

# A Quick Guide to Self Awareness and Regulation Practices

*Self-awareness involves understanding your emotions, thoughts, and values, and recognizing how they influence your actions. Afterschool programs provide an excellent opportunity for young people to build the skills necessary for both self-awareness and self-regulation.*

- Build a vocabulary around emotions (naming and intensity)
- Build body awareness
- Acknowledge emotions without judgement
- Start with safety and belonging
- Build in intentional activities and reflection around self-awareness
- Practice gratitude for yourself and others

Grounding practices.  
Notice your emotions and feelings in your body.



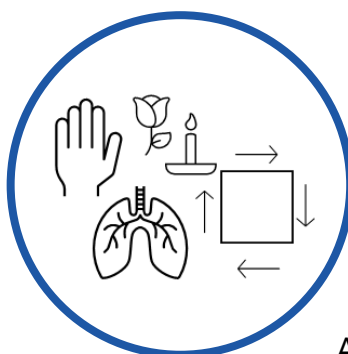
Create space to talk about  
(and listen to others) what self-awareness looks like



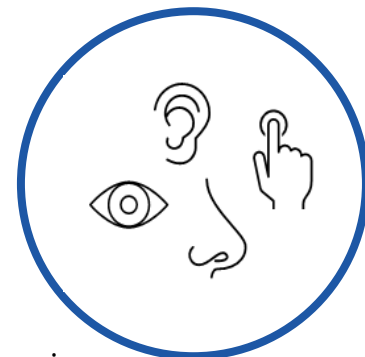
Physical movement



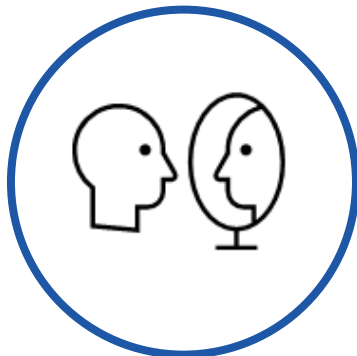
Breathing exercises



Your 5 senses



Gratitude and  
self affirmations



Artistic expression



# Self-Awareness & Self Regulation Practices

What do you observe about yourself when you are overwhelmed by intense emotions or feeling out of balance? Which strategies do you find effective during those moments? Who provides you with support during those times?

When do you notice dysregulated or disruptive behaviors most in your program?

What activities or resources does your program offer that can be utilized to enhance self-awareness and regulation practices?

What practices are familiar to your participants? Which strategies are helpful, and which ones pose more of a challenge?

How can programming address the diverse needs of both staff and participants?

Who in your workplace or community has expertise in practices that are unfamiliar to you?