

Tuesday Tips Newsletter

11/03/2020

Brought to you by the DUSD School Psychologists
Members of the District Mental Health Team



What is Social Awareness?

Social awareness is the ability to take other perspectives and empathize with others, including those from diverse backgrounds and cultures. The ability to understand “social” and ethical norms for behavior and to recognize family, school, and community resources and supports.



Social awareness is a crucial element of your child's education. It enables your child to consider the perspective of other people and understand their needs.

Social awareness helps children improve their social skills by interacting with individuals from diverse backgrounds.

Children who are socially aware adapt more easily to their environment, empathize with others perspectives, engage in fewer disruptive behaviors, which creates an environment where children can be more successful. Children with strong social awareness are able to engage in constructive communication with their peers and resolve conflicts when they are faced with them.



Tips To Improve Social Awareness

- Become an observer of others and try to put yourself in their shoes.
- Pay attention to others non-verbal communication.
- Improve your listening skills.
- Think about your feelings.
- Pay close attention to your interactions with others.
- Think before you answer and give a clear response.

Social Awareness Checklist:

Social Awareness			
Social Signals	Positive View	Basic Needs	Games & Integrity
*Eye contact	*Humanity	*To love & be loved	*V-P-R
*Facial expression	*Assume the best	*To be affirmed	*Hidden agendas
*Posture & position	*Recognize value	*To be recognized	*Trust your gut feeling
*Touch	*Seek connection	*To be entertained	*Look for integrity

ACTIVITIES TO TRY AT HOME

Social awareness activities for kids encourage them to think about others and to broaden their knowledge about the world.

1. Edible necklaces make great gifts especially for those living in homeless shelters. With this social awareness activity, kids can turn healthy foods like cereals and dried fruits into necklaces and then take them to the shelter.



What You'll Need:

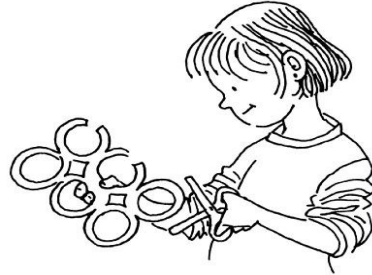
- Spoon
 - Plastic sandwich bags
 - Colorful and fun cereals
 - Dried fruits
 - Healthy candy snacks
2. Making art for seniors encourages kids to brighten the days of senior citizens. From airplanes to animals, drawing a favorite scene and then giving it to a senior citizen makes a great social awareness activity for kids.



What You'll Need:

- Paper
- Crayons
- Cardboard

3. Animals have rights, too, and kids can help save small animals (with the help from an adult) -- one six-pack at a time. With pop can cut-ups, kids can spread the word and get others involved, too. This social awareness activity encourages kids to think about those who can't talk for themselves.



What You'll Need:

- Blank paper
- Colored markers or crayons
- Masking tape
- Stapler

**DISTRICT HOTLINE (661) 721-5000
EXT.00600**

**NATIONAL SUICIDE PREVENTION LIFELINE
1 (800) 273-8255**

ADDITIONAL RESOURCES:

The California Parent and Youth Helpline provides support and resource referrals to parent and youth during the current COVID-19 pandemic, 7-days a week from 8:00 a.m. to 8:00 p.m. Call or text 1-855-4APARENT (855-427-2736) for services in English, Spanish and other languages.

For more information, please visit:
<https://caparentyouthhelpline.org/>

