

self-awareness



In pairs, describe your current emotional state using a color, weather, and a sound. Then introduce your partner's "emotional forecast" to the group.



Write one expectation
you place on yourself.

Exchange cards
randomly. In small
groups, discuss how
you would support the
person holding that
expectation.



In groups of four,
share one physical
signal you notice
when stressed. Identify
patterns together and
discuss healthy ways
to respond.



Choose one core value that guides your decisions. Stand in a line based on how strongly it shapes your daily life. Discuss your position with those next to you.



In pairs, share a recent moment of personal growth others may not have noticed. Your partner summarizes your story, highlighting your strength.



In pairs, think of a situation where setting a boundary feels hard. Practice expressing it calmly while your partner listens and gives supportive feedback.



In small groups,
share a recent strong
reaction (no sensitive
details). Together,
brainstorm possible
needs behind each
situation.



In groups of three,
each person shares
one self-care practice.
Write them on notes
and create a shared
“Self-Care Wall” for
inspiration.



In pairs, describe
a place where you feel
safe using sensory
details. Then create
a short combined
description and share
it with the group.



In pairs, imagine yourselves one year from now, having grown in a quality you value. Role-play a short dialogue between present and future selves, then reflect on small steps.

