

# THIS CRUCIAL SKILL DOESN'T COME NATURALLY. TEACH KIDS SELF AWARENESS IN 6 WAYS

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*Why do we need to teach our kids to be self aware?*

Self awareness is 2 parts: one is where we become aware or conscious of our strengths & weaknesses, of our motives, character & desires. The other half is we recognize consciously how others might view us. We want both of these things to come together for our kids.

## NOTICE THEM

Notice favorite colors, meals, etc. When you see it, they can see it too.

## BE A GOOD EXAMPLE

If we are scolding our kids for the same things we're doing, we're not being very self aware.

## HELP THEM TO DISCOVER WHO THEY ARE

Create a list of compliments we have for ourselves. Then write our own strengths & weaknesses. Offer a more balanced view of themselves.

## TEACH THEM TO EXPRESS THEIR FEELINGS

"I feel...when..."

## TEACH RESPOND VS. REACT

Reaction is purely emotion, when we Respond it is emotional intelligence.

## ROLE PLAY

Role play is potentially one of the most powerful parenting teaching tools if we use it. And sometimes it's awkward, but that's ok! The awareness comes from running through these situation & preparing.

# reflections:

What are your kids' favorite colors, meals likes, dislikes? Share these things with them.

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How can you set a better example of self awareness?

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What are your child's strengths & weaknesses? What are yours?

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Do your kids know how to express their emotions with "I feel...when..."?

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How can you help your child respond vs. react?

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What are some ways you can role play self awareness skills with your child?

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Notes: