



Using CRANIUM SCULPT-IT! game to explore self-awareness

INTRODUCTION: The Johari Window, known as the model of self-awareness, is based on the idea that a person has four sides (or quadrants), with each represented as a pane of glass in a window frame. When we learn to look at things from this four-quadrant perspective, we can have a better appreciation of what someone is feeling or trying to convey or even what they might be trying to hide.

- **The first quadrant** is the *open-self* area. This is what everyone (including you) knows about yourself.
- **The second quadrant**, the *blind self*, is what others know about you but what you might not realize about yourself. This is why others see you differently than you see yourself.

● **The third quadrant** is the *hidden area*. This is what you know but don't want others to know. It could be fears or things you think they might perceive as weakness. As long as you keep this area, it will impact your ability to have open communications.

● **The fourth quadrant** is called the *unknown area*. This is information that you and others are unaware of. These are hidden talents and feelings that do not emerge until shared with another. If you go to a new school or job, your unknown area will be quite large until you are comfortable and try learning new things.

All quadrants are in each communication we have. Play a game and apply the Johari Window.

LEARNING OBJECTIVE

What students will know and be able to do by lesson's end:

- Understand how the four quadrants of the Johari Window applies to each person.

KEY BACKGROUND KNOWLEDGE

- Communication process
- Interpersonal and Intrapersonal communication

MATERIALS

- CRANIUM SCULPT-IT! game
- Paper
- Pen

KEY VOCABULARY / Types of communication:

Interpersonal Intrapersonal Group
 One-to-group Communication cycle Feedback

STUDENT ACTIONS

- Take notes on the quadrants and what each represents.

GUIDED PRACTICE

In groups of four, work together to play four rounds of the CRANIUM SCULPT-IT! game. In each round, the one who sculpts is the open self. Opposite the sculptor will be the blind self. To the sculptor's right is the hidden area, and the person across is the unknown area. The roles rotate clockwise after each round. Play the round and try to guess the item. Once that is done apply the Johari window to the item and see how it would impact the communication.

Example: Ghost

- **Open:** Scary, frightening
- **Blind:** Cute, funny
- **Hidden:** Lonely, sad, lost, just wants a friend
- **Unknown:** People are more likely to be friendly if they know you want a friend

EXTENSION

Act out all of the roles and share how each impacts the feedback portion of the communication process.