



# Unit 1: Self-Awareness

## Pre-K and K | About This Unit

**Self-Awareness** is a measure of how accurately learners can recognize their feelings and thoughts and learn to understand how those influence their behavior.

### After completing these lessons, students should be able to:

- ✓ Label their own basic emotions
- ✓ Use language to express feelings
- ✓ Begin to understand the consequences of his or her behavior

### Tips for Parents and/or Guardians

1. Model how to identify the feelings of characters in books, songs, and television shows/movies.
2. Label your own feelings and reasons you feel that way to help your child understand the consequences of actions. For example, saying, “I feel so happy when you help me with this.” or “I get very nervous when you run so fast.”



Source: CASEL Teaching Activities to Support the Core Competencies of SEL—August 2017