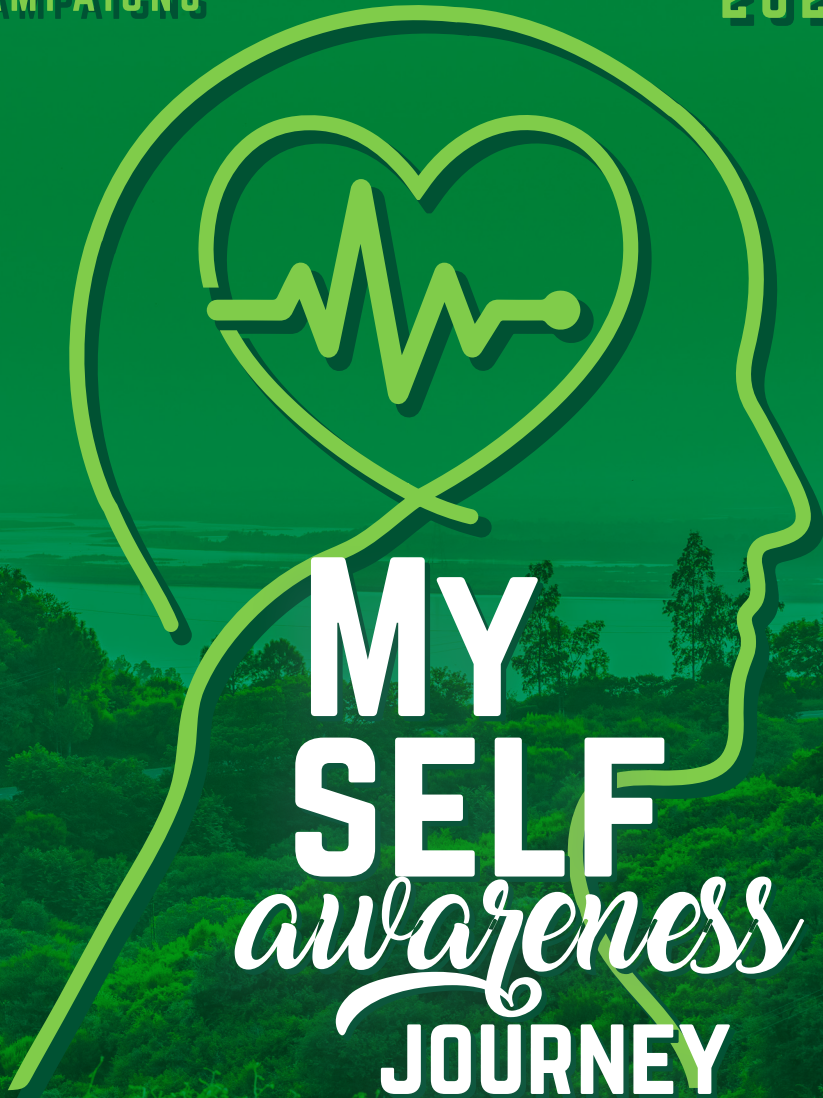


WINTER CAMP

CAMPAIGNS

2023



MY SELF *awareness* JOURNEY

 masifunde's
Learn 4 Life!

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LEARNER DEVELOPMENT

FORE WORD



In this booklet we will explore the topic of self-awareness and the subtopics there under. This is a concept that we have heard countless times about; maybe without thorough understanding of what it is and why it is important. Apart from the definition of what self-awareness is; it is a concept that allows us to foster confidence within. And to be young people that are able to make informed decisions about our own lives and informed decisions that have the potential to impact the life of another.

Self-awareness allows an individual the freedom of understanding oneself, to have a positive outlook on life and the will power and strategy to plan, work towards and achieve goals in life.

Hopefully the content in this booklet will lead you to a path of being able to understand yourself in order to be an individual that is 'aware' in society, because 'when you know better, you do better'.

Changemakers can only begin to make a change when they are aware of self.



Lukholo Pita - "I think it is important for young people to be self-aware so that they can realise what their likes and dislikes are, and with achieving that they can be able to focus on their goals."

SELF awareness

What is self-awareness and why is it so important? Self-Awareness is described as 'the ability to focus on yourself and how your actions, thoughts and emotions do or don't align with your standards'. Being self-aware allows one to navigate through life with clarity about their thoughts, feelings and actions. Ultimately relating better with self and better with the people around them.



Self awareness can be divided into 4 dimensions:

1. Awareness about what others say and think about you: This is a depiction of what type of impact it is that you make on people. You need to understand that what people say and think about you is not a reflection of who you really are. This is just an indicator of how others perceive you. It does not define you.
2. Awareness of the thoughts and feelings you have about yourself: We need to thoroughly understand the reasons why we think and feel a certain way about ourselves. If these feelings are negative, we need to be cautious to not allow those feelings to be the ultimate outlook of our lives. Understanding the thoughts and feelings are crucial when we want to improve our wellbeing.
3. Awareness of who you really are: who you really are reflected by our words or values compared to our actions. Ever heard the saying 'practice what you preach'? This basically means we need to really become the things that we say, otherwise we are living life with farces of personalities
4. Awareness of who you want to become: What or who is it that you want to become? One needs to dig deep and ask themselves this question. Then, we must evaluate all we will need to do to become this. Who or what must we let go of? What should we be open to? Are we willing to truly be honest and discipline to reach this goal? We need to be aware that what lies in between who we want to be is not what others say or think, not the negative thoughts about ourselves, not even what we have done in our past; but it will be what we **ACTIVELY** choose to be on a daily basis.



Ovayo Mpendu - "I learnt at our recent camp that I need to be **AWARE** of my strengths, weaknesses, and goals that I want to achieve I life, and not to always follow others but follow my dreams and to just always be **AWARE**."

Hey...

LET'S CHECK IN!!!

Do you sometimes find it a bit difficult to do a check in with yourself? Here are some tips that can help you. This is the P.A.S.T.A check-in...



P PAUSE and breathe:

How ever you are feeling, find a space, take some time to pause and just focus on your breathing. Deep breaths, in... And out. Realize that you are a LIVING being, you do not just exist. Be present in the moment!

A ASK yourself how you feel:

Following the quietness, you will ask yourself how you feel. Be honest with yourself.

S SAY the emotion:

At times we get scared to say how we are feeling because negative emotions have been deemed as bad. Of which is not the case. Saying the emotion helps us to not be controlled by it. A negative emotion is only bad when it is followed by a negative action.

T THINK about your feelings:

After you have said the emotion, ask yourself why is it that you feel this way. Is it because of an incident that has occurred recently? Or did you just wake up on the wrong side of the bed?

A ASK yourself what you need:

What is it that you need at this present moment? What is it that will help you feel better? Sometimes we unfortunately do not get what we need in order to feel better, and that is okay. Having a healthy way of processing our emotions in the moment is what counts. It will help us to feel lighter and better about ourselves.

Affirmation time!

Have you ever heard the word 'affirmation'? Do you know what it means? Well, an affirmation is a word or statement that one can use to bring themselves into positive thinking. Positive thinking results in positive actions. Do you sometimes experience times where you make a mistake and you use bad words to yourself about that situation? E.g., you fall in front a crowd and you tell yourself, 'I am so stupid or childish for falling'. That is a negative affirmation.

We need to be aware of how we speak to ourselves and what we think of ourselves because that may determine the actions that we make.

Here are some affirmations that you can use when you are feeling low:

"I am becoming who I am destined to be."

"My strength lies in opening myself up to help from others. I will overcome."

"I am so proud of myself for getting through this day"

"I am like the sun that shines bright. Even when I make mistakes, I am still worthy of love"

"I do not have to search for love from those that do not care about me. I have love from my family and love within"

"I will not compare myself with others. I am amazing and UNIQUE"

"I am ENOUGH"

"I am more than the mistakes that I have made. My mistakes have added colour to the rainbow that I am"

"My feelings are valid"



Sindiso Nhose - "Self-awareness for me is the ability to focus on yourself, and how your actions, thoughts and emotions must all times align with your beliefs."

I Am Affirmations

Complete the crossword puzzle below.
(Pro tip: use these words to affirm yourself!)

I P H A B U N D A N T F O L
A N E F G E N E R O U S D V
K I T L E A D I N G N O F E
S D B E A U T I F U L P F L
G D R E N E F L E O P E O T
D E E E Y S U I V D U N C H
F N N P A F E E N T D M U O
I E P T E M D L E H E I S U
J A L C L K I N D A R N E G
H O A I U E E N A N I D D H
E E Y S C V P W G K P E L T
P E A F I A A N T F S D M F
T N U R U R L P N U N M R U
N D D P E L M M A L I O N L

DRIVEN	PEACEFUL	KIND	BEAUTIFUL	CALM
GENTLE	THOUGHTFUL	OPEN MINDED	INTENSE	INSPIRED
THANKFUL	ABUNDANT	FOCUSED	GENEROUS	DREAMING
LEADING	HAPPY	JOYFUL	AWARE	LOVED

WELLNESS

Do you know what wellness is?

Pfizer describes wellness as the act of practicing healthy habits on a daily basis to achieve better physical and mental health.

Wellness ensures that an individual is able to live their best life, and not just surviving.

It is important to note that wellness encompasses many aspects that need to be balanced to bring about complete wellness of an individual.

Check out the wellness wheel below...



Oyintando Dyakala - "At our Winter camp I learnt that you must never look down on yourself."

WELLNESS

ACTIVITY Match the correct term



EMOTIONAL

Taking some time out to see friends that you have not seen in a long time.



PHYSICAL

Reading a novel



FINANCIAL

Watching what you eat and exercising 3 – 4 times a week



SPIRITUAL

Experiencing something traumatic and decide to share it with someone



SOCIAL

Separating waste



ENVIRONMENTAL

Living your life according to beliefs that you stand for



INTELLECTUAL

Being able to use money wisely.

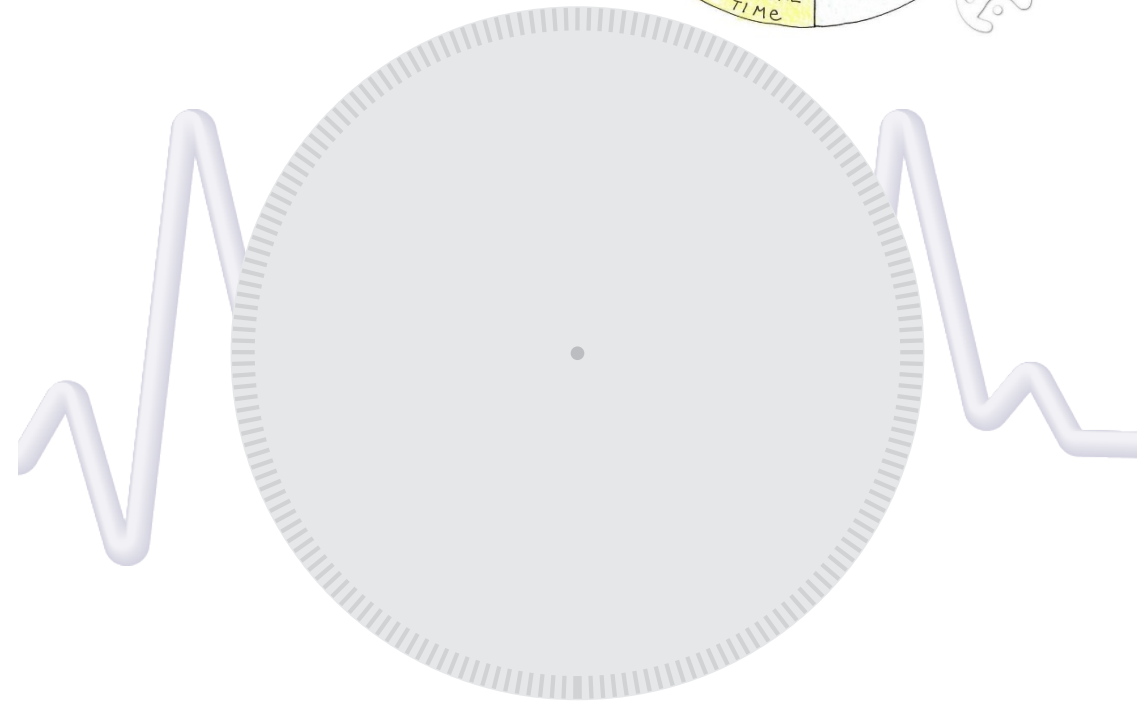


Libuke Pita - "Self-awareness for me is knowing who you are, your passion, goals, desires and your likes and dislikes."

HABITS OF A healthy mind

We can agree that wise choices and being aware of oneself comes from a healthy mind, but how can we keep our minds healthy?

Using the graph below, map out your daily mental activities and evaluate what mostly consumes your mind.



Here are the Healthy Mind Platter cues by Dr. Dan Siegel that can help us.

Focus time focusing on tasks in a goal-oriented way

Play time Allowing ourselves to have fun and be creative

Connecting time Connecting with those around us

Physical time Moving our bodies regularly

Time In having time alone to reflect quietly

Down time No specific focus or goal to achieve

Sleep time Allowing the brain to rest



Zooming In on Social Media

Take some time to think about how much time you spend on social media...

We cannot deny how fun trying the latest dance trends on TikTok is or seeing a notification on Instagram after you have posted a 'fire' selfie.

But have you thought about the impact that social media has on you and your self-esteem? Self-esteem is the confidence in one's own worth or abilities, which can be affected by the way in which we use/perceive social media.

Answer the following statements to evaluate how social media affects you and how you see yourself.

- I can stay away from social media for longer than an hour.
- I can concentrate on my schoolwork and not think about the WhatsApp message I am waiting for.
- I tend to feel sad or anxious after seeing a post about a peer doing very well in life.
- My goals are based on what I see on social media.
- Social media is where I get the most of my daily information from.
- If I have received many notifications in one day, then I take that as an amazing day.
- I communicate better on text compared to addressing an issue in real life.



If your experience of social media use makes you sad, anxious or tired, then it means you are spending too much focus on social media. We need to remember that although social media is fun, it hinders us from having a real and full life experience if we focus on it too much. We should also remember that what is posted is selective; so, we do not see the 'real experiences' of life that the other people go through, just the glitz and the glam.

WHO DO YOU WANT TO BE?

Who you want to be in life can be determined by your goals. "A goal is an idea of the future or desired result that a person or a group of people envision, plan and commit to achieve."



We can break our goals down into short term, medium term and long term to assist us with the action plans of the goals. What you ultimately would like to be in life is determined by what you do on a daily basis.

Complete the goal sheet below:

Short Term Goals (daily, weekly, monthly) _____

Medium Term Goals (term, over a year, over 2 years) _____

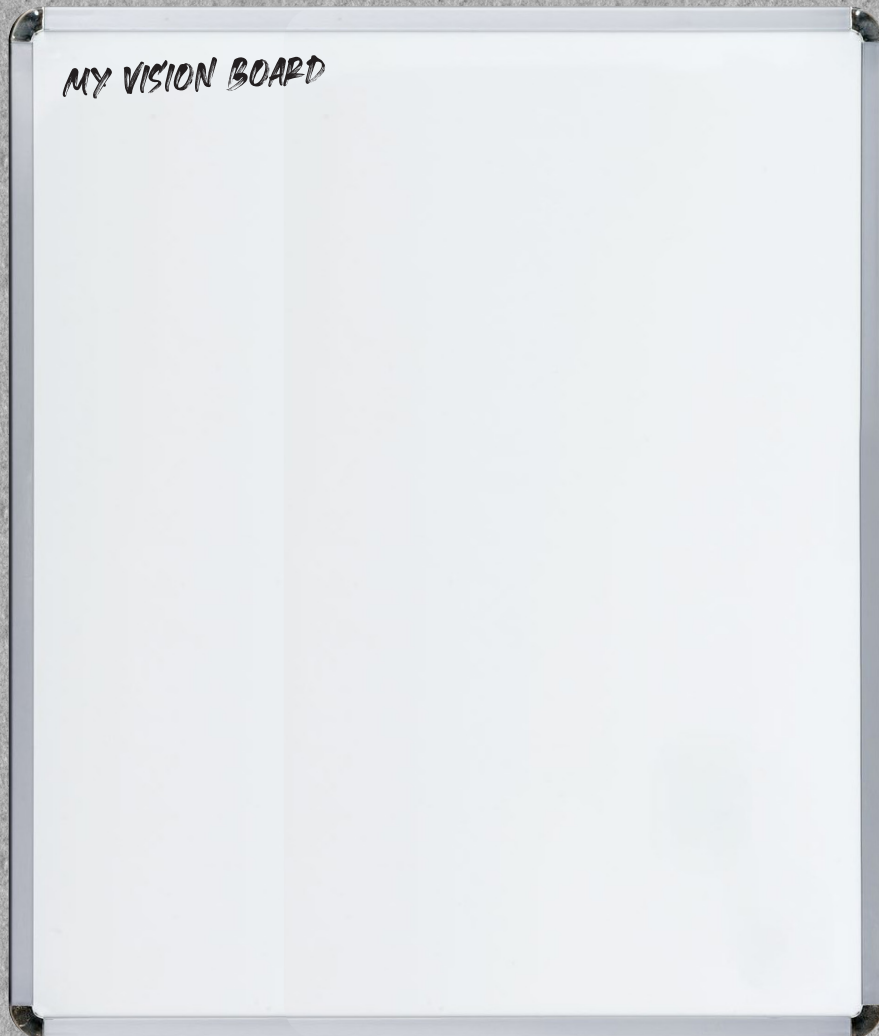
Long term Goals (5-10 years) _____



Simnikiwe Matyumza - "I personally learnt that Self-awareness is how well you know yourself, your personal traits. Learning that made me realise I can also be an example to others if I change certain negative traits that I have, not to be perfect but to be an exemplary human being."

VISION BOARD

One thing that helps us to achieve our goals is seeing the very thing we desire; to be reminded of the conscious effort that one needs to make to achieve the goals. Making a vision board can help us to visualize and be encouraged. Try it for yourself. (You can divide the poster into sections of your choice, e.g. lifestyle, health, career, family, school etc.)



SELF *awareness* SONG

It's time to love yourself,
it's time to be aware.
I am a changemaker.

No matter what they say,
I know I'll be okay.
I am a changemaker.

Noba sekutheni na,
thina sizophumelela.
We will be changemakers.

Motivate yourself.
Achieve your goals.
You will be a changemaker.

No matter who hurts me,
I'm gonna fix myself.
I am a changemaker.

The world is dark and cold,
but you can raise your light.
You are a changemaker.

They will not pull me down;
I will not tumble around.
I am unshakable.

I may be sad, but at the end,
I know I'll be okay.
I am (I am). I am (I am).
I am a CHANGEMAKER!!!!



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