

## Let's look at Self-Awareness.

QuaverReady lessons and resources will help your children's ability to focus on themselves. Self-awareness helps us better understand how our actions, thoughts, and emotions affect others.

Skills related to self-awareness can include the following:

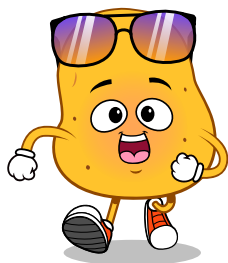
- Managing emotions in stressful situations
- Identifying the outcomes of actions
- Having a growth mindset
- Developing interests and a sense of purpose
- Understanding things from multiple perspectives
- Building self-confidence

## Parent and Child Connections

Ready to help your child build self-awareness to persevere through challenges and remain in control of their emotions? You can help your child feel more self-aware and confident in their abilities by:

- **How you respond to a poor test score.**  
You can let them know that it is okay, as long as they tried their best.
- **How you encourage a growth mindset.**  
Celebrate both their accomplishments and their work towards difficult goals.

Use the QR codes to access a QuaverReady activity and song.



[Hot Potato](#)



[Knock It Down! \(song\)](#)



# Reinforcing Life Skills

Ways to reinforce the skills your child is learning in school at home.

## Self-Management

**Going to school and learning new things can sometimes be difficult for children. They may become frustrated with classwork or homework.**

- ☐ Discuss with your child that it takes time and effort to learn something new.
- ☐ Explain why it is important to try their best and be patient when learning new things.
- ☐ Create a goal statement using the word "yet."

## Self-Awareness

**Sometimes your child might not be able to navigate an emotion. This could lead to home or school rules not being followed.**

- ☐ It is important for your child to realize that their choices have consequences. It can also be a time to guide your student through the impact of their actions.
- ☐ Talk to your child about how their choices might have an effect on other people.
- ☐ Ask your child how the others involved might have felt when a rule was not followed.

## Social Awareness

**Talk to your child about what respect looks like to family members. Compare how to respect people they interact with outside the home.**

- ☐ Explain that respect for teachers and classmates is important in achieving a happy and supportive school.
- ☐ Discuss with your child what respect looks and sounds like.

## Relationship Skills

**Everyone experiences conflict. Conflict often can be resolved in a polite way, even when people disagree.**

- ☐ Discuss with your child some important steps to resolving conflict.
- ☐ First, identify the source of a conflict. Second, walk your child through considering all sides of a conflict. Encourage your child to solve the problem by talking it through. Finally, talk about how apologizing is a way to mend hurt feelings.

## Responsible Decision-Making

**Your child might not always make the best choices.**

- ☐ When talking to your child about their choices, discuss different lessons they learned from the situation.
- ☐ Ask your child what they could have done differently to have a more positive outcome.
- ☐ Working through situations in this way can help your child make better choices in the future.



**Watch for our next Family Connections Newsletter:  
Self-Management**

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