

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:
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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 skills



Level 3



Calgary Board of Education

CALGARY CATHOLIC
SCHOOL DISTRICT

MOUNT ROYAL
UNIVERSITY
1910

Significance

I am loved,
I belong &
I matter.

Development Age 8 to 10

- Your child is becoming more self aware
- Gaining confidence in his/her ability, uses comparison with others
- Values trust in relationships, considers relationships mutual
- Family support has a strong influence on healthy development
- Values and family culture have a significant impact on behaviours and choices
- Although he/she may seek independence, your child wants to please you and gain approval

Activity to Enhance Significance

Confidence Building: Remind your child of positive characteristics and contributions he or she offers the family. Using examples can influence your bond and help design self-image; your child will make better choices and reactions when he or she feels good about herself.

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

Success

I can set goals for
myself & achieve
them.

Development Age 8 to 10

- Your child may seek independence from the parents, independently using the life skills you taught
- Awareness of ability and creativity will contribute to success, pride in achievements and ability
- Better at finishing processes and following goals
- Enjoys group activities, may show leadership and negotiation with peers
- Can often self-adjust to schedules and routines, as personal responsibility increases

Activity to Enhance Success

Practice an Activity: Engage with your child in a sport or activity of his or her choice. Examples: kicking a soccer ball in the field, taking the family pet for a walk, or practicing a hobby with your child. Spending time supporting your child's interests builds relationship and gives him opportunities to build on his or her skills.

Each family is unique and has its own

Service

I have
something to
offer others.

Development Age 8 to 10

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

Activity to Enhance Service

Contribute by Choice: Encourage your 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 contribute.

What does service mean to you and your