

<p><b>Self-awareness</b></p> <ul style="list-style-type: none"> <li>• Able to point or indicate if they want something.</li> <li>• Can differentiate between self-touch and other-touch- shown by reflex reactions.</li> <li>• Expresses primary emotions of anger, fear, joy, sadness and surprise.</li> <li>• Makes body representation errors (such as trying to fit into spaces that are too small or lifting a mat they are sat on).</li> <li>• Recognises themselves in a mirror (e.g. removes a mark from their forehead to show they recognise the image as a representation of themselves).</li> <li>• Reacts to their name.</li> </ul> <p><b>Self-esteem</b></p> <ul style="list-style-type: none"> <li>• Experiences praise</li> </ul>	<p><b>Self-awareness</b></p> <ul style="list-style-type: none"> <li>• Beginning to be aware that some things belong to them, some belong to others and some things are shared.</li> <li>• Shows awareness of what makes them feel better by self-soothing.</li> <li>• Expresses preferences such as pushing away foods they don't like.</li> <li>• Points to body parts in naming games.</li> <li>• Uses self-descriptive terms (I, me, my, mine).</li> <li>• Says 'no' to adults more often.</li> <li>• Expresses/ demonstrates secondary emotions of embarrassment, guilt, shame and pride (may not be able to name them).</li> <li>• May attempt to draw simple representations of themselves.</li> </ul> <p><b>Self-esteem</b></p> <ul style="list-style-type: none"> <li>• Welcomes praise.</li> <li>• Makes choices about their appearance (asks to wear particular outfits, costumes etc.).</li> <li>• Willing to try new activities.</li> </ul>	<p><b>Self-awareness</b></p> <ul style="list-style-type: none"> <li>• Can identify what they are good at and what they are not good at.</li> <li>• Verbalises primary and some secondary emotions.</li> <li>• Understands that their words and actions can hurt others.</li> <li>• Adapts behaviour in different contexts.</li> <li>• Talks about events in their past or special experiences.</li> <li>• Identifies things that make them different from other people.</li> <li>• Shows an awareness of gender identity (with a focus on gender-stereotypical behaviours).</li> <li>• Can identify external factors that affect their emotions.</li> <li>• Makes self-evaluations (e.g. I can run fast).</li> </ul> <p><b>Self-esteem</b></p> <ul style="list-style-type: none"> <li>• Self-evaluations tend to be domain-specific (relating to specific areas or tasks e.g. I am good at school work.)</li> <li>• Willingness to interact with a range of people.</li> </ul>	<p><b>Self-awareness</b></p> <ul style="list-style-type: none"> <li>• Communicates likes and dislikes appropriately.</li> <li>• Considers the consequences of their actions, on themselves and others.</li> <li>• Communicates their emotions (past and present) appropriately.</li> <li>• Able to identify their strengths and weaknesses.</li> <li>• Understands that they can feel two different emotions at the same time.</li> <li>• Can mask their emotions from others.</li> <li>• Knows ways to keep themselves physically healthy.</li> </ul> <p><b>Self-esteem</b></p> <ul style="list-style-type: none"> <li>• Can make temporal self-comparisons (e.g. I am better at climbing now compared to three years ago.).</li> <li>• Appropriately responds to praise and criticism.</li> <li>• Recognises that their voice is listened to.</li> </ul>	<p><b>Self-awareness</b></p> <ul style="list-style-type: none"> <li>• Confidently expresses their views and opinions.</li> <li>• Monitors their own choices, with an awareness of the effect on others.</li> <li>• Metacognition- is aware of their own thought processes (e.g. knowing what memory strategies work best for them).</li> <li>• Knows how to keep themselves emotionally and mentally healthy.</li> <li>• Can consider what they want for their future.</li> <li>• Can accept that their behaviour can contradict their self-concept (e.g. I am sociable but sometimes I like being on my own).</li> <li>• Understands that there is conflict between conforming to peer pressure and forming their own opinions.</li> </ul> <p><b>Self-esteem</b></p> <ul style="list-style-type: none"> <li>• Increased sense of independence, personal choice and responsibility is possible due to high self-esteem and global self-worth.</li> </ul>