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QUESTIONS AND REFLECTIONS

Stories 4 Wings

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Self Awareness



Running Towards Own Dreams



Running Towards Own Dreams

Self Awareness

This document includes a series of **9 questions focused on reflecting** on different aspects related to the story being worked on. The questions are organized into three levels of complexity and depth, as follows:

Questions 1 to 3

focus on achieving a basic understanding and identification with the story and characters.

Questions 4 to 6

introduce reflection on the value, skill, or competency being addressed from different perspectives, such as emotional self-exploration or the observation of different attitudes or behaviors.

Questions 7 to 9

encourage deeper reflection and invite participants to approach the different topics from a symbolic perspective, imagining alternative scenarios or relating them to their possible future attitudes or actions.

Some **recommendations** for using this guide are:

Approach reflection in a **relaxed and open way**, without explicitly announcing the values or competences that the activity aims to explore.

Allow participants to arrive at their own interpretations and conclusions **gradually**.

The activity should create a **safe space**, where emotions, thoughts and opinions are welcome.

There are **no right or wrong** answers.

Participation should never be forced; **silence and listening are also valid** forms of engagement.

Running Towards Own Dreams

Self Awareness

1

What changes in the girl's life after she scores her first goal at school?

This question focuses on a turning point. It helps participants recognise moments that can shift how a person sees themselves.

2

What details in the story show how the girl behaves before she gains confidence?

This question directs attention to observable behaviors (silence, isolation, hesitation), encouraging recognition of internal states through external signs; an important step toward self-awareness.

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Self Awareness

3

Have you ever discovered an ability in yourself that surprised you? What happened?

This question focuses on unexpected personal potential, helping participants connect with moments of self-discovery.



4

What emotions might the girl have felt when her parents did not support her choice?

This question explores conflicting emotions (frustration, sadness, determination), helping participants reflect on how external judgments affect inner experiences.

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Self Awareness

5

What helped the girl continue pursuing football even when others doubted her?

This question highlights inner drive and persistence without naming them directly, encouraging participants to recognise similar strengths in themselves.

6

**Why do you think the parents reacted the way they did?
What might they have been worried about?**

This question invites participants to consider different viewpoints, reducing judgment and fostering a more nuanced understanding of others and oneself.

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Several light-colored butterflies with orange and yellow wings are scattered across the top right of the page. A small orange star is also visible near the bottom right of this decorative group.

Self Awareness

7

What role did the teacher play in helping the girl see herself differently?

This question introduces the idea that others can influence our self-perception, encouraging reflection on how relationships shape identity and awareness.

8

How might the girl's life have been different if she had accepted her parents' decision and stopped playing?

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The question explores missed opportunities and identity development, reinforcing the importance of choices in shaping one's sense of self.

Running Towards Own Dreams

Self Awareness

9

What is something important to you that others may not fully understand? How do you deal with that?



This question encourages participants to reflect on personal identity, values, and autonomy, key components of self-awareness, while keeping the discussion open and non-judgmental.