



February Counseling Corner

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SELF-AWARENESS

I hope you are doing well! I wanted to take a moment to share with you an important aspect of our emotional learning curriculum that we are focusing on in class this month: self-awareness and the use of 'I messages'.

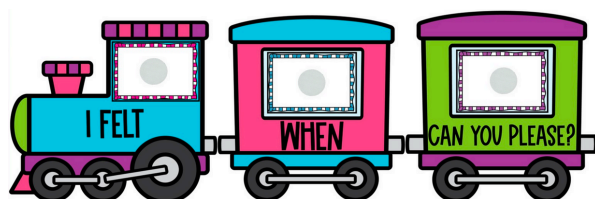
Self-awareness is the ability to recognize and understand our emotions, thoughts, and feelings. It's a crucial skill for young children as it helps them express themselves clearly and manage their emotions in healthy ways. In the classroom, we've been teaching the children how to identify their feelings and communicate them in a respectful manner.

One of the ways we're encouraging this is through the use of 'I messages'. An I message is a simple communication tool that helps children express their feelings without blaming others. It follows this structure:

'I feel... when... can you please...?'

EXAMPLES

For example, if a child is upset because a peer took their toy, instead of saying, 'You took my toy!' (which can sound accusatory), they might say, 'I feel sad when you take my toy. Can you please give it back?' This approach helps the child communicate their feelings without causing conflict or making the other person feel defensive.



SUPPORT AT HOME

- Encourage your child to use 'I messages' at home when they're feeling upset or frustrated. For example, if they're feeling bothered by a sibling, guide them to say something like, 'I feel angry when you don't share. Can you please give me a turn?'
- Practice identifying emotions together. You can ask questions like, 'How do you feel when...?' or 'What do you do when you feel...?'
- Remind them that it's okay to feel all kinds of emotions, and that expressing those emotions in a kind and respectful way is important.