

Project ROCKIT and Self-Awareness

“To realise that you do not understand is a virtue; not to realise that you do not understand is a defect.” Lao Tzu

Dear Families,

Next week we have Project ROCKIT (projectrockit.com.au) providing workshops for our year five and six students. The aim of these workshops is for the participants to reflect on their experiences of standing up for what they believe in, to explore their own individual strengths, and consider what taking positive action may mean for them.

Self-awareness may be defined as being aware of one’s own feelings and qualities. It may be knowing who we are so that we can understand how others see us. Being self-aware could be a useful skill for us when working or interacting with others. Self-awareness could help us to know what to do, and to also know what not to do.

Following are some ideas that may be useful for your family to help teach self-awareness. Have the youngest member of the family choose their favourite to try this week.

- What do you really like to do in your spare time? Talk about why you think you like to do those things.
- Is there anything that you avoid doing? Why do you think this is so? Discuss.
- Write a list of all your strengths and your weaknesses. Talk about them with others in the family.
- Notice how you are feeling right now. Notice how your body feels. How are your shoulders? Your jaw? Your back? Your stomach? Your posture? Notice what happens if you change your posture? What happens if you stand up? Lie down? Roll into a ball?
- How do you think other people perceive you? What do you think they would say are your good and not so good characteristics?

“Your visions will become clear only when you can look into your own heart. Who looks outside, dreams; who looks inside, awakes.” C.G. Jung.

Have a wonderful week.

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