



APRIL

“ Self-Awareness ”

Self-Awareness is defined as the "conscious knowledge of one's own character, feelings, motives, and desires." For younger people, this means being aware of the impact their actions and choices have on others. Becoming aware of the self is an important aspect of practicing empathy.

We often begin the school year with a focus on self-awareness, as we have students participate in "All About Me" activities, but I encourage classrooms and families to re-visit the topic this month. Checking-in with oneself is a great way to note growth and progress made!

APRIL



Self-Awareness

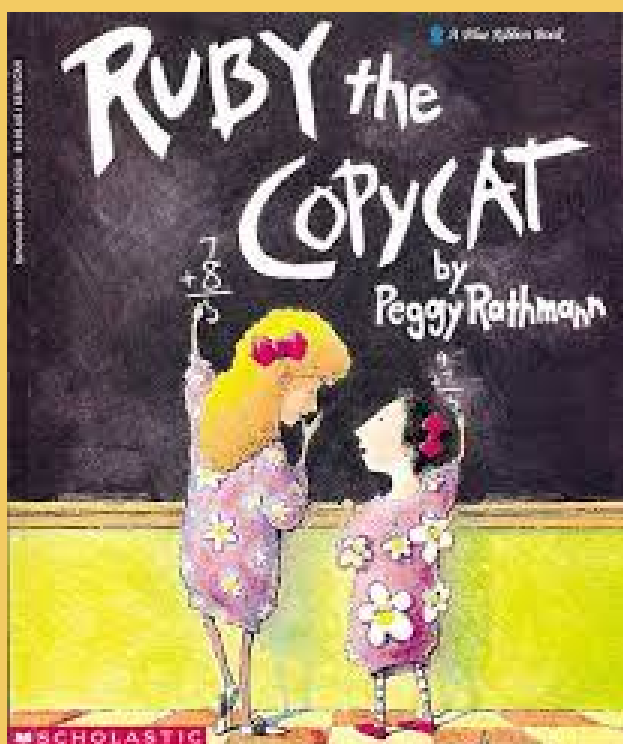
In The Classroom:

"How I Am Seen"
activity/lesson
(upper grades - Ms. Julia can lead)

All About Me
prompt as a mid-year check-in, see
changes/growth



Read Aloud or
Ms. Julia Reads



Read Aloud or
Ms. Julia Reads

