

## Social and Emotional Literacy Resource

### Self Awareness

Self-awareness is very important for children of all ages. It helps them thrive at home, at school, and in relationships with other people.

Self-awareness is the ability to tune in to your own feelings, thoughts, and actions. It's also about recognising that how you act affects yourself and others.

That's important for kids who struggle in school or with friendships. It gives them a way to look not just at their challenges, but also to see what they're good at. Knowing more about how they think and how they come across gives kids a better sense of when to speak up for what they need, or self advocate.

<https://www.understood.org/en/friends-feelings/empowering-your-child/self-awareness/the-importance-of-self-awareness>

### Pathway 2 Success

This a great link to select a worksheet, puzzle or art activity to help you and your child to discuss and share thoughts and feelings about self awareness and promote positive thinking.

