

## *Causeway Galveston Presents:*

### **Helping Your Child Improve Their Self-awareness Skills**

*(CASEL Competency: Self-Awareness & Self-Management)*

#### **What is Self-awareness?**

- Conscious knowledge of one's own character, feelings, motives, and desires.

#### **Why is Self-awareness important?**

- **Self-awareness** is **important** because when we have a better understanding of ourselves, we are able to experience ourselves as unique and separate individuals. That empowers us to make changes and to build on our areas of strength as well as identify areas where we would like to make improvements. Having self-awareness also leads to resolving conflict nonviolently.

#### **How can parents/guardians learn more about Self-awareness**

- This article has great tips on how to model and encourage **self-awareness** at home

[http://cdn2.hubspot.net/hub/287778/file-231442306-pdf/improving\\_self-awareness.pdf%3Cb%3E%3C/b%3E](http://cdn2.hubspot.net/hub/287778/file-231442306-pdf/improving_self-awareness.pdf%3Cb%3E%3C/b%3E)

- [https://www.huffingtonpost.com/smart-parents/the-power-of-parenting-wi\\_b\\_7071208.html](https://www.huffingtonpost.com/smart-parents/the-power-of-parenting-wi_b_7071208.html)



- Click here to watch a video about **self-awareness**

<https://youtu.be/tGdsOXZpyWE>