

Self-Awareness

I can make choices that affect my life.

Development Age 5 to 6

- Have a sense of personal identity
- Know first and last name
- Strong sense of gender identity
- Increased self-control over emotions
- Can change tone of voice to adapt to listener
- Able to follow directions, but may test rules by saying “no” often

Activities to Enhance Self-Awareness

Discuss Feelings: Look through a book or magazine with your child and discuss what a person might be thinking based on their facial expression or activity. Ask questions like “how do you think so and so felt when...?” Through this, you can help your child learn new words to express feelings.

What are some of the special gifts you share as a family?

What does Self-Awareness, Significance, Service, and Success look like in your family?

The full version of the parent resource book is available!

Full Resource Package Includes:

- **Start Smart Stay Safe** detailed information,
- Activities and opportunities to strengthen your child’s development and enrich family communication and relationships. You are the experts in your family!
- Family resources, information tools, and websites

You are the experts in your family!

Please Visit:

www.startsmartstaysafe.ca

For more information please contact:
Kristen Duke, Family Project Coordinator
kduke@mtroyal.ca

Start Smart Stay Safe

Strengths-based educational resources utilized by police officers, teachers, and schools to build resiliency and capacity in children, their families and in their communities through the development of:

- Personal strengths
- Systems of support
- Critical and creative thinking skills
- Healthy peer relationships
- Understanding and respect for the strengths and diversity within groups
- Peaceful conflict resolution



Level 1



Calgary Board of Education SCHOOL DISTRICT

Significance

I am loved,
I belong &
I matter.

Development Age 5 to 6

- Less anxious about separation from caregiver for short periods of time
- May seek independence from adults, but still need reassurance and comfort
- Peers become more important and concept of “best” friends develops
- Strong interest in family activities
- Enjoy telling personal stories

Activities to Enhance Significance

Draw a Family Portrait: Have your child draw a picture of your family. Use this as an opportunity to discuss the roles of each member and the important contributions each person makes to the family. Frame the picture and hang it on a wall. This will help contribute to a sense of belonging in your child.

Each family member brings something wonderful to the family they belong to.

Success

I can set goals for
myself & achieve
them.

Development Age 5 to 6

- Increased independence, may insist on doing tasks without help even when unsuccessful
- Take pride in accomplishments
- Enjoy helping with simple household tasks; like being given small jobs to do
- May develop ability to plan ahead, although only to an extent
- Increased sense of responsibility, can be trusted to follow directions

Activities to Enhance Success

Provide Healthy Choices: Children gain a sense of accomplishment through making choices about their lives. Allow your child to choose for him or herself by providing different but equally appropriate options. For example, for a snack you could ask your child if he or she would like grapes or an apple to eat.

Each family is unique and has its own strengths and abilities.

Service

I have
something to
offer others.

Development Age 5 to 6

- Show caring towards younger children or pets
- May enjoy entertaining others (ie: dancing, singing, making others laugh)
- Show concern when another child is upset
- Understand concepts of giving and receiving
- Better able to take turns and share as well as an increase in cooperative play

Activities to Enhance Service

Encourage Cooperation: Help your child develop skills to interact positively with other children by encouraging play time activities that require cooperation. You may suggest a game of hide and seek or challenge your child and friends to see how high a tower they can build together.

What does service mean to you and your family?