

*"I am a good friend, a good listener and a good communicator. I will always look out for anyone that looks sad or lonely. If someone has a problem, or a worry, I will try my best to help." Lily R (6)*

### Introduction

Hello SJF! We hope you have all had a wonderful Easter break. Our seventh newsletter aims to stress the importance of Social-Awareness, also known as socialization. This is a crucial skill for children to learn in order to form meaningful connections and make sound judgments. Social awareness is vital for our emotional well-being and for strengthening relationships and communication abilities. This is because we must first be able to recognize our own feelings before we can realize the emotions of others. This self-awareness is necessary for putting our sentiments into context with others around us. For example, reading facial expressions and body language and interpreting voice intonations are part of recognizing emotions. Read on for key facts & further information.

### Social Awareness

We must first be able to recognise our feelings before we can realize the emotions of others. This self-awareness is necessary for putting our sentiments into context with others around us. Reading facial expressions and body language and interpreting voice intonations are part of recognizing emotions. Below are a few situations in which children have social awareness and cases in which the children do not.

Here's an example of John being socially aware: he notes Abby was quieter than usual at lunchbreak. She's generally the first in line and enjoys encouraging everyone. John invites Abby to join him for lunch. He asks about her day and carefully listens when she tells him she struggled with the maths test they did earlier that day. Without social awareness, John's example would have looked like this: At break, John pushes Abby to be first in line and becomes irritated when she does not respond. At lunch, he begins talking about the math exam from earlier that day and questions Abby about why she was the last to turn in her test. When Abby exits the table, John doesn't notice and continues conversing with his pals.

Here's Kelly being socially aware: Kelly and her sister, Lynn, are working on their homework when Kelly watches Lynn crumple her paper and put her head in her hands, exclaiming, "this makes me so upset." Kelly takes a deep, leisurely breath in through her nose and out through her lips. "I learned at school that I get to pick how to respond when frustrated. I discovered that walking away and taking deep breaths helped me. You can try it when you're ready." Kelly keeps working as Lynn crumples her paper even more. Lynn rises after a short period and requests that Kelly take her through the breathing exercises. Without social awareness, Kelly's example would have looked like this: Kelly and her sister, Lynn, are completing their schoolwork when Lynn crumples her paper and buries her face in her hands, exclaiming, "this makes me so upset." "I can't concentrate," Kelly adds, rolling her eyes. "I'm sure your assignment isn't too challenging, given that you're only in second grade." Developing social awareness, like any [social-emotional](#) ability, will not be linear. Children will experience hurdles along the way, requiring work to be mindful of others around us, their feelings, and their viewpoints. This helps people to form solid relationships and make sound judgments.

### Components of Social Awareness

What exactly constitutes social awareness? What are the complex traits we must all have to demonstrate this skill? There are four aspects of social awareness. The following are the components:

#### Empathy ([Click here](#))

This is so significant that it might stand alone in a discussion of social awareness. According to Merriam-Webster, empathy is "the activity of comprehending, being aware of, being sensitive to, and vicariously experiencing another's feelings, ideas, and experience." It is an excellent example of social awareness. Simply focusing on being more compassionate will increase and strengthen your social awareness.

## Perspective ([click here](#))

Perspective is the second component of social awareness. It relates to our perspective on circumstances or thoughts. Regarding social awareness, merely looking at a situation from our point of view is insufficient. We must be able to perceive the world through the eyes of others. When we look at a scenario, such as the dispute mentioned above, we have extraordinarily high levels of social awareness from several angles.

## Respect ([click here](#))

Respect is the third component of social awareness. It is the capacity to show another person respect and regard for their views and thoughts. Being socially conscious entails empathizing with and considering the viewpoints of others, particularly those from various origins and cultures. Respect is fundamental in this situation. We must be able to set aside our thoughts and judgments to listen and endeavour to comprehend the perspectives of others properly.

## Compassion ([click here](#))

This is the fourth component of social awareness. It combines the previous three articles into a more actionable piece. Compassion entails acting on behalf of another person. This deed is the outcome of your empathy, perspective, and respect. Consider compassion to be doing action for people who cannot take action for themselves. You advocate for others who cannot do so to lighten their load. As an athlete, this might take the form of standing up for a teammate who commits a mistake or a coach attempting to alleviate their teammates' feelings of defeat.

## Positive Outcome of Social Awareness

Developing this crucial ability will assist children in developing good strong connections at school, at home, and in their community. Understanding the viewpoints of others and identifying reasonable and unjust societal standards can also assist students in making [responsible](#) judgments. Socialization leads to the development of various abilities connected to social-emotional learning, such as:

- **Empathy** - social awareness improves our ability to understand how others feel
- **Respect for cultural differences and diversity** - our social awareness and empathy enables us to connect with the world
- **Strong collaboration** - when adults and children know their surroundings' sentiments and viewpoints, they may operate as teams that reflect respect and strong communication.

## Practising Social Awareness

### *Listening*

When it comes to increasing social awareness, modelling and practicing practical listening skills is a fantastic place to start. We may model listening as parents and teachers using verbal and nonverbal clues. For example, after hearing your kid or student narrate a tale about their day, you may share their point of view and acknowledge any feelings they may have expressed.

### *Recognising Body Language*

We can tell a lot about how a person presents. While speaking to someone or while they are talking, pay attention to their body language. Do they look tense or uncomfortable? Are they showing signs that you're making them uncomfortable or angry? You can better understand their feelings by noticing the other person's body language.

### *Reading Books*

Books can help youngsters develop social awareness through visual representation and narration. It is especially true for novels featuring real-life examples that allow youngsters to connect with and relate to the characters.

### *Expressing Gratitude*

When we express thankfulness, we recognize and acknowledge the generosity offered, and we want to repay that goodness! Practicing gratitude every day can improve our ability to empathize and be sympathetic.



## Putting yourself in their shoes

I'm sure you've heard this term before, but do you honestly do it? It might be tough to put yourself in the shoes of another, especially if we disagree with them. However, it is an essential tool for thoroughly comprehending their thoughts and values. All you have to do is ask yourself, "How would I feel if I were this person? Would what I'm saying or acting unpleasant or hurtful?" By doing this activity, you will get greater social awareness.

### Competition

Our Healthy Minds Champions would like to inform you that there is a new Art competition open to all children at SJF. Lily R & Mateusz K (Y6) have asked if you can design a new poster for us to use in our future newsletters. We have created an example opposite, but you are free to make it your own in any way that you want. We look forward to seeing your entries. Thank you, Mateusz and Lily.



### Our Joke of the Month!



**How do you cut an ocean in half? With a sea-saw!**

### Our Film of the Month!

**Puss in Boots: The Last Wish** Rating: PG Release Date: 2023 (1hr 42min)



When Puss in Boots discovers that his passion for adventure has taken its toll, and he has burned through eight of his nine lives, he launches an epic journey to restore them by finding the mythical Last Wish. A decade after the events of Puss in Boots (2011). And as if that weren't enough, the unstoppable bounty hunter known as The Big Bad Wolf is after him. To restore all of his precious lives and escape an inglorious fate, Puss must pluck up his courage to embark on a dangerous quest into the Dark Forest to find the legendary Wishing Star.

### May Facts

- Fifth month of the year and has 31 days
- Birthstone: Emerald
- Flower: Lily of the Valley
- The Romans called the month Maius. The name changed over the years. It was first called May in the 1400s near the end of the Middle Ages.
- The month of May is devoted to the Virgin Mary in the Catholic Church

### May in Other Languages

- Chinese (Mandarin) - wuyuè
- Danish - maj
- French - mai
- Italian - maggio
- Latin - Maius
  - Spanish - mayo

### Historical Names:

- Roman: Maius
- Saxon: Thrimilci
- Germanic: Wonne-mond

**Word of the Month: Obdurate** (unyielding or resistant to persuasion)

