

# SEL NEWSLETTER

SOCIAL EMOTIONAL COMPETENCY: SELF AWARENESS

## WHAT IS SELF AWARENESS

Self-awareness is the ability to understand one’s own emotions, thoughts, and values and how they influence behavior across contexts. This includes: identifying one’s emotions, recognizing strengths and limitations, having growth-mindset, and linking feelings, values, and thoughts.



## DEVELOPING SELF AWARENESS

- One way students can develop self awareness is to reflect on an experience (losing a game, arguing with a friend, struggling with a math problem) and how it made them feel.
  - Once they’ve identified their feelings, they can start to manage these feelings.
  - Caregivers can model this process. They might share their own experience and how they’re working through their feelings about it.
- Students of all ages can benefit from identifying their emotions, but they may not always have the words.
  - An emotion wheel highlighting a range of emotions—from angry to apathetic, to jealous or joyful—can help.
- Use the wheel to do check-ins throughout the day.
  - Students can choose the emotion that best describes how they feel, then reflect on why they're feeling that way



[Link for print out of emotion wheel](#)