

IN THE MOMENT-

SOCIAL AWARENESS

When you are content to be simply yourself and don't compare or compete, everybody will respect you.

- LAO TZU

Developing social awareness

How to be helpful in demonstrating social awareness of yourself and others:

- Help individuals influence healthy social interactions. Identify both verbal and non-verbal social habits that can be expressed through face, body, voice, and motion.
- Challenge individuals to be open-minded to another's perspective. Emphasize that individual experiences can result in differing ideas and opinions.
- Own your individual thoughts and opinions, even if they are different from others. Examine influences that may shape your thoughts and opinions.
- Remind individuals of the impact our words can have on other people.
- Emphasize that appreciation not only includes our words but also includes a heartfelt gesture or expression.
- Recognize strengths in others and the value of their contributions.
- Respect various cultures and appreciate the values that shape them, even if they are different than what we are accustomed to.

Connecting social awareness to empathy

youth

One of the most important skills you can learn to improve your social awareness is to develop empathy. Here are a few tips for encouraging youth to be empathetic towards others:

- Emphasize the importance of having youth think about other possible perspectives that others may have that may even be different from their own.
 - Model how to put yourself in "another's shoes."
 - Listen to wat is being said, not necessarily to fix or to provide solutions.
 - Teach that it is important that you acknowledge that you heard what is stated. Avoid making assumptions.
 - Educate the difference between empathy and sympathy.
- Find opportunities to dialogue empathy. Share real-life situations. Perhaps this can even be done while reading a story or watching a movie and identifying with a character.
- Provide encouragement when youth model or show empathy towards other people.
- Demonstrate empathy as a positive role model. Let youth see your concern for others' well-being.
- Ask youth how it feels when they find a social connection with others when they show empathy and concern.
- Discuss the importance of how to keep empathy and self-care in balance. Encourage ongoing conversations and check in with youth about their experiences with this process.

University of Illinois Extension In the Moment: Social Awareness

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SOCIAL AWARENESS -

EFLECTION

Recognizing that difference in the opinions of others does not mean that one person is necessarily right or wrong; it is a matter of perspective. We should always strive to respect the differences of others, but allow yourself to be true to whom you are as well.

Putting it into practice

- Think of people that would benefit from having something positive. Resource: The Gift of Laughter, activity TTM 7-12 Version
- 2 Brainstorm ideas or gestures that would be considered positive to someone else.
- Decide on one thing that could be done each day that would provide a positive experience for someone else. This could be a different person each day!
- Determine and discuss the internal benefit of planning something positive for others.

In your moment

Reflect on positive social connections you have experienced and how others have impacted your life. List three times you have impacted others:

THREE POSITIVE IMPACTS
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For additional SEL resources, visit: go.illinois.edu/InTheMoment

REFERENCES

Greater Good for Education. (2019, April 05). SEL for Students: Social Awareness and Relationship Skills. <u>bit.ly/3rZ1n6H</u>



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