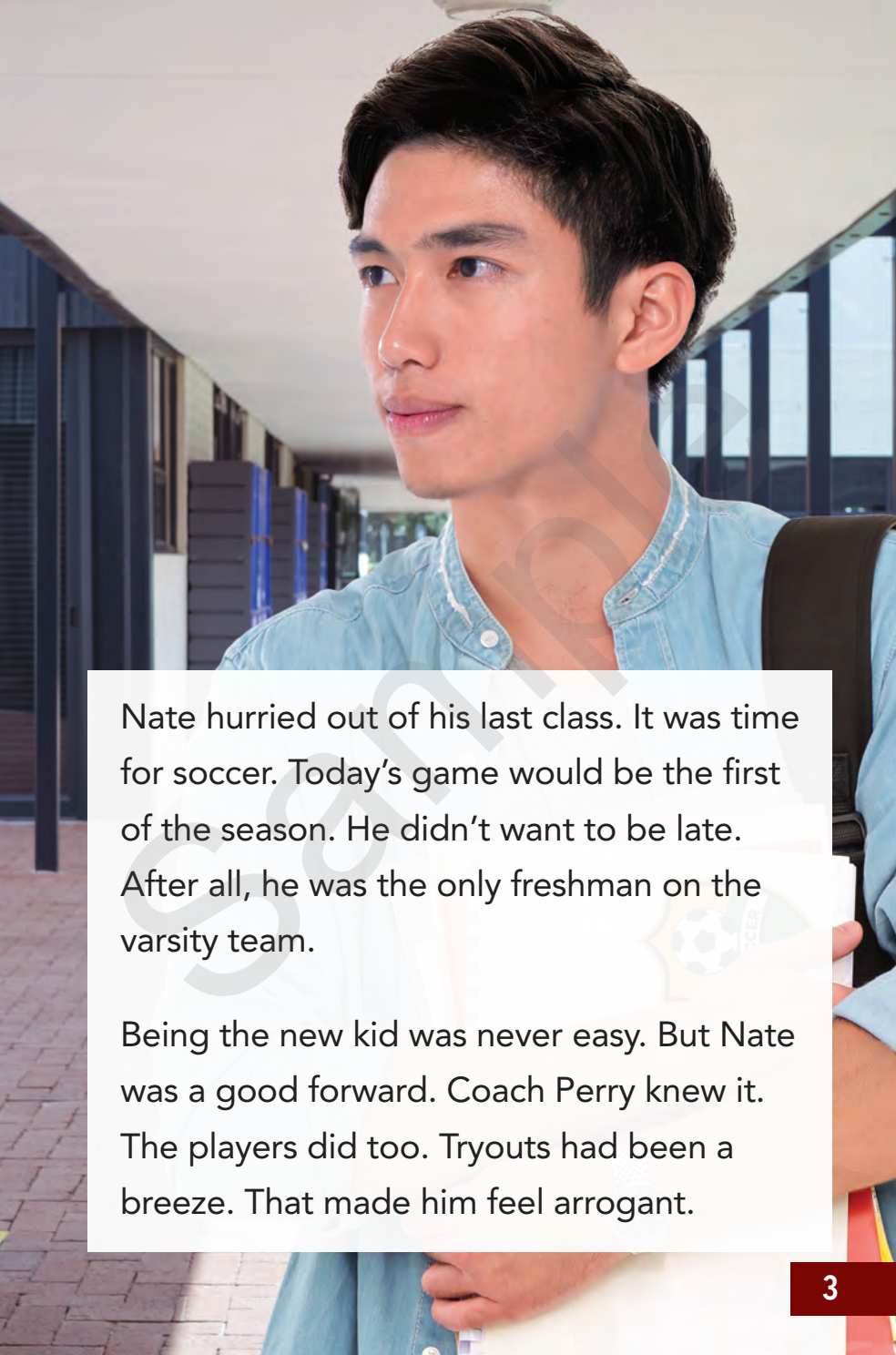
There are many ways to be self-aware. One is by noticing your own feelings. Some come on suddenly. Others grow and change over time.



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# *LOSING CONTROL*

BY GAIL HERMAN



Nate hurried out of his last class. It was time for soccer. Today's game would be the first of the season. He didn't want to be late. After all, he was the only freshman on the varsity team.

Being the new kid was never easy. But Nate was a good forward. Coach Perry knew it. The players did too. Tryouts had been a breeze. That made him feel arrogant.

A young man with dark hair, smiling, wearing a blue t-shirt with the word "HAWKS" in large, light blue, block letters. He is standing on a green soccer field with stadium lights and trees in the background. A soccer ball is visible in the bottom right corner.

# HAWKS

Music blared in the locker room. Rick, the captain, had a playlist. The players were focused. **Excitement** was building.

On the field, everyone warmed up. Nate saw his parents in the stands. He was ready.





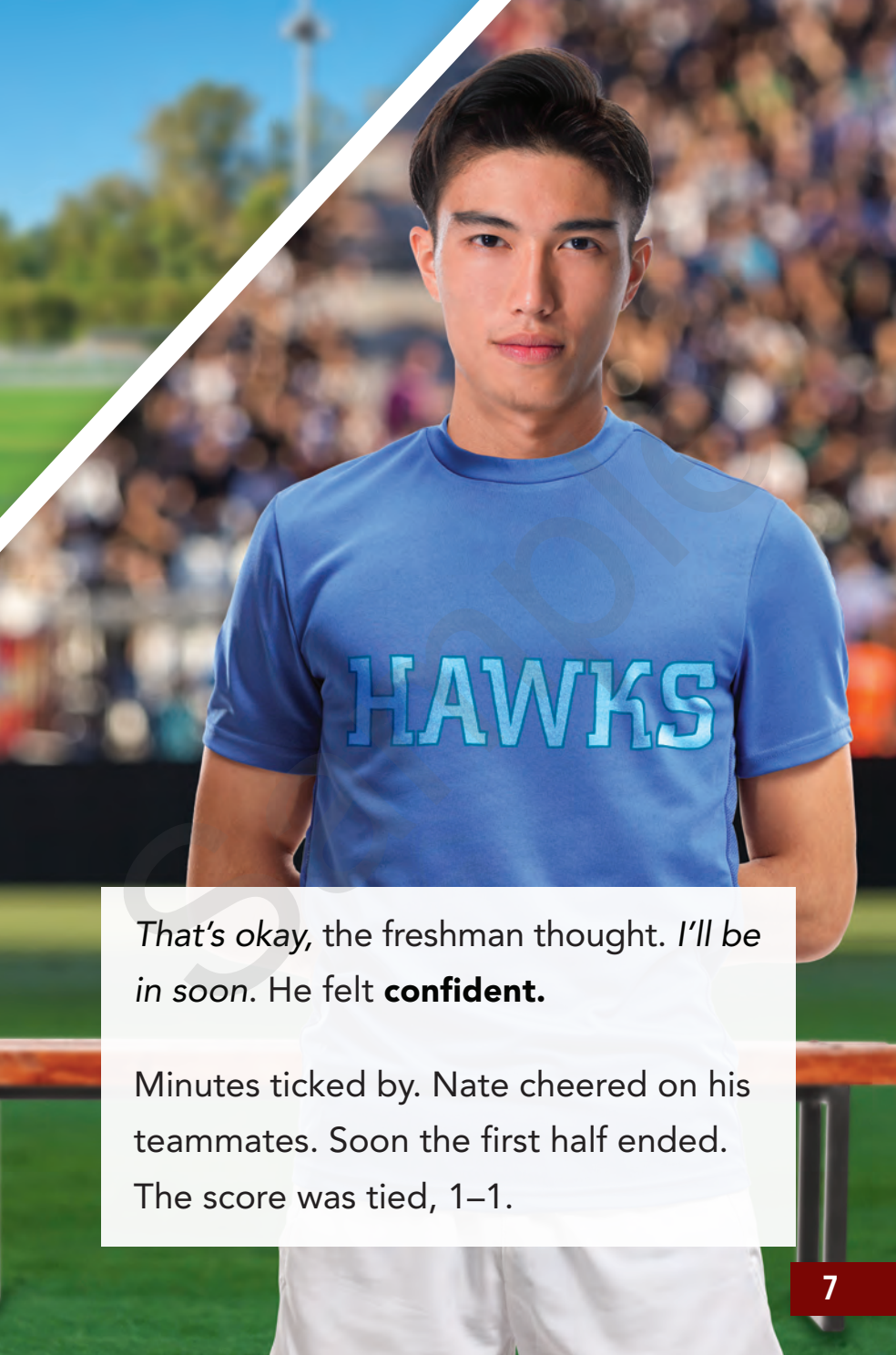
"Good luck!" Rick slapped him on the back.

Nate smiled. It felt good to be part of the team.



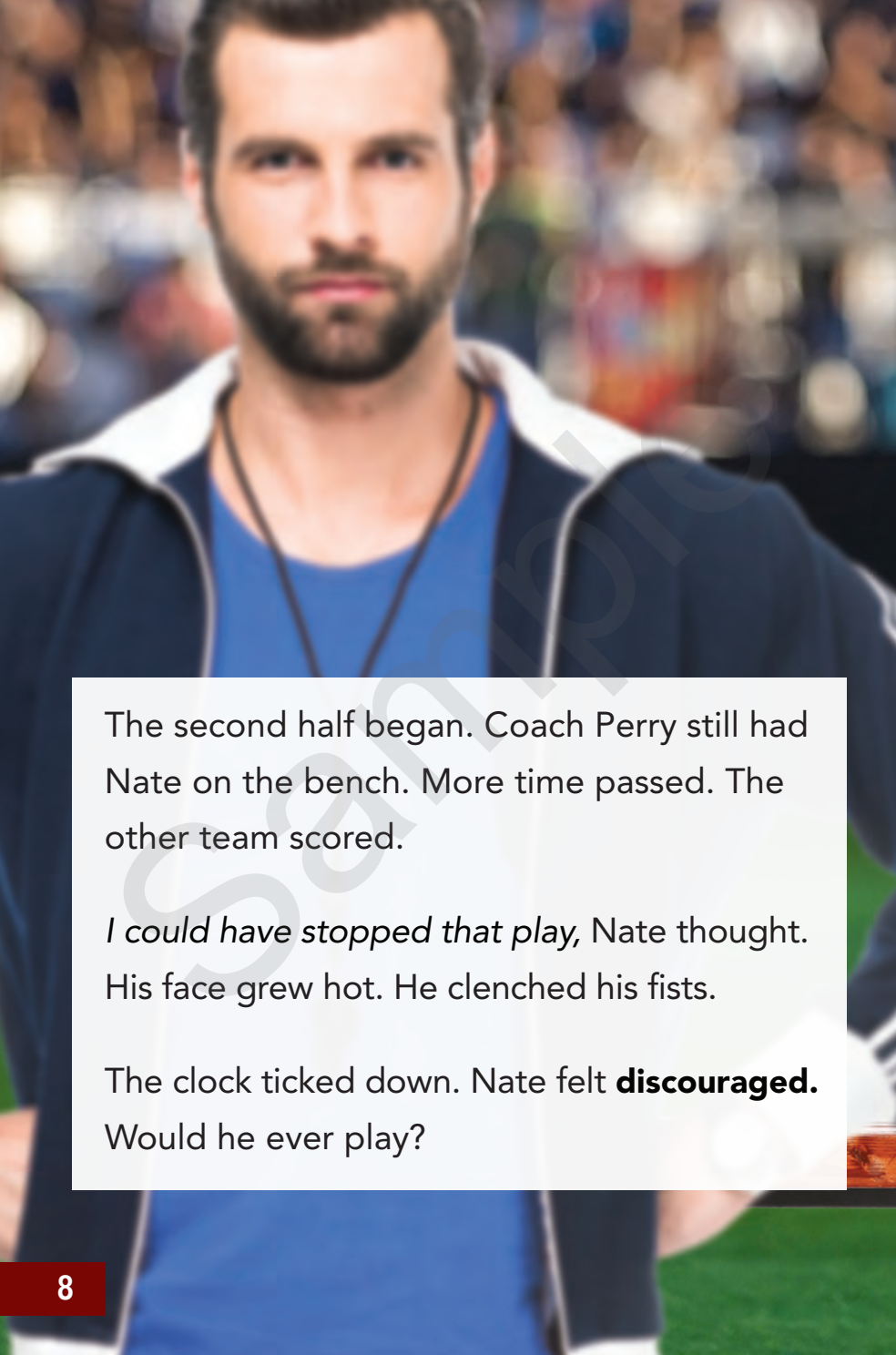


The referee blew his whistle. After a quick huddle, the team broke apart. Coach Perry sent out the starters. He didn't choose Nate.



*That's okay, the freshman thought. I'll be in soon. He felt **confident**.*

Minutes ticked by. Nate cheered on his teammates. Soon the first half ended. The score was tied, 1–1.



The second half began. Coach Perry still had Nate on the bench. More time passed. The other team scored.

*I could have stopped that play,* Nate thought. His face grew hot. He clenched his fists.

The clock ticked down. Nate felt **discouraged**. Would he ever play?



