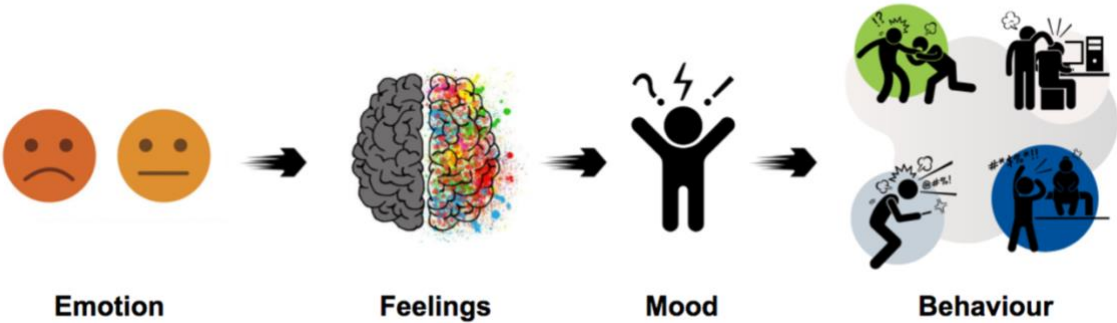


Self-Awareness: The ability to correctly understand the impact of one's own emotions on their thoughts, body, and behavior. Self-awareness skills include the following:

- Saying how you feel using the right words
- Knowing how your feelings can affect your happiness and health
- Knowing what you're good at and what you need to work on
- Setting goals that you can actually reach
- Believing in yourself and thinking positively

Progression of Emotions



Use the space below on the left to explain what these pictures mean to you. On the right side feel to draw or insert images.

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Social-Awareness: Being able to understand how other people feel, even if they are different from you, and seeing things from their point of view is important. This is called empathy and it's a big part of being a kind and aware person. When you can do this, you have a quality called social awareness. Social-awareness skills include the following:

- Having empathy and understanding how other people feel
- Appreciating and respecting people that are different than you
- Knowing and following the rules for how to act in different situations like at school
- Knowing how to use the help that's available from your family, community, and school is important.


Complete the conversation. The young lady with the blue shirt is new to her school. What can the young lady with the pink shirt say to her to demonstrate empathy?




The Empathy Map: An empathy map is like a picture in your mind that helps you understand how someone else may feel. After selecting a person, begin your empathy map by identifying what you hear them say and see them do. You then imagine yourself as them and think about what they might think and feel. This helps you understand their feelings and why they might do what they do. Making an empathy map can be a helpful tool for being kind and understanding to others.

Empathy Map for a Classmate Completed Example

<p><i>"I don't like how you talk to me, it's rude!"</i></p> <p>What I heard ____ said.</p>	<p><i>I think he thinks I don't like him, but he's wrong.</i></p> <p>What I think ____ thinks.</p>
<p>What I saw ____ do.</p> <p><i>He argues with me all time.</i></p>	<p>What I think ____ feels.</p> <p><i>He probably feels bad when he's around me. I want to change that</i></p>

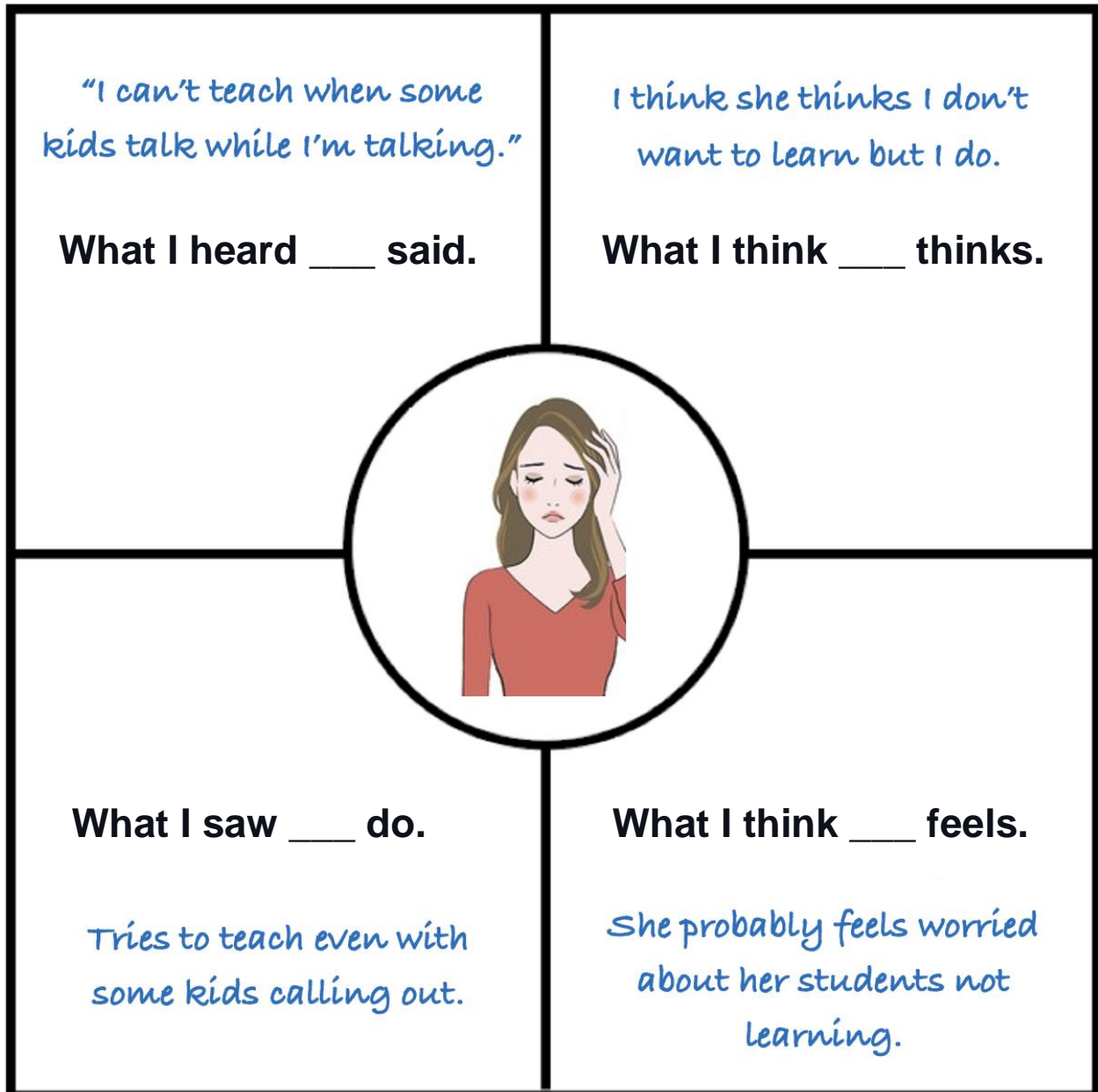


Complete an Empathy Map for a Peer or Classmate

<p>What I heard ____ said.</p>	<p>What I think ____ thinks.</p>
	
<p>What I saw ____ do.</p>	<p>What I think ____ feels.</p>

Empathy Map for a Teacher: Think about how your teacher feels when they are trying to teach you something new, but they can't because some kids are being too loud or not paying attention. Imagine how hard that must be for the teacher. What do you think?

Empathy Map for a Teacher Completed Example



Now Complete an Empathy Map for a Teacher

