

Self-Awareness for Children

Becoming more self-aware involves recognizing feelings and thoughts and their impact on our own, and others', behavior. Developing self-awareness can help children in social settings interact and be sure their needs are considered.

This worksheet practices self-awareness and self-knowledge by asking the child (or group of children) a series of questions.

Ask the child to consider the following while making it clear that their answers are neither right nor wrong and will change with time and experience:

What are you feeling right now?

Why do you think you are feeling this way?

What are you thinking right now?

What is causing you to think this way?

How can you express or share your thoughts with those you trust?

What strengths can you use more often and how?

What areas would you like to grow and develop?

Becoming more self-aware can increase empathy and understanding of your own, and others', needs.

Dr. Jeremy Sutton