

# SELF-AWARENESS



Self-Awareness means being able to identify and name your own emotions, needs, strengths, and limitations. Studies have found that children who can identify their own emotions are more likely to be successful in school.

Feelings charts, like the one below, can help children connect words with their emotions.



Afraid



Disgusted



Peaceful



Angry



Joyful



Sad



Ashamed



Loving



Surprised