



Help your students develop self awareness with activities, printables and more social and emotional teaching resources designed to help students. Created by teachers, for teachers, this collection is full of digital and printable activities designed to help students recognize their emotions and learn to identify their own strengths and weaknesses. Each teaching resource has undergone rigorous review by the Teach Starter team to ensure it's ready for the classroom? Read on for some tips from our expert teachers! What Is Self Awareness? A Kid-Friendly Definition Most students are not terribly self aware when they enter elementary school, and that's completely normal. After all, any adults aren't very adept at self awareness! That's why it's so important to include these lessons in your planning to help students flex those muscles and become more aware of who they are. So how do you explain the meaning of self awareness to your class, and how do you teach it? Let's start with a kid-friendly definition. Self awareness means understanding yourself, your feelings and how your actions affect other people. You might tell your students that being self aware is a bit like having a mirror inside your mind that can help you see who you are and how you can make good choices. Explain to students that when you're self-aware, you know what you're good at and what you might need to work on so you can become your own superhero. Why Is Self Awareness Important? Learning to be self aware is part of gaining control of one's own emotions, thoughts and actions, and the lessons we teach in the classroom contribute to our students' personal growth, social interactions and overall well-being in the immediate future and well into adults!) lack self awareness, they tend to struggle with poor decision making, and they may have trouble understanding how their behavior affects others. This can lead to misunderstandings and conflicts with peers and others around them or even unintentional harm to relationships, as they may struggle to empathize or consider the perspectives of others. Self Awareness Examples for Kids Explaining self awareness by providing a definition is one thing, but surely you want to dig a little deeper. Here are some examples from our teacher team that you can use to illustrate what it means to be self aware — and why it's so important! Identifying Emotions — Being able to label our emotions with names like happiness, sadness, anger or excitement is a great example of being self aware. For example, your students might learn to say, "I feel happy when I play with my friends at recess." Understanding Your Talents - Another example of self awareness that kids can easily relate to is the concept of identifying one's strengths or talents. It can be helpful to consider things we can do well and things we can do well and things we want to work on to get better at. For example, a student might say "I am very good at singing, but I would like to practice my spelling to improve." Seeing Strengths in Our Peers — Acknowledging our own strengths is only part of being self aware. It's also good for students to be able to identify (and celebrate) the strengths of others. This will help them build better relationships in the long run. Teaching self-awareness to kids and young students is essential and a must. Self-awareness forms part of social emotional learning (SEL), which teaches kids various skills... like self-control and interpersonal skills... like self-control and interpersonal skills... like self-control and interpersonal skills... like self-awareness forms part of social emotional learning (SEL), which teaches kids various skills... like self-control and interpersonal skills... like self-control and skills... like self-control and interpersonal skills... like self-control and skills... like self-control and skills... like self-control and skills... like self-control and skills.... like self-control and skills... like self-control was a 13% increase in academic success, and nearly 80% of employers rate SEL skills as THE most essential skills for you, we've compiled a list of the best 21 activities and exercises you can use for young children and students so they can learn how to be self-aware. Self-awareness activities are exercises and activities you and your kids can do to engage in reflective awareness. When you get to know yourself, discover what you want to achieve in life, and set yourself up for success. These tools help you "peel the onion" that is you, and with each layer peeled off, the more you learn about yourself so you can live life authentically as you truly are. Being self-aware guides you on how you behave and act. As you uncover destructive thought processes and behaviors, unhealthy patterns, and triggers, you can use your awareness of self to improve yourself, think positively, and grow to be a healthy version of you - in all senses of the word. It's essential to teach children how to be self-aware. After all, it is one of the core aspects of social emotional learning that kids and young students need to master from a young age. Various reasons for doing self-awareness activities with your children include: It helps them gain an accurate understanding of themselves as they learn about their strengths, weaknesses, emotions, values, challenges, and hopes and dreams. Having strong self-awareness skills sets your child up for success as they can self-reflect, be aware of what went wrong, adjust, and improve. Self-awareness skills help your kid manage their behaviors and emotions so they can better connect with others. When your child knows what they aim to achieve in life and what their hopes and dreams for their future are, they can set SMART goals. Being aware of self enables your youngster to advocate for themself. Your child can learn coping strategies and calm themselves when they feel frustrated and upset.When your kid is more aware, they can more clearly express their wants, needs, and feelings.Children can also better share ideas and cooperate with their peers and other people when they are self-aware. They are better able to resolve conflict when they understand how their actions affect other people. Engaging in self-awareness from a young age ensures children learn critical skills they'll use into adulthood and beyond. Children are able to build and improve their confidence and emotional awareness, develop character, and embrace a growth mindset. Other benefits of building self-awareness include decreased stress, improved self-care, increased motivation and productivity, and more happiness and life satisfaction. Being self-aware is a skill just like writing, creating art, playing an instrument, and doing math are skills. As such, you should teach self-awareness in the same way: model what being self-awareness in the same way: model what being self-aware means, ensure your child does activities related to self-awareness in the same way: model what being self-aware means, ensure your child does activities related to self-awareness. awareness activities for kids: A show-and-tell event helps children learn about themselves, which teaches them how to be self-aware. Hosting a show-and-tell doesn't have to be in person; you can host these events over a video conferencing tool like Zoom too. Kids like show-and-tells because it offers them a unique and interactive way to share. Introverted children may not be fans of these sessions, so encourage them to share in ways that work for them - whether it's by creating a slideshow or something else. Self-awareness activities are exercises and activities you and your kids can do to engage in reflective awareness and learn about self-awareness. You can create various themes for each show-and-tell and even have a self-reflecting session afterward. Examples of show-and-tell themes you can consider are: Favorite movies, books, comics, and TV shows favorite gift they received for their birthday or Christmas Their pet or favorite animal A special trinket Their favorite stuffed animal or toy A board game, musical instrument, or sports equipmentCountry flags, food, or culture (especially if you have students from different ethnicities and cultures) Pro Tip: Make show-and-tell inclusive, and remember that not every child in your classroom has the same opportunities and possessions. Remind the children it isn't a bragging session or a competition. It's a space to share and learn about themself. Journaling is fun and simple and such an effective way to teach kids about who they are. It helps them process their feelings, become aware of thoughts and feelings, and communicate their ideas. Teenagers can write independently about whatever catches their fancy, but both young and older students can benefit from journal prompts. For the tiny ones, journaling can encompass using crayons, pencils, emojis, stickers, art, and cut-out memorabilia to express their strengths, weaknesses, feelings, and more. Journaling prompts you can consider include: List 5 of your strengths. Pick one and write about it becoming your strength and how having that strength helps you in life. What are you passionate about? How do you learn best? How would your grownups describe yourself? (Talk about physical features and personality traits.) When did you feel the happiest? Saddest? Angriest? Most anxious or worried? Other prompts can also include a scene from a movie or TV show (it should be age-appropriate), a song or part of a song's lyrics, a poster, or an object. The kids then need to write about it - what they think about it, how it made them feel, etc. Another way that children learn about themselves and thus become self-aware is by listing their hopes and dreams. You can even include fears in this list too. More than just making a list, the kids can also elaborate on these goals and aspirations and preams, so you may find that your children need to be prompted. Maybe do a hopes and dreams list activity once a week and use prompts to help the kids discover what these are. Some hopes and dreams prompts are: What job do you see yourself having one day? Where would you like to see there and experience? Imagine you are 70 years old and you are thinking back on your life. Comparing your dreams and hopes now, what did the 70-yearold you accomplish? What didn't they accomplish? Now reflect on the goals you can create for yourself to help you achieve your dreams. What hobbies do you want to study at college? Or do you want to take a year off? What would you do? While we have an idea of who we are when we're stuck in our comfort bubbles, where we have the same routines and do the same thing day in and day out, trying something new teaches us (and kids) what we have a talent or passion for, and they even teach you about preservation and grit. After all, how would your kids know what they are good at and what they like if they don't try new things? Some activities your child can try: Cake decorating Playing volleyball, football, tennis, basketball, badminton, etc. Doing diamond painting Growing a veggie, herb, or fruit garden Birdwatching Hiking Doing yoga or PilatesTaking photos of interesting and unique things Woodwork Tapestry Geocaching Pro Tip: When your child isn't good at an activity or it really isn't for them, use this as an opportunity to teach them that failure is a chance to learn, not reminisce about all that we focus on ratitude related to self-awareness? Well, we often (and easily) focus on what we don't have, but when we become aware of what we do have and are grateful for those things, we become self-aware. A study published in the Journal of Happiness Studies in 2019 found that when children start practicing gratitude from an early age, the grow up to be happier as adults. And you can only be truly happy when you are self-aware. A few activities you can use to teach your kid to be thankful are: Teaching them to say "thank you" and mean it Performing random acts of kindness Making a gratitude jar where the child adds a post-it note every day for 1-5 items they are thankful are: for Creating a gratitude ritual (not just at Thanksgiving) for every morning during breakfast, on the car-ride to school, or every Friday afternoon Keeping a gratitude journal You can also teach kids about self-awareness when they learn and practice positive affirmations. Self-awareness is one of the core aspects of social emotional learning that kids and young students need to master from a young age. Seeing themselves in a positive light and speaking kindly to themselves helps combat automatic negative thoughts, boost self-esteem, promote self-love, and manage their emotions. Try some of these activities to teach your youngster about self-awareness and positive affirmations: Read through or share positive affirmations and have your kid pick their favorite 5 or 10. Your child can then write these affirmations on sticky notes and tape them to random places in the house. When they pass that spot, they need to stop and use the affirmation by saying it aloud. Write a few positive affirmations on sticky notes and forth or from kid to kid, and when a child catches the ball, they need to read one of the affirmations. For the little ones, you can sit on the floor and roll the ball and help them read. Or use pictures with "I am ..." statements. Practice positive thoughts breathing. As the kid breathes in, they need to think of a positive thought or affirmation, pause for 2 to 3 seconds, and then breathe out. You can also teach self-awareness to kids via reading. Find age-appropriate material, and either read to them or have them read by themselves. You can then discuss the chapter, book, or article with them and tie it into the self-awareness book and blogs you can consider using are Why Am I Me? By Paige Britt Giraffes Can't Dance by Giles Andreae The Bad Seed by Jory John Chrysanthemum by Kevin Henkes Alchemy 365: A Self-Awareness Workbook by Brenda Lightfeather MarroI Believe I Can by Grace Byers Looking Like Me by Walter Dean MyersJust As You Are: A Teen's Guide to Self-Acceptance and Lasting Self-Esteem (The Instant Help Solutions Series) by Michelle Skeen and Kelly Skeen It's Okay to Be Different by Todd Parr Little Big Feelings by Deb MillsHooray for You! A Celebration of You-ness by Marianne Richmond Making vision boards can be a ton of fun as children get to be creative. The collage your kid makes can include pictures, drawings, words, quotes, and anything else that fits in with the theme and symbolizes their aspirations, goals, and dreams. Some ideas for vision board activities for kids are: What are your favorite things? What are your biggest dreams and goals? What is your dream job? What do you value most in this world? Pro Tip: You can also let your kid practice their vision board on a computer or tablet. Consider Canva, Gimp, Adobe Spark, Visme, and Design Wizard for the design software. Your child can use Ivory Mix, Pexels, Pixabay, and Unsplash for free images. Role playing offers many benefits, from teaching kids about themselves and others to processing new information, gaining a better understanding of the role playing are to keep it real and clear and ensure all the kids have a "job" - whether they role to play or are observers in the audience. During the role playing activity, ask the audience to watch actions, words, and emotions. You can even delve into different scenarios - "what if X happened, what would you do?" The purpose of role playing is so the kids can see how their reactions and actions impact themselves and others when they act out a situation. Pro Tip: Consider using puppets if the kids are too young to role playing with the puppets, and then let the children try. A cool self-awareness activity for kids is creating a self-awareness box (yes, like a swear jar, but just better). You need a box markers, and sticky notes. And you can choose to do this activity daily, weekly, or monthly. You can guide your child on what to write on the sticky notes by giving them questions (or even both). For example, in a strength and weaknesses theme, ask them, "List 3 strengths," "Ust 3 weaknesses," "What did you learn about a weakness you have?" and "Where did strength help you cope during a challenging situation?" For every question, the child can write their answers or keywords on a sticky notes per theme. At the end of the week or month, take out the notes and talk about what your child wrote. You can start the day with an emotional check-in with your child or class of students. These check-ins help kids think about how they feel. Only when we understand what we feel can we work through their emotions. Even older students may need that kind of support. Create a poster for the emotional check-ins. You can get creative with this, but you feel? Say how you feel out loud or write the emotion on a post-it note. Take a few minutes to think about your emotion(s). Just feel and breathe. What do you need? Speak your needs out loud or write them on the other side of the post-it note to help you move on. You may think that self-awareness and mindfulness are the same. These concepts are related but they are also different. Being aware helps you be more present, while mindfulness requires lots of introspection and thought process adjustments. Thus, you can use mindfulness activities to teach kids about self-awareness. Some cool mindfulness activities for kids, and Sound Mind. Doing mindful or intentional breathing exercises, like box breathing boing body scans Create a mindful jar Doing mindfulness meditations When seeking to become more self-aware, drawing is an effective tool for kids. Many have a unique talent for doodling and find peace and enjoyment in it. They can draw their reality and actively express what is in their emotions through art. Give your child a fresh piece of paper, a #2 pencil, a colored pencil, or a crayon, and encourage them to let their emotions go wild. You can also teach self-awareness to kids via reading by finding age-appropriate material, and either read to them on paper They can draw the person or an emoji or recreate the circumstance through their art. If they are joyful or excited, art is a helpful tool to become aware of their emotions and open a door for you to discuss it further with them. To express their emotions, children can write a short story with themselves as the main character. As they write the story, they can write about scenarios that have brought on specific emotions and how the main character. As well as the action taken in response to those emotions. Then, you can provide feedback on healthier ways to deal with their feelings and validate all the good and productive emotions. As children grow older and learn ways to express themselves and process emotions, it can be a valuable tool to see how far they have come in their thought patterns. The letter can include a list of their current challenges, goals, abilities, and accomplishments. These can serve as a great reminder when they hit a stumbling block in the future, and their self-esteem has taken a hit. The following are ideas kids can write about to their future selves that will help them be more self-aware. How they are feeling at the moment.Projects they are currently working to complete.What they hope to learn in the near future (hobbies, skills, etc.)A message they would say to someone special in their lives that is making a significant impact on them. Someone they hold in high regard. Write loving and uplifting words of encouragement their future self may want to hear if they are going through a difficult time. These short letters can be a great form of self-care and kept in a notebook or folder, tucked away for a particular time when the child needs positive self-talk. Prayer can be a strong lifeline to help children be more self-aware. Knowing there is a caring Heavenly Father who is always with them and available to listen can give them much peace and scrength are. A few other benefits of prayer are: Hope for the future. Prayer can usher in a peace that surpasses their need to understand what is going on in their lives. They can find a safe space to confidently express their concerns without fear of gives them something to look forward to in the future as they watch situations change, and things fall into place over time. Reflecting on past decisions is an excellent way for children to be more self-aware. With your help, guide them through situations that have happened more than once and help them reflect on how they managed it in the past as compared to now. It can be a great way to show them how much personal growth they have achieved over a short time. I helped my nephew Terrance reflect on a recent situation that hurt his feelings. He had a crush on a girl from school and asked her to be his girlfriend, but she turned him down because she liked someone else. He was down about it, so I helped by encouraging him to reflect on what happened 2 short years old. Back when he had his first crush. The little girl he liked was in his homeroom class and rode the same. Asking her to circle yes or no. She and her friends laughed about it as she circled no and passed the letter back. He cried and was depressed for the rest of the evening. So, he realized this particular experience with heartbreak didn't lead to tears. And though he was a little bummed out, he didn't let it keep him down as long as before. It helped Terrance to reflect and see how far he had come in a short time when handling disappointment. Ultimately, he felt proud of himself and was confident it was her loss, not his. Many of us assume the worst about ourselves. Especially children. They try something a couple of times and believe they can't do it. But it's healthy for them to question every assumption they have about their abilities. You can help by asking your kids why? Why do you feel like you can't do this or that? Why are you afraid to try it? assumptions, they can gain an understanding and recognition of things and people that cause them fear and anxiety. Then, learn and develop healthy ways to examine those feelings and make sound judgments. In the day we live in, many feel children should have the right to make major life-altering decisions. But the reality is that many of us as adults are still unsure of ourselves in our 30s, 40s, and 50s. But our wisdom has far exceeded that of our kids. You can use mindfulness meditations. So, the best way to help kids be more self-aware is to be surrounded by wise counsel. As their parents, grandparents, uncles, and aunts we should understand that their preferences will change quickly. Still, we should be available to help them navigate the feelings they express in healthy and productive ways. Let them feel safe when talking with us so they mature conclusion. Children pick up on things like metal to magnets. So, when children use stereotypes and harmful labels to express their feelings about themselves, it is healthy to help them reflect on their choice to use those words. Jessica was turning 13 and a few classmates for a birthday party. including Cody, who she had really begun to like. Unfortunately, she shared a birthday with Alaina, who was said to be the prettiest girl in school. Alaina's birthday party was the same day, and unfortunately, Cody went to her party instead of Jessica's. Sadly, while FaceTiming with a friend, Jessica's mom overheard her saying she felt ugly and thought that was why Cody never came to her party. And if she were prettier, Cody would have attended her party?Did you ask Cody why he didn't come to your party?Didn't you and your friends have a good time at the party? After taking time to reflect, Jessica realized that she focused on the one thing that disappointed her rather than the many things about that day. Similar to listing their strengths and weaknesses, when children reflect on their uniqueness, they can look at the overall sum of themselves and see what makes them one of a kind. Kids often try to gravitate toward and mimic those who are thought of as popular and fun. But by helping them reflect on their unique abilities, talents, personality traits, or sense of style, you can help them navigate a new path. It gives them the confidence to "dare to be different" at an impressionable time when it's cool to be a copycat. Focusing on their uniqueness gives them confidence and a tremendous amount of self-acceptance not to fall into the harmful patterns of comparison. When they reflect on their uniqueness, it helps them: Be grateful for what they have. Be okay with not being perfect. Be their own ally and not so self-critical. Second guess a lot less. Take the world by storm. You help your child the most by offering celebratory reassurance to them, to a large extent, when their unique abilities serve as a blessing and support to others. Before long, it will become ingrained within their hearts and part of the conversations they have with themselves. Teaching kids about being self-aware can be an eye-opening, fun, and fulfilling experience... especially when they use what they learn about themselves to become even better people. After all, David Goggins said it best, "The most important conversations you'll ever have are the ones you'll have with yourself." These moments of introspection are often the ones the motivate us to move in a different direction and improve our lives. Are you looking for some inspiration to help you on your own personal journey of self-awareness? Then don't miss our article on 57 self-awareness? Then don't miss our article on 57 self-awareness? awareness to kids and young students is essential and a must. Self-awareness forms part of social emotional learning (SEL), which teaches kids various skills... like self-control and interpersonal skills. Lessons such as these set them up for success in life, school, work, and beyond. Research into SEL found that students were almost 50% less likely to be involved in physical aggression, there was a 13% increase in academic success, and nearly 80% of employers rate SEL skills as THE most essential skills for job success. So which self-awareness activities for kids can you use to teach them this must-have skill? Lucky for you, we've compiled a list of the best 21 activities and exercises you can use for young children and students so they can learn how to be self-aware. Self-awareness activities are exercises and activities you and your kids can do to engage in reflective awareness. When you become self-aware, you get to know yourself, discover what you want to achieve in life, and set yourself up for success. These tools help you "peel the onion" that is you, and with each layer peeled off, the more you learn about yourself so you can use your awareness of selfto improve yourself, think positively, and grow to be a healthy version of you - in all senses of the word. It's essential to teach children how to be self-aware. After all, it is one of the core aspects of social emotional learning that kids and young students need to master from a young age. Various reasons for doing self-awareness activities with your children include: It helps them gain an accurate understanding of themselves as they learn about their strengths, weaknesses, emotions, values, challenges, and hopes and dreams. Having strong self-awareness skills help your kid manage their behaviors and emotions so they can better connect with others. When your child knows what they aim to achieve in life and what their hopes and dreams for their future are, they can set SMART goals. Being aware of self enables your youngster to advocate for themself. Your child can learn coping strategies and calm themselves when they feel frustrated and upset. When your kid is more aware, they can more clearly express their wants, needs, and feelings. Children can also better share ideas and cooperate with their peeple. Engaging in self-awareness from a young age ensures children learn critical skills they'll use into adulthood and beyond. Children are able to build and improve their confidence and emotional awareness, develop character, and embrace a growth mindset. and productivity, and more happiness and life satisfaction. 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Self-awareness activities are exercises and activities you and your kids can do to engage in reflective awareness and learn about self-awareness. You can create various themes for each show-and-tell and even have a self-reflecting session afterward. Examples of show-and-tell themes you can consider are: Favorite animal A special trinketTheir favorite stuffed animal or toy A board game, musical instrument, or sports equipmentCountry flags, food, or culture (especially if you have students from different ethnicities and possessions. Remind the children it isn't a bragging session or a competition. It's a space to share and learn about themself. Journaling is fun and simple and such an effective way to teach kids about whatever catches their fancy, but both young and older students can benefit from journal prompts. For the tiny ones, journaling can encompass using crayons, pencils, emojis, stickers, art, and cut-out memorabilia to express their strengths, weaknesses, feelings, and more. Journaling prompts you can consider include: List 5 of your strengths. Pick one and write about it becoming your strength and how having that strength helps you in life. What are you passionate about? How do you learn best? How would your grownups describe you? How do you describe yourself? (Talk about physical features and personality traits.) When did you feel the happiest? Saddest? Angriest? Most anxious or worried? Other prompts can also include a scene from a movie or TV show (it should be age-appropriate), a song or part of a song's lyrics, a poster, or an object. The kids then need to write about it, how it made them feel, etc. Another way that children learn about it - what they think about it, how it made them feel, etc. Another way that children learn about the prompt or draw about it. by listing their hopes and dreams. You can even include fears in this list too. More than just making a list, the kids can also elaborate on these goals and aspirations and paint a visual picture. It's not always easy to just think of your hopes and dreams list activity once a week and use prompts to help the kids discover what these are. Some hopes and dreams prompts are: What job do you see yourself having one day? Where would you like to travel to? What would you like to see there and experience? Imagine you are 70 years old and you are thinking back on your life. Comparing your dreams and hopes now what did the 70-year-old you accomplish? What didn't they accomplish? Now reflect on the goals you can create for yourself to help you achieve your dreams. What hobbies do you want to study at college? Or do you want to study at college? Or do you want to take a year off? What would you do? While we have an idea of who we are when we're stuck in our comfort bubbles, where we have the same routines and do the same thing day in and day out, trying something new teaches us (and kids) what we have a talent or passion for, and they even teach you about preservation and grit. After all, how would your kids know what they are good at and what they like if they don't try new things? Some activities your child can try: Cake decorating Playing volleyball, football, tennis, basketball, badminton, etc. Doing diamond painting Growing a veggie, herb, or fruit garden Birdwatching Hiking Doing yoga or PilatesTaking photos of interesting and unique things Woodwork Tapestry Geocaching Pro Tip: When your child isn't good at an activity or it really isn't for them, use this as an opportunity to teach them that failure is a chance to learn, not reminisce about all that we focus on So how is gratitude related to self-awareness? Well, we often (and easily) focus on what we don't have, but when we become self-aware. A study published in the Journal of Happiness Studies in 2019 found that when we become self-aware. A study published in the Journal of Happiness Studies in 2019 found that when we become self-aware. grow up to be happier as adults. And you can only be truly happy when you are self-aware. A few activities you can use to teach your kid to be thankful are: Teaching them to say "thank you" and mean it Performing random acts of kindness. for Creating a gratitude ritual (not just at Thanksgiving) for every morning during breakfast, on the car-ride to school, or every Friday afternoon Keeping a gratitude journal You can also teach kids about self-awareness when they learn and practice positive affirmations. Self-awareness is one of the core aspects of social emotional learning that kids and young students need to master from a young age. Seeing themselves in a positive light and speaking kindly to themselves helps combat automatic negative thoughts, boost self-esteem, promote self-love, and manage their emotions. Try some of these activities to teach your youngster about self-awareness and positive affirmations: Read through or share positive affirmations and have your kid pick their favorite 5 or 10. Your child can then write these affirmations on sticky notes and tape them to random places in the house. When they pass that spot, they need to stop and use the affirmation by saying it aloud. Write a few positive affirmations on a ball. Throw the ball back and forth or from kid to kid, and when a child catches the ball, they need to read one of the affirmations. For the little ones, you can sit on the floor and roll the ball and help them read. Or use pictures with "I am ..." statements. Practice positive thoughts breathing. As the kid breathes in, they need to think of a positive thought or affirmation, pause for 2 to 3 seconds and then breathe out. You can also teach self-awareness to kids via reading. Find age-appropriate material, and either read to them or have them and tie it into the self-awareness goals you want to reach. Some self-awareness book and blogs you can consider using are Why Am I Me? By Paige Britt Giraffes Can't Dance by Giles Andreae The Bad Seed by Jory John Chrysanthemum by Kevin Henkes Alchemy 365: A Self-Awareness Workbook by Brenda Lightfeather Marrol Believe I Can by Grace Byers Looking Like Me by Walter Dean MyersJust As You Are: A Teen's Guide to Self-Acceptance and Lasting Self-Esteem (The Instant Help Solutions Series) by Michelle Skeen and Kelly Skeen It's Okay to Be Different by Todd Parr Little Big Feelings by Deb MillsHooray for You! A Celebration of You-ness by Marianne Richmond Making vision boards can be a ton of fun as children get to be creative. The collage your kid makes can include pictures, drawings, words, quotes, and anything else that fits in with the theme and symbolizes their aspirations, goals, and dreams. Some ideas for vision board activities for kids are: What are your favorite things? What makes you happy? What are your biggest dreams and goals? What is your dream job? What do you value most in this world? Pro Tip: You can also let your kid practice their digital skills and create their vision board on a computer or tablet. Consider Canva, Gimp, Adobe Spark, Visme, and Design Wizard for the design software. Your child can use Ivory Mix, Pexels, Pixabay, and Unsplash for free images. Role playing offers many benefits, from teaching kids about themselves and others to processing new information, gaining a better understanding of the role playing are to keep it real and clear and ensure all the kids have a "job" - whether they have a role to play or are observers in the audience. During the role playing activity, ask the audience to watch actions, words, and emotions. After the role play, ask the kids specific self-awareness questions. You can even delve into different scenarios - "what if X happened, what would you do?" The purpose of role playing is so the kids can see how their reactions and actions impact themselves and others when they act out a situation. Pro Tip: Consider using puppets, and then let the children try. A cool self-awareness activity for kids is creating a self-awareness box (yes, like a swear jar, but just better). You need a box, markers, and sticky notes. And you can choose to do this activity daily, weekly, or monthly. You can guide your child on what to write on the sticky notes by giving them questions (or even both). For example, in a strength and weaknesses theme, ask them, "List 3 weaknesses," "What did you learn about a weakness you have?" and "Where did strength help you cope during a challenging situation?" For every question, the child can write their answers or keywords on a sticky note and add it to the box. Or you can let them add 3 to 5 sticky notes per theme. At the end of the week or month, take out the notes and talk about what your child wrote. You can start the day with an emotional check-in with your child or class of students. These check-ins help kids think about how they feel. Only when we understand what we feel can we work through their emotions. Even older students may need that kind of support. Create a poster for the emotional check-ins. You can get creative with this, but you feel? Say how you feel out loud or write the emotion on a post-it note. Take a few minutes to think about your emotion(s). Just feel and breathe. What do you need? Speak your needs out loud or write them on the other side of the post-it note to help you move on. You may think that self-awareness and mindfulness are related but they are also different. Being aware helps you be more present, while mindfulness are the same. These concepts are related but they are also different. thought process adjustments. Thus, you can use mindfulness activities to teach kids about self-awareness. Some cool mindfulness activities for kids, and Sound Mind. Doing mindfulness activities for kids are: Creating mandalas Practicing yoga Using mindfulness activities for kids are: Creating mandalas Practicing yoga Using mindfulness activities for kids are: Creating mandalas Practicing yoga Using mindfulness activities for kids are: Creating mandalas Practicing yoga Using mindfulness activities for kids are: Creating mandalas Practicing yoga Using mindfulness activities for kids are: Creating mandalas Practicing yoga Using mindfulness activities for kids are: Creating mandalas Practicing yoga Using mindfulness activities for kids are: Creating mandalas Practicing yoga Using mindfulness activities for kids are: Creating mandalas Practicing yoga Using mindfulness activities for kids are: Creating mandalas Practicing yoga Using mindfulness activities for kids are: Creating mandalas Practicing yoga Using mindfulness activities for kids are: Creating mandalas Practicing yoga Using mindfulness activities for kids are: Creating mandalas Practicing yoga Using mindfulness activities for kids are: Creating mandalas Practicing yoga Using mindfulness activities for kids are: Creating mandalas Practicing yoga Using mindfulness activities for kids are: Creating mandalas Practicing yoga Using mindfulness activities for kids are: Creating mandalas Practicing yoga Using mindfulness activities for kids are: Creating mandalas Practicing yoga Using mindfulness activities for kids are: Creating mandalas Practicing yoga Using mindfulness activities for kids are: Creating mandalas Practicing yoga Using mindfulness activities for kids are: Creating mandalas Practicing yoga Using mindfulness activities scans Create a mindful jar Doing mindfulness meditations When seeking to become more self-aware, drawing is an effective tool for kids. 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Then, you can provide feedback on healthier ways to deal with their feelings and validate all the good and productive emotions. As children grow older and learn ways to express themselves and process emotions, it can be a valuable tool to see how far they have come in their thought patterns. The letter can include a list of their current challenges, goals, abilities, and accomplishments. These can serve as a great reminder when they hit a stumbling block in the future, and their self-esteem has taken a hit. The following are ideas kids can write about to their future selves that will help them be more self-aware. How they are feeling at the moment. Projects they are currently working to complete. What they hope to learn in the near future (hobbies, skills, etc.) A message they would say to someone special in their lives that is making a significant impact on them. Someone they hold in high regard. Write loving and uplifting words of encouragement their future self may want to hear if they are going through a difficult time. These short letters can be a great form of self-care and kept in a notebook or folder, tucked away for a particular time when the child needs positive self-talk. Prayer can be a strong lifeline to help children be more self-aware. Knowing there is a caring Heavenly Father who is always with them and available to listen can give them much peace and strength are. A few other benefits of prayer are: Hope for the future. Children may not know what the future holds, but they can get to know the one who holds the future. Prayer can usher in a peace that surpasses their need to understand what is going on in their lives. They can find a safe space to confidently express their concerns without fear of judgment. It gives them something to look forward to in the future as they watch situations change, and things fall into place over time. 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So, he realized this particular experience with heartbreak didn't let it keep him down as long as before. It helped Terrance to reflect and see how far he had come in a short time when handling disappointment. Ultimately, he felt proud of himself and was confident it was her loss, not his. Many of us assume the worst about ourselves. Especially children. They try something a couple of times and believe they can't do it. But it's healthy for them to question every assumption they have about their abilities. You can help by asking your kids why? Why do you feel like you can't do this or that? Why are you afraid to try it? Why are you afraid to try it? Why do you think others can do this and you can't? assumptions, they can gain an understanding and recognition of things and people that cause them fear and anxiety. Then, learn and develop healthy ways to examine those feelings and make sound judgments. In the day we live in, many feel children should have the right to make major life-altering decisions. But the reality is that many of us as adults are still unsure of ourselves in our 30s, 40s, and 50s. But our wisdom has far exceeded that of our kids. You can use mindfulness meditations. So, the best way to help kids be more self-aware is to be surrounded by wise counsel. As their parents, grandparents, uncles, and aunts, we should understand that their preferences will change quickly. Still, we should be available to help them navigate the feelings they express in healthy and productive ways. Let them feel safe when talking with us so they will be comfortable sharing their thoughts. Then, you can ask them open-ended questions to help them reach a more mature conclusion. Children pick up on things like metal to magnets. So, when children use stereotypes and harmful labels to express their feelings about themselves, it is healthy to help them reflect on their choice to use those words. Jessica was turning 13 and asked her parents for a birthday party. She wanted to invite her friends and a few classmates, including Cody, who she had really begun to like. Unfortunately, she shared a birthday with Alaina, who was said to be the prettiest girl in school. Alaina's birthday party was the same day, and unfortunately, Cody went to her party instead of Jessica's. Sadly, while FaceTiming with a friend, Jessica's mom overheard her saying she felt ugly and thought that was why Cody never came to her party. And if she were prettier, Cody would have attended her party?Did you ask Cody why he didn't come to your party?Didn't you and your friends have a good time at the party? After taking time to reflect, Jessica realized that she focused on the one thing that disappointed her rather than the many things about that day. Similar to listing their strengths and weaknesses, when children reflect on their uniqueness, they can look at the overall sum of themselves and see what makes them one of a kind. Kids often try to gravitate toward and mimic those who are thought of as popular and fun. It gives them the confidence to "dare to be different" at an impressionable time when it's cool to be a copycat. Focusing on their uniqueness, it helps them: Be grateful for what they have. Be okay with not being perfect. Be their own ally and not so self-critical. Second guess a lot less. Take the world by storm. You help your child the most by offering celebratory reassurance to them, to a large extent, when their unique abilities serve as a blessing and support to others. Before long, it will become ingrained within their hearts and part of the conversations they have with themselves. Teaching kids about being self-aware can be an eye-opening, fun, and fulfilling experience... especially when they use what they learn about themselves to become even better people. After all, David Goggins said it best, "The most important conversations you'll ever have are the ones you'll have with yourself." These moments of introspection are often the ones the motivate us to move in a different direction and improve our lives. Are you looking for some inspiration to help you on your own personal journey of self-awareness? Then don't miss our article on 57 self-awareness? Then don't miss our article on 57 self-awareness? awareness to kids and young students is essential and a must. Self-awareness forms part of social emotional learning (SEL), which teaches kids various skills... like self-control and interpersonal skills. Lessons such as these set them up for success in life, school, work, and beyond. Research into SEL found that students were almost 50% less likely to be involved in physical aggression, there was a 13% increase in academic success, and nearly 80% of employers rate SEL skills as THE most essential skills for job success. So which self-awareness activities for kids can you use to teach them this must-have skill? Lucky for you, we've compiled a list of the best 21 activities and exercises you can use for young children and students so they can learn how to be self-awareness activities are exercises and activities you and your kids can do to engage in reflective awareness. When you become self-awareness. When you become self-awareness and learn about self-awareness and learn how to be self-awareness and students when you become self-awareness. When you become self-awareness and learn about self-awareness. These tools help you "peel the onion" that is you, and with each layer peeled off, the more you learn about yourself so you can use your awareness of self to improve yourself, think positively, and grow to be a healthy version of you - in all senses of the word. It's essential to teach children how to be self-aware. After all, it is one of the core aspects of social emotional learning that kids and young students need to master from a young age. Various reasons for doing self-awareness activities with your children include: It helps them gain an accurate understanding of themselves as they learn about their strengths, weaknesses, emotions, values, challenges, and hopes and dreams. Having strong self-awareness skills help your kid manage their behaviors and emotions so they can better connect with others. When your child knows what they aim to achieve in life and what their hopes and calm themselves when they feel frustrated and upset. When your kid is more aware, they can more clearly express their wants, needs, and feelings. Children can also better share ideas and cooperate with their people when they are self-aware. They are better able to resolve conflict when they understand how their actions affect other people. Engaging in self-awareness from a young age ensures children learn critical skills they'll use into adulthood and beyond. Children are able to build and improve their confidence and emotional awareness, develop character, and embrace a growth mindset. and productivity, and more happiness and life satisfaction. Being self-aware is a skill just like writing, creating art, playing an instrument, and doing math are skills. As such, you should teach self-awareness in the same way: model what being self-aware means, ensure your child does activities related to self-awareness, and let them practice. Here are the 12 best self-awareness activities for kids: A show-and-tell event helps children learn about themselves, which teaches them how to be self-aware. Hosting a show-and-tell doesn't have to be in person; you can host these events over a video conferencing tool like Zoom too. Kids like show-and-tells because it offers them a unique and interactive way to share. Introverted children may not be fans of these sessions, so encourage them to share in ways that work for them - whether it's by creating a slideshow or something else. Self-awareness activities are exercises and activities you and your kids can do to engage in reflective awareness and learn about self-awareness. You can create various themes for each show-and-tell and even have a self-reflecting session afterward. Examples of show-and-tell themes you can consider are: Favorite movies, books, comics, and TV shows favorite gift they received for their birthday or Christmas Their pet or favorite animal A special trinketTheir favorite stuffed animal or toy A board game, musical instrument, or sports equipmentCountry flags, food, or culture (especially if you have students from different ethnicities and possessions. Remind the

children it isn't a bragging session or a competition. It's a space to share and learn about themself. Journaling is fun and simple and such an effective way to teach kids about whatever catches their fancy, but both young and older students can benefit from journal prompts. For the tiny ones, journaling can encompass using crayons, pencils, emojis, stickers, art, and cut-out memorabilia to express their strengths, weaknesses, feelings, and more. Journaling prompts you can consider include: List 5 of your strengths. Pick one and write about it becoming your strength and how having that strength helps you in life. What are you passionate about? How do you learn best? How would your grownups describe you? How do you learn best? Most anxious or worried? Other prompts can also include a scene from a movie or TV show (it should be age-appropriate), a song or part of a song's lyrics, a poster, or an object. The kids then need to write about the prompt or draw about it - what they think about it, how it made them feel, etc. Another way that children learn about themselves and thus become self-aware is by listing their hopes and dreams. You can even include fears in this list too. More than just making a list, the kids can also elaborate on these goals and aspirations and paint a visual picture. It's not always easy to just think of your hopes and dreams, so you may find that your children need to be prompted. Maybe do a hopes and dreams list activity once a week and use prompts to help the kids discover what these are. Some hopes and dreams prompts are: What job do you see yourself having one day? Where would you like to see there and experience? Imagine you are 70 years old and you are thinking back on your life. Comparing your dreams and hopes now, what did the 70-year-old you accomplish? What didn't they accomplish? What didn't they accomplish? What didn't they accomplish? What do you want to study at college? Or do you want to take a year off? What would you do? While we have an idea of who we are when we're stuck in our comfort bubbles, where we have the same routines and do the same thing day in and day out, trying something new teaches us (and kids) what we have a talent or passion for, and they even teach you about preservation and grit. After all, how would your kids know what they are good at and what they like if they don't try new things? Some activities your child can try: Cake decorating Playing volleyball, football, tennis, basketball, badminton, etc. Doing diamond painting Growing a veggie, herb, or fruit garden Birdwatching Hiking Doing yoga or PilatesTaking photos of interesting and unique things Woodwork Tapestry Geocaching Pro Tip: When your child isn't good at an activity or it really isn't for them, use this as an opportunity to teach them that failure is a chance to learn, not reminisce about all that went wrong or how bad they are at something. When we are grateful, we are thankful for what we have and that's what we focus on. So how is gratitude related to self-awareness? Well, we often (and easily) focus on what we don't have, but when we become self-aware. A study published in the Journal of Happiness Studies in 2019 found that when children start practicing gratitude from an early age, they grow up to be happier as adults. And you can only be truly happy when you are self-aware. A few activities you can use to teach your kid to be thankful are: Teaching them to say "thank you" and mean it Performing random acts of kindness Making a gratitude jar where the child adds a post-it note every day for 1-5 items they are thankful for Creating a gratitude ritual (not just at Thanksgiving) for every morning during breakfast, on the car-ride to school, or every Friday afternoon Keeping a gratitude journal You can also teach kids about self-awareness when they learn and practice positive affirmations. Self-awareness is one of the core aspects of social emotional learning that kids and young students need to master from a young age. Seeing themselves in a positive light and speaking kindly to themselves helps combat automatic negative thoughts, boost self-esteem, promote self-love, and manage their emotions. Try some of these activities to teach your youngster about self-awareness and positive affirmations: Read through or share positive affirmations and have your kid pick their favorite 5 or 10. Your child can then write these affirmations on sticky notes and tape them to random places in the house. When they pass that spot, they need to stop and use the affirmation by saving it aloud. Write a few positive affirmations on a ball. Throw the ball back and forth or from kid to kid, and when a child catches the ball, they need to read one of the affirmations. For the little ones, you can sit on the floor and roll the ball and help them read. Or use pictures with "I am ..." statements. Practice positive thoughts breathing. As the kid breathes in, they need to think of a positive thought or affirmation, pause for 2 to 3 seconds, and then breathe out. You can also teach self-awareness to kids via reading. Find age-appropriate material, and either read to them or have them read by themselves. You can then discuss the chapter, book, or article with them and tie it into the self-awareness book and blogs you can consider using are: Why Am I Me? By Paige Britt Giraffes Can't Dance by Giles Andreae The Bad Seed by Jory John Chrysanthemum by Kevin Henkes Alchemy 365: A Self-Awareness Workbook by Brenda Lightfeather Marrol Believe I Can by Grace Byers Looking Like Me by Walter Dean MyersJust As You Are: A Teen's Guide to Self-Acceptance and Lasting Self-Esteem (The Instant Help Solutions Series) by Michelle Skeen and Kelly Skeen It's Okay to Be Different by Todd Parr Little Big Feelings by Deb MillsHooray for You! A Celebration of You-ness by Marianne Richmond Making vision boards can be a ton of fun as children get to be creative. The collage your kid makes can include pictures, drawings, words, quotes, and anything else that fits in with the theme and symbolizes their aspirations, goals, and dreams. Some ideas for vision board activities for kids are: What are your favorite things? What are your biggest dreams and goals? What is your dream job? What do you value most in this world? Pro Tip: You can also let your kid practice their digital skills and create their vision board on a computer or tablet. Consider Canva, Gimp, Adobe Spark, Visme, and Design Wizard for the design software. Your child can use Ivory Mix, Pexels, Pixabay, and Unsplash for free images. Role playing offers many benefits, from teaching kids about themselves and others to processing new information, gaining a better understanding of the role playing are to keep it real and clear and ensure all the kids have a "job" - whether they have a role to play or are observers in the audience. During the role playing activity, ask the audience to watch actions, words, and emotions. After the role play, ask the kids specific self-awareness questions. 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Or you can let them add 3 to 5 sticky notes per theme. At the end of the week or month, take out the notes and talk about what your child wrote. You can start the day with an emotional check-in with your child or class of students. These check-ins help kids think about how they feel can we work through the feelings in a constructive way. With younger students, you can help guide them and teach them the skills they need to work through their emotions. Even older students may need that kind of support. Create a poster for the emotional check-ins. You can get creative with this, but you feel? Say how you feel out loud or write the emotion on a post-it note. Take a deep breath in and exhale. How do you feel? Say how you feel? Say how you feel out loud or write the emotion on a post-it note. Take a deep breath in and exhale. feel and breathe. What do you need? Speak your needs out loud or write them on the other side of the post-it note to help you move on. 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He had a crush on a girl from school and asked her to be his girlfriend, but she turned him down because she liked someone else. He was down about it, so I helped by encouraging him to reflect on what happened 2 short years ago when he was 10 years old. Back when he had his first crush. The little girl he liked was in his homeroom class and rode the same school bus. Back then, he passed his 10-year-old crush a note telling her he liked her and asked if she felt the same. Askinc her to circle yes or no. She and her friends laughed about it as she circled no and passed the letter back. He cried and was depressed for the rest of the evening. So, he realized this particular experience with heartbreak didn't lead to tears. And though he was a little bummed out, he didn't let it keep him down as long as before. It helped Terrance to reflect and see how far he had come in a short time when handling disappointment. 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Alaina's birthday party was the same day, and unfortunately, Cody went to her party instead of Jessica's. Sadly, while FaceTiming with a friend, Jessica's mom overheard her saying she felt ugly and thought that was why Cody never came to her party. And if she were prettier, Cody would have attended her party instead of Alaina's. So, Jessica's mom sat her down and helped her reflect on her feelings about herself. She asked the following questions: Who told you that you were ugly? Did you feel ugly before the party? Did you ask Cody why he didn't come to your party?Didn't you and your friends have a good time at the party? After taking time to reflect, Jessica realized that she focused on the one thing that disappointed her rather than the many things about that day. Similar to listing their strengths and weaknesses, when children reflect on their uniqueness, they can look at the overall sum of themselves and see what makes them one of a kind. Kids often try to gravitate toward and mimic those who are thought of as popular and fun. But by helping them reflect on their unique abilities, talents, personality traits, or sense of style, you can help them navigate a new path. It gives them the confidence to "dare to be different" at an impressionable time when it's cool to be a copycat. Focusing on their uniqueness gives them confidence and a tremendous amount of self-acceptance not to fall into the harmful patterns of comparison. When they reflect on their uniqueness, it helps them: Be grateful for what they have. Be okay with not being perfect. Be their own ally and not so self-critical. Second guess a lot less. Take the world by storm. You help your child the most by offering celebratory reassurance to them, to a large extent, when their unique abilities serve as a blessing and support to others. Before long, it will become ingrained within their hearts and part of the conversations they have with themselves. 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