Self Awareness

*Say to Youth:* A big part of self-awareness is knowing who you are and who you want to be.

**Hand-Print**

**Materials:**
- paper
- pen/pencil/markers/crayons

**Directions:** Child/ren will tell the story of who they are, but they must write it in a form of a hand. The hand is a symbol of the print they leave on the world. In each finger they must put one word to describe themselves and in the palm of the hand they must write a story about themselves using the 5 words. The word in the thumb must represent what they want to be in the future.

**Pro tip:** Parents working with young children k-1st have child/ren tell you the words and you write them inside of the child’s hand for them but allow them to decorate their hands themselves.

**Example:**

*Reflection:* Discuss with child/ren how each word describes who they are and how those characteristics/talents will impact their future.