Self-Awareness

I can make choices that affect my life.

Development Age 8 to 10

- Increase self management and problem solving skills.
- Think twice and better able to consider consequences.
- Consider other's perspectives, developing more cooperative play with others.
- Become more aware of personality traits and the role they play in choosing friendships.
- May seek privacy at home, may tend to withdraw under stress as a problem solving skill.

Activity to Enhance Self-Awareness:

Personal Preparation: Discuss difficult situations when your child might need to say no, like peer pressure; solutions, consequences and practice dialogue; what could be said? Practice and role play will create awareness of values and expectations and how to be prepared in those situations.

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!

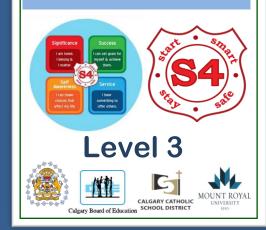
Please Visit: www.startsmartstaysafe.ca

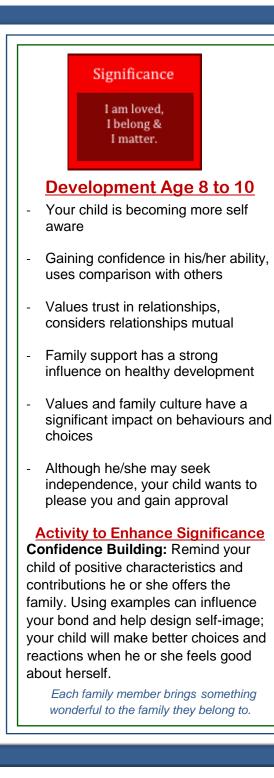
For more information please contact: Kristen Duke, Family Project Coordinator <u>kduke@mtroyal.ca</u>

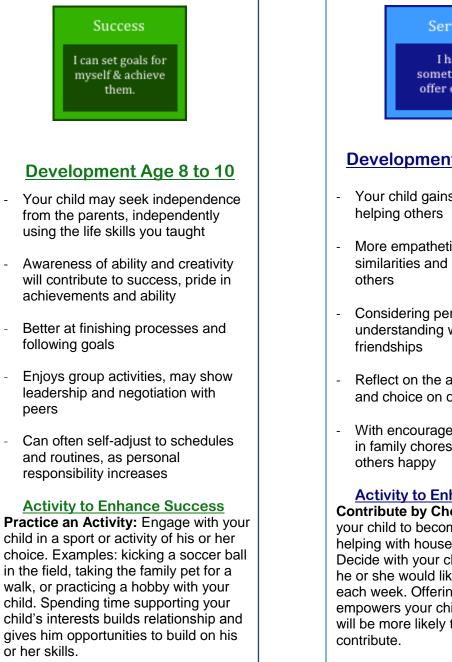
Start Smart Stay Safe

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 skills







Service

I have something to offer others.

Development Age 8 to 10

- Your child gains satisfaction from
- More empathetic, notices similarities and differences of
- Considering perspectives, understanding what makes good
- Reflect on the affect of actions and choice on others
- With encouragement, takes pride in family chores and making

Activity to Enhance Service

Contribute by Choice: Encourage vour child to become involved in helping with household duties. Decide with your child a family chore he or she would like to assist with each week. Offering choice empowers your child and he or she will be more likely to want to

What does service mean to you and your