

Family Chats and Challenges!

Get To Know YOU!

Take it from one of humanity's greats, "Knowing yourself is the beginning of all wisdom." Even back in 384 BCE, Aristotle knew that self-awareness was a skill that had to be exercised. For the theme ***Get to Know YOU***, we will be working on the skill of self-awareness which is the ability to understand one's own emotions, thoughts, and values, and how they influence behavior across contexts. Here are some chats and challenges to consider:

Elementary Families - Let's meditate! There are several cool apps and YouTube videos that can help you with this very difficult practice. Try [calm.com](https://www.calm.com) or [headspace.com](https://www.headspace.com)! Start with just a few minutes and see if you can work toward longer spans of meditation.

Secondary Families - (see above) AND Let's give journaling a try! Consider designating a few minutes when the family sits to add to their own personal self-awareness journal. Consider responding to some of these ideas:

1. What bothers you?
2. Label your mood and determine what led you to feel that way.
3. What was the last thing you worried about? Did it happen?
4. What does your dream life look like?
5. What are four things you are grateful for?