

# Emotional Intelligence: Self Awareness

*“Knowing yourself is the beginning of all wisdom”*

*-Aristotle*

**SELF-AWARENESS: The ability to understand one’s own emotions, thoughts, and values and how they influence behavior across contexts.**

Self-awareness is knowledge of how you are feeling in various situations and the ability to accurately label those feelings. This includes the ability to recognize one’s strengths and limitations with a sense of confidence and purpose. The process of learning how one thinks is called metacognition. When military children begin to understand the process of how they think, they will be able to better understand and label their feelings and manage their emotions and reactions in particular situations. Having a strong sense of self-awareness helps students to achieve academic success, manage stress, problem solve, set appropriate goals, learn how to develop healthy relationships, and how to interact in social situations.

CASEL describes Self-Awareness:

- Integrating personal and social identities
- Identifying personal, cultural, and linguistic assets
- Identifying one’s emotions
- Demonstrating honesty and integrity
- Linking feelings, values, and thoughts
- Examining prejudices and biases
- Experiencing self-efficacy
- Having a growth mindset
- Developing interests and a sense of purpose

































*“Labeling emotions accurately increases self-awareness and helps us to communicate emotions effectively, reducing misunderstanding in social interactions.”*










*-Mark Brackett*



# Self-Awareness: Strategies and Tools

For Parents & Professionals	For Parents of Young Children	For School
 <a href="#"><u>Feelings Color Zones</u></a> Chart by MCEC	 <a href="#"><u>Feeling Faces</u></a> Interactive Activity by Sesame Street	 <a href="#"><u>Metacognition: Nurturing Self-Awareness</u></a> Article by Edutopia
 <a href="#"><u>The Emotion Wheel</u></a> Article by Positive Psychology	 <a href="#"><u>Talking About Feelings</u></a> Workshop by Sesame Street	 <a href="#"><u>7 Reflection Tips</u></a> Article by Edutopia
 <a href="#"><u>Guiding Your Child's Social-Emotional Intelligence</u></a> Article by MCEC	 <a href="#"><u>Seeing, Showing, Sharing Emotions</u></a> Article by Sesame Street	 <a href="#"><u>Wellbeing: Fostering Self-Awareness and Empathy</u></a> Article by Edutopia
 <a href="#"><u>Personality Quiz</u></a> Online Quiz by Mint HR	 <a href="#"><u>Expressing Emotions</u></a> Article by Sesame Street	 <a href="#"><u>EQ Quiz for Students</u></a> Worksheet by Elias & Tobias
 <a href="#"><u>4 Animals Personality Test</u></a> Online Quiz by Strong Families	 <a href="#"><u>Taking Care of Yourself</u></a> Article by Sesame Street	 <a href="#"><u>Student EQ: Group Leader Assessment</u></a> Worksheet by Elias & Tobias
 <a href="#"><u>Emotional Vocabulary Quiz</u></a> Worksheet by Elias & Tobias	 <a href="#"><u>Building Self-Esteem</u></a> Video by Sesame Street	 <a href="#"><u>Follow-Up Meeting for EQ</u></a> Worksheet by Elias & Tobias
 <a href="#"><u>Challenge Inventory</u></a> Worksheet by Elias & Tobias	 <a href="#"><u>Feelings Tic-Tac-Toe</u></a> Printable by Sesame Street	 <a href="#"><u>Group Leader EQ Survey</u></a> Worksheet by Elias & Tobias
 <a href="#"><u>Self-Talk, True Talk</u></a> Worksheet by Elias & Tobias	 <a href="#"><u>Feelings and Emotions</u></a> Video by Sesame Street	 <a href="#"><u>Sharing Circle Questions</u></a> Worksheet by Elias & Tobias
 <a href="#"><u>Stopping the Negative Self-Talk Spiral</u></a> Worksheet by Elias & Tobias	 <a href="#"><u>Hugging It Out</u></a> Video by Sesame Street	 <a href="#"><u>Development of Metacognitive Skills</u></a> Article by Leiden University
 <a href="#"><u>Feelings Thermometer</u></a> Worksheet By Elias & Tobias	 <a href="#"><u>Naming Feelings</u></a> Video by Sesame Street	 <a href="#"><u>Promoting Positive Classroom</u></a> Article by Edutopia

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For Parents & Professionals	For Parents of Young Children	For Schools
 <a href="#"><u><b>Affirmations for Children</b></u></a> <i>Article by Camp Corral</i>	 <a href="#"><u><b>Drawing Your Feelings</b></u></a> <i>Printable by Sesame Street</i>	
 <a href="#"><u><b>Self-Awareness</b></u></a> <i>Video by PBS</i>	 <a href="#"><u><b>Feelings Journal</b></u></a> <i>Printable by Sesame Street</i>	
 <a href="#"><u><b>The Feelings Wheel</b></u></a> <i>Resource by Calm</i>	 <a href="#"><u><b>Changing the Labels</b></u></a> <i>Article by Sesame Street</i>	
	 <a href="#"><u><b>Cultivating Confidence</b></u></a> <i>Video by Sesame Street</i>	
	 <a href="#"><u><b>Developing Positive Coping Strategies</b></u></a> <i>Article by MCEC</i>	
	 <a href="#"><u><b>Emotions &amp; Self-Awareness</b></u></a> <i>Online Toolkit by PBS</i>	

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