



Self-Awareness Take Home

TOPIC OF THE MONTH: Self-Awareness is defined as understanding our emotions, thoughts, and actions.

Some activities to try at home:

- Asking your kids what they are good at (their strengths), without agreeing or disagreeing with how they feel.
- Sharing what your strengths and limitations are, how you use your strengths and get help when needed with your limitations.
- Planning a family project where you each pick your contributions according to your strengths.
- Mindfulness exercises, like playing guided meditation or simple breathing exercises. o Reflective Writing: give kids 5-10 minutes to write about a prompt that encourages self-reflection. (When was the happiest moment in your life? Why was it so happy? What is your wildest dream? Why do you think it's important to be kind? What are some things you like and dislike about yourself?)

Additional reading/viewing:

Elementary

- Title: **Be Who You Are!** Author: Todd Parr
- Title: **I'm Gonna Like Me: Letting Off a Little Self-Esteem** Author: Jamie Lee Curtis
- Title: **Small Things** Author: Mel Tregonning.

Upper Elementary:

- Title: **Understanding Myself: A Kid's Guide to Intense Emotions and Strong Feelings** Author: Mary C. Lamia.
- Title: **Being Me: A Kid's Guide to Boosting Confidence and Self-Esteem** Author: Wendy L. Moss PH D.
- Title: **Wonder** Author: R.J. Palacio

Kindness Matters 365 (KM365) is a nonprofit that guides children and teens to explore essential life skills such as being kind and compassionate, respecting others, developing stronger relationships, and coping with challenges. After our kids figure out how to feel and be their best, they practice what they discovered through interactive projects and community engagement initiatives (km365.org).

Visit kindnessmatters365.org/connect or email info@km365.org to sign up for our emails and newsletters.

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