

Agape Schools Awareness & Prevention Newsletter

Awareness and prevention information for the health and wellbeing of Agape families.

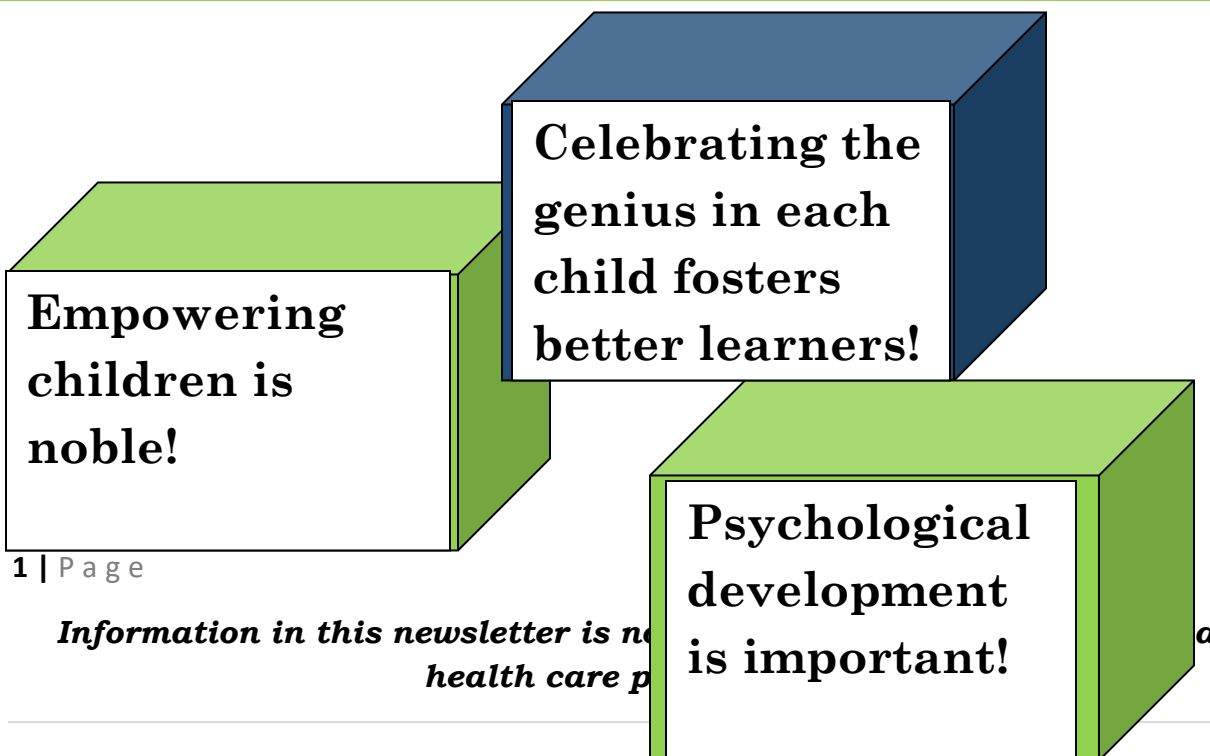
June is Children's Awareness Month!

Children's Awareness Month takes place in June every year. It is a special month that focuses on a generation of leaders who will pave the way for our future.

Did you know that the word 'June' relates to 'children?' It is derived from the Latin word 'Ju-Ven-Is' which translates to 'youth.' This is why the month of June is annually set aside to celebrate and focus on children.

What is Self-Awareness in a Child and Why is it Important?

Self-awareness in children is considered a thinking skill. It is their ability to judge their own performance and behavior correctly and tune their feelings.



- ✓ **Empowering children to be aware and grow to greater heights boosts their confidence and self-esteem and makes them happy and comfortable. Child empowerment is a worthy and ethical cause.**
- ✓ **When we celebrate, honor, & value the genius in each child, it helps them understand that they are powerful creators in their own world. It also boosts their learning skills and makes them effective learners.**
- ✓ **Psychological development is as important as physical and mental development. It forms a crucial basis for decision making, forming ideologies, and enhancing personal abilities.**



We will continue the discussion on self-awareness by presenting information regarding two- and three-year-old children, drawing on resources from PBS.org.



Self-Awareness and the “Terrible Twos”!??

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Information in this newsletter is not intended to replace advice by a health care professional.

Teach Your Two-year-old to Name Emotions

Two-year-olds are still developing their expressive language skills and are more likely to scream in frustration than say, "I am mad because you took my doll." Parents can "listen" to children's behavior and then help them put a name to their emotions.

It might sound like this:

- "You are sad. You had to leave the park, and you are crying because you still wanted to play."
- "You are mad! Your brother knocked your tower down, and you are yelling because you feel MAD."
- "Look at your smile! You are happy that you got to pet that soft, cute puppy."

You can turn emotional vocabulary building into a game.

Take turns choosing a "feeling" word and then express it through exaggerated facial expressions and body language. Start with simple words like "happy" (big smiles, waving hands) and "sad" (frowning face, drooping shoulders). Let them look in the mirror or take a picture on your phone so they can see what they look like. As kids get the hang of it, add more complex words such as "excited," "surprised" and "frustrated."



When I am 3

Name the Emotion

Three-year-olds are learning to name their emotions and recognize situations that cause them to feel happy, sad, mad or scared. They need adult help and simple strategies as they learn to manage their big emotions.

Three-year-olds are still developing their expressive language skills and often need help using their words when they feel emotional. Parents can "listen" to children's behavior and then help them put a name to their emotions. It might sound like this:

- "You are sad. You had to leave the park, and you are crying because you still wanted to play."
- "You are mad! Your brother knocked your tower down, and you are yelling because you feel MAD."
- "Look at that smile! You are happy you got to pet that cute puppy."

Circle Back

After the child has calmed down, circle back and talk about what happened, including how the child felt. Remind them that everyone — including you — feels this way sometimes. Don't be surprised if a child wants to hear the story about "the time I got mad at the store" over and over again. Repetition has benefits: these stories can become a reference point for talking about future big emotions.

Build Vocabulary Through Play

You can turn emotional vocabulary into a game. Take turns choosing a "feeling word" and then expressing it through exaggerated facial expressions and body language. Start with simple words like "happy" (big smiles, waving hands) and "sad" (frowning face, drooping shoulders). Let them look in the mirror or take a picture on your phone so they can see what they look like. As kids get the hang of it, add more complex words such as "excited," "surprised" and "frustrated."