Mrs. J's Mindful Matters

August

Self-Awareness

And just like that, August is here. Hello Manitas Innovation Academy Families...we are off to such a great start this year! I want to dive right in to our first CASEL Competency for the year, which is Self-Awareness.

Self-awareness is the ability for our children to understand their own emotions and thoughts and recognize that this influences their behavior across environments. Self-awareness includes our child's capacity to recognize their individual strengths and limitations with a well-grounded sense of self- confidence and purpose.

We can foster our children's development of self-awareness by discussing the ways in which their thoughts affect their feelings. Additionally, we can model this for our children by being transparent about our own levels of self-awareness. Finally, consider one of the books listed to the right!

For any other questions or concerns please contact me at:
talva@kyrene.org
480-541-3623
Referral

Groups

I will offer two different small groups this quarter. If you think your child may benefit from this, please send me a referral.

1. Emotion Regulation:
Zones of Regulation
Begins 08/15/22

2. Anxiety Resilience Building Group
COMPASS for Courage
Begins 09/19/22

Children's Books

- Giraffes Can't Dance by Giles Andreae
- Chrysanthemum by Kevin Henkes
- It's Okay to be Different by Todd Parr
- The Name Jar by Yangsook Choi
- Hooray for You! A Celebration of You-ness by Marianne Richmond

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