

# SELF AWARENESS

Self awareness is the ability to see yourself and objectively through reflection and introspection. It is also an awareness of one's own personality or individuality.

Self awareness skills can be taught and practiced on a regular basis. These skills don't develop at once. Learning them is a process that takes time and practice. Self awareness activities are required as they-

- ❖ encourage kids to use their strengths.
- ❖ provides a great sense of self understanding.
- ❖ leads to clearer thinking and better decision making.

Self awareness is important for children as it sets the stage for success. If kids have a better understanding of their emotions, actions and abilities, they can make better choices to help them be successful.

Click on the given link below and help your child in developing self awareness.

<https://youtu.be/qYU4OgMDSjM>

