**SOCIAL EMOTIONAL LEARNING Self-Knowledge**

Dear Family/Caregivers,

Self-knowledge is about understanding yourself. This includes understanding your own wants and needs, your strengths and limitations, your beliefs and values, your likes and dislikes, your personality traits, your feelings and behavior, and everything that makes you who you are. Having self-knowledge helps you know yourself better and gives you more control over your life. People with self-knowledge believe that they control what happens in their life, rather than having life control them. Self-knowledge builds confidence and independence and improves decision-making skills, planning, and goal setting.

In this lesson, children are learning to identify his/her own strengths or what he/she is good at.

Students were taught how to identify strengths in others and then in themselves. Suggested activities with your child:

⋅

Whenever your child does something, ask him/her if he/she feels that he/she is good at it. If so, tell them it is another strength that he/she has.

- Tell your child what you think he/she is good at.

⋅

Use your child’s strengths to build other skills. For instance, if your child is good at following directions, make him/her schedules and lists to help him/her gets things done.

Sincerely,

Zack Cartmel