



Animals a-Dancing

Lesson Focus: Self-Awareness

As parents, no one can make us more self-aware than our own child. After all, our children do not need to look like us to be our mirror image. They mirror our actions and reactions and the words we say in our best moments—and sometimes our not-so-best moments. They can even mimic our likes and dislikes. Eventually, as they become more self-aware, children begin to express their own preferences for things, like wearing pajamas everywhere (*Not a bad idea!*) or eating ice cream for breakfast (*Not a good idea!*).

In Kindermusik, we support your child's growing self-awareness and your unique role in it. Each week we include activities that not only encourage your child's personal choices but we actually incorporate them into the lesson. By including your child's favorite way to say "Hello" at the beginning of class or movement idea during the "Monkey Dance," we place value on your child's ideas and preferences. In doing so, your child learns to not only recognize and share ideas in a meaningful way but also to celebrate the differences of others.

Everyday Connection: Feelings, Nothing More than Feelings. Recognizing and responding appropriately to feelings further develop self-awareness skills in young children. Listen to music that expresses different emotions, like happy, sad, angry, or scared. Dance with your child based on the emotion and help your child label the emotion. Not only does this activity develop children's vocabulary; it also helps them to identify—and even to manage—their own emotions.