

COUNSELING CORNER

Monthly school newsletter from Lutheran Counseling Services

Word of the Month: Self-Awareness

Resource Highlight:



This school year we will highlight books and other resources related to the word of the month. If you purchase a book through our link, you are supporting our efforts to expand the school counseling program to reach to new schools, children, and families. Thank you!

Consider the following books highlighting self-awareness for different ages:

[Mindsight: The New Science of Personal Transformation](#)

by Daniel J. Siegel, MD

[7 Habits of Highly Effective Teens](#), by Sean Covey

[Today I Feel Silly: And Other Moods That Make My Day](#), by Jamie Lee Curtis

Words Matter Continues

This school year, LCS School Counselors continue to focus on the power of words. Words students say, words they hear, and words they tell themselves. Words Matter is part of the #IamStronger initiative that takes place across Central Florida to help support students, schools, and families in promoting mental health in students and schools. Each month we will focus on a word through the newsletter as well as on campus through presentations and activities that build that trait. Look for ideas throughout the year to support personal growth by focusing on positive qualities and characteristics and how to help develop these in your children.



Self-Awareness

As humans, we have the capacity to develop awareness about ourselves. In fact, researchers have sought out how many other animal species also have this similar capacity for self-recognition or self-awareness through a series of experiments called the **[mirror self-recognition test](#)**. In these experiments, researchers placed a mark on an animal and exposed the animal to a mirror to see if the animal made a gesture toward the mark on itself, suggesting that it recognized itself in the mirror. When we look at the development of humans, we know that within the first 2 years of life, most children begin to understand themselves as separate from others and begin to



Car Conversations

Whether in the car, store line, or at the dinner table, here are some ideas to build self-awareness in your child.

- **Consider 1 Corinthians 13:12**

"For now we see in a mirror dimly, but then face to face. Now I know in part: then I shall know fully, even as I have been fully known."

How does this verse relate to our self-awareness? Discuss this as a family. Discuss how God knows us fully, loves us fully and offers us grace.

- Share as a family something you learned about yourself in the last month or 2.
- Stand in front of the mirror as a family and use a dry-erase marker or post it notes to write things you are proud of about yourself.

COUNSELOR CONNECTION

Counselors are back on campus for the school year! Reach out to your school to contact your school counselor or contact us at LCS at (407) 644-4692 or lcsfl.com. Welcome back to school!!!

MISS A MONTH?

Find previous [newsletters here](#).



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become aware of their own characteristics. This leads into development of empathy as the child learns that his own feelings may differ from feelings others experience.

Dr. Dan Siegel speaks a lot about self-awareness in his many books, including *Mindsight: The New Science of Personal Transformation*. One particular idea he shares is of an awareness wheel, similar to a bicycle wheel with a hub in the center and spokes around the outside. His purpose in sharing this is to direct our awareness to 8 different senses. These include the 5 senses we are all familiar with: touch, taste, smell, sight and hearing. He goes on to include a 6th sense of the interior of our body, then a 7th sense of an awareness of our mental activities. And his final 8th sense is a sense of interconnectedness.

As parents, we can use these senses to help our children develop self-awareness. As very young children, we can focus on the first 5 senses, and help children begin to use words to describe what they see, hear and touch. As children age, they can develop a sense of what they are feeling in their body, as well as what emotions and thoughts may arise in them. And finally, children develop a sense of their connection to the world around them, including their families, schools, town, state, country and the world at large.

Dan Siegel, MD shares a meditative practice and also talks about his [wheel of awarness here](#). While geared toward adults or teens, parents who are interested can modify this exercise to help even younger children tune in to their many senses and develop their awareness of themselves. A sense of self-awareness helps children (and adults) to interact more successfully in the world around them. Consider how to continue to build this trait in your family.

