

## Exhibit 1.1

### Developing Self-Awareness in Grades K-12

| Grade Level Focus  | Examples of Emerging Abilities  |
|--|---|
| <p><b>Grades K-5:</b><br/> <b>Emotional Awareness Blossoms</b></p>   | <ol style="list-style-type: none"> <li>1) Find and name their feelings</li> <li>2) Identify that their own feelings have a range and intensity that may be different than others</li> <li>3) Understand they can interpret feelings in different ways</li> <li>4) Know how to separate awareness of feelings from action in response (impulse control)</li> </ol> |
| <p><b>Grades 6-8:</b><br/> <b>Identity Emerges</b><br/>                     From Childhood to Adolescence</p>          | <ol style="list-style-type: none"> <li>1) Comprehend the “idea of themselves”—their self concept</li> <li>2) Understand patterns of emotional temperament</li> <li>3) Aware of peer group dynamics</li> </ol>   |
| <p><b>Grades 9-12:</b><br/> <b>Transition to Adult Life</b><br/>                     From Adolescence to Adulthood</p> | <ol style="list-style-type: none"> <li>1) Understand “fit” to a certain work or occupation direction</li> <li>2) Determine values, natural abilities and interests that may suggest a life purpose or pursuit</li> </ol>  |

## Exhibit 1.2

### Self-Awareness Builders Versus Busters

| Child says:   | Awareness Buster  | Awareness Builder   |
|---|---|---|
| "I'm starving."   | "You can't possibly be hungry—you just came back from lunch." | "Wow! You must be growing. We have a break in 30 minutes. Tell your stomach to be patient."   |
| "I'm really worried about the math test."                             | "Don't be silly—I'm sure you did fine."                       | "I can understand that tests can be worrisome. But you usually do well, and we'll know the results in a couple of weeks."                 |
| "I don't feel like I belong in that group—I'd like to change groups." | "I know this is going to be the right group for you."         | "I know you might be uncomfortable with some people you don't usually work with, please try it for two weeks, and then we'll talk again." |
| "I hate Adam—he's a dork."  | "Come on now, you don't really mean that."                    | "Hate is a strong feeling. Did something happen between you and Adam?"  |
| "I'm really happy I got a B+ in math."                                | "Just keep working and you'll get an A."                      | "Great! You worked really hard. I'm happy for you too."   |