

## Self-Awareness

I can make choices that affect my life.

### Development Age 5 to 8

- Enjoy activities that are real and hands on.
- Like to do things over and over.
- Like to have successes noticed.
- Tell long stories.
- Like routines and rituals.
- Begin to take responsibilities seriously.
- May enjoy spending time alone and working independently.

### Activities to Enhance Self-Awareness

**Provide Choice:** Help your child identify activities that he or she really enjoys doing. Give your child the opportunity to choose for him or herself an activity that he or she would like to do. Offering choices will help your child understand how he or she can have an influence on outcomes.

*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](http://www.startsmartstaysafe.ca)

For more information please contact:  
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# 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 2



Calgary Board of Education

CALGARY CATHOLIC SCHOOL DISTRICT

MOUNT ROYAL UNIVERSITY  
1910

## Significance

I am loved,  
I belong &  
I matter.

### Development Age 5 to 8

- Egocentric (self-centred).
- Easily hurt, may experience embarrassment.
- Develop strong likes and dislikes
- Rules and rituals are important.
- May experience sudden mood swings.
- Enjoy dramatic play.
- Enjoy talking to friends and family on the phone.

### Activities to Enhance Significance

#### **Tell Your Child You Love Him/Her:**

Make it a routine to tell your child that you love him or her and make eye contact at least three times a day. This will let your child know that he or she is important and contribute to a sense of belonging.

*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 8

- Love to cut, colour, and shape things.
- Have a lot of energy.
- Like learning how to use tools.
- Accurately uses scissors.
- Can balance on a wall or beam.
- Enjoy being asked to perform tasks.
- Can be trusted to carry out directions.

### Activities to Enhance Success

**Goal Setting:** Help your child to set a goal that is easy for him or her to accomplish, i.e. picking his/ or her clothes for the next day. Discuss with your child the steps he or she took to accomplish this goal and acknowledge his or her efforts. Early goal setting will lead to larger goals down the road.

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

## Service

I have  
something to  
offer others.

### Development Age 5 to 8

- May have several best friends and begin seeking friendships.
- Like to help with chores.
- Cannot yet clearly imagine what other people think and feel.
- Opinions from peers are becoming important.
- Becoming more cooperative with adults.
- Often dislike missing school or other events.

### Activities to Enhance Service

**Helping Your World:** Teach your child about recycling. Explain how it works and why it helps the planet. Get him or her involved with recycling at your house. Involvement in an activity that benefits others will allow your child to feel he or she is contributing to a greater cause.

*What does service mean to you and your family?*