

KEY SEL SKILLS: SELF-AWARENESS

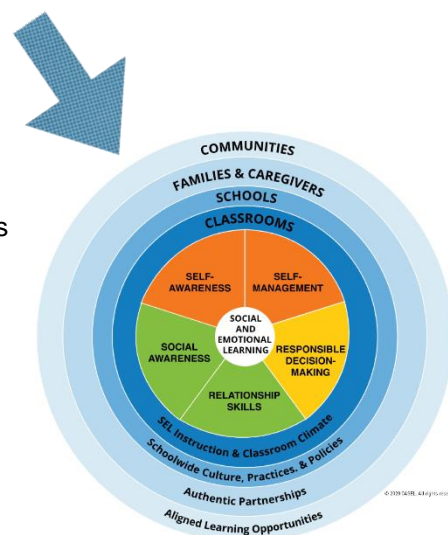
WHAT IS SELF-AWARENESS?

Self-awareness refers to our understanding of thoughts, feelings and values and how they impact our choices and how others perceive us. It involves an understanding of strengths, limitations, bias, ethics and a grounded sense of agency, confidence and purpose.

WHAT DOES SELF-AWARENESS LOOK LIKE?

Children and teens are growing in their self-awareness in differing ways at each age and stage. Children who have a growing self-awareness may:

- Begin to define who they are by what others tell them as well as how they feel and what they learn about their own passions, talents, interests and character.
- Be able to articulate their emotions, values, and beliefs.
- Be aware of their strengths and limitations.
- Learn about and take pride in their family's culture and their life story.
- Understand how they can contribute to their family, communities, and society.



HOW CAN PARENTS FOSTER SELF-AWARENESS?

Parents can...

- Help children identify their feelings by naming them and pointing out ways feelings are showing themselves in their body (heart rate, flushed).
- Support children in exploring their passions and interests.
- Be aware of what you focus on related to a child. How often are you recognizing strengths and admirable character traits? Where your focus goes, their identity grows.
- Share family customs, languages, culture, and stories with honor and pride.
- Learn more about your child's development at each age and stage and ways in which to support that development.
- Help children discover ways to contribute to family and community.
- Meet poor choices with curiosity, compassion and support for your child to act in ways that repair harm.
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PTA HEALTHY LIFESTYLES

- Every day but particularly on days in which your child makes poor choices, has an accident or fails to perform, assure them of your unconditional love.

Kids can...

- Complete family responsibilities/chores
- Work or volunteer for a family business
- Perform community service projects in their local community.

RESOURCES

- [Big Feelings List](#)
- [Language that Promotes Self-Discipline and Responsibility](#)
- [Household Chores by Age and Stage](#)

