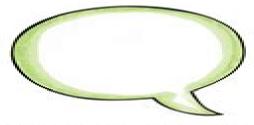
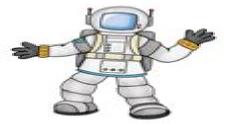
10+ Self-Awareness Activities



Write in a journal



Read positive affirmations



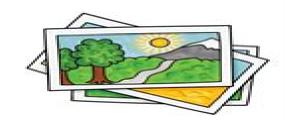
Research future careers



Do an emotions check-in



Make a gratitude list



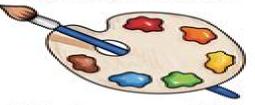
Host a show-and-tell



Write self-compliments



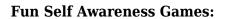
Draw emojis for emotions



Introduce new activities

Fun Self Awareness Games

Heather Ajzenman



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