

SELF-AWARENESS & SELF-MANAGEMENT

Parent Resource

GRADES
3-5

What is self-awareness and self-management?

Self-awareness and self-management means understanding and governing 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 grades three through five, children begin or continue:

- ✓ Recognizing the skills needed when working with others.
- ✓ Understanding and discussing ways to take responsibility for one's actions.
- ✓ Identifying ways in which his or her decisions affect others.

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

SHARE AN EXAMPLE



Share with your child about a time when you had to compromise with someone. Did the solution change the way you interacted with that person?

HELP MAKE RESPONSIBLE DECISIONS



Help your child make responsible decisions by explaining the difference between "need to" and "want to." For example, "I need to do my homework, but I want to play my new video game."

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

SKILLS TO CONSIDER PRACTICING WITH YOUR CHILD:



Recognizing the importance of considering others' perspectives when communicating and interacting with them.



Working well with others by listening, cooperating, taking turns and compromising.



DINNER TABLE CONVERSATION STARTER

Discuss with your child ways that you have struggled with self-management. This could be leaving on time in the morning, regularly checking the mail or finding time to do hobbies. Describe the self-management strategies you used to overcome these struggles.

