

# JUN.

## week 1

“KNOWING YOURSELF IS THE BEGINNING OF ALL WISDOM.”

- ARISTOTLE

## week 2

“IF... YOU DON'T HAVE SELF-AWARENESS, IF YOU ARE NOT ABLE TO MANAGE YOUR DISTRESSING EMOTIONS... THEN NO MATTER HOW SMART YOU ARE, YOU ARE NOT GOING TO GET VERY FAR.”

- DANIEL GOLEMAN

## week 3

“I THINK SELF-AWARENESS IS PROBABLY THE MOST IMPORTANT THING TOWARDS BEING A CHAMPION.”

- BILLIE JEAN KING

## week 4

“THIS ABOVE ALL: TO THINE OWN SELF BE TRUE.”

- WILLIAM SHAKESPEARE (HAMLET)

# PARENT/GUARDIAN LETTER



## Dear parents and/or guardians...

In this section, we are discussing self-awareness. This lesson started with physical self-awareness as a metaphor for emotional self-awareness. The former is easy - almost anyone can tell when they are comfortable, too hot, in pain, etc. Being emotionally self-aware can be more difficult, especially for young children who are still learning how to process and express emotions.

### HOW CAN YOU HELP?

- Help them process negative emotions. Instead of telling them to “grow up,” or matching them anger-for-anger during a meltdown, try saying, “It seems like you’re very upset. I’m going to give you some time to think about why, then you can come explain it to me calmly.”

- Allow your child to explore their strengths and weaknesses. Let them know that failure is not absolute. It is an opportunity to learn. A child must be aware of which areas and skills they need to improve in before they are able to do so.
- Encourage your child to express their emotions. Being self-aware is a key component of emotional intelligence, which in turn allows us to build healthy relationships with others.

### SELF-AWARENESS

**SELF-AWARENESS MEANS KNOWING WHO WE ARE - BAD AND GOOD.**



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