

SELF-AWARENESS & SELF-MANAGEMENT

Parent Resource

What is self-awareness and self-management?

Self-awareness and self-management means to understand and govern our thoughts, actions and impact on others.

As your child gets older, he or she will continue to develop self-awareness and self-management skills by recognizing how one's thoughts and ideas influence choices and impact others.

In kindergarten through second grade, children begin:

- ✓ Understanding that healthy choices affect personal wellness.
- ✓ Identifying and recognizing how we think and act is important.
- ✓ Describing how an individual's actions can impact others.

Below are ways you can help your child learn, practice and demonstrate self-awareness and self-management skills:

INTRODUCE SELF-AWARENESS

Introduce the term self-awareness. Discuss its meaning and how it can be applied in your child's daily life, such as listening, following directions and completing chores.

EXAMPLE

For example, help your child understand and recognize how their actions and decisions can impact others.

INTRODUCE SELF-MANAGEMENT

Introduce the term self-management and discuss the meaning and how it can be applied.

EXAMPLE

For example, at recess, your child's friend wants to play a game and your child has no interest in playing the game. Discuss with your child how he or she would approach this situation. Talk about how your child's decision may impact his or her friend.

SKILLS TO CONSIDER PRACTICING WITH YOUR CHILD:



Identifying personal strengths and areas for improvement.



Demonstrating healthy ways to express needs and wants, such as saying please and thank you.



DINNER TABLE CONVERSATION STARTER

Talk with your child about some responsibilities he or she has at home, such as keeping his or her room tidy or setting the table for dinner. Help your child understand how this helps the family and how his or her actions have an impact on other members of the family.

BY GAINING SELF-AWARENESS AND LEARNING SELF-MANAGEMENT, YOUR CHILD WILL TAKE AN ACTIVE ROLE IN MONITORING AND ADAPTING HIS OR HER BEHAVIOR.