

# KNOW YOURSELF

IN PARTNERSHIP WITH **DR. JENNY ROSE**, PARENT CHILD EXPERT

This week we want family members – adults and children alike - to get to know themselves a little better. Each family member completes a set of questions set out on a worksheet. At the end of the week, family members can discuss their answers, and learn new things about themselves and their family members.

This activity is a fantastic way of allowing each person an individual opportunity to explore things about themselves that they may or may not know. Both positive and negative elements of the self can be incorporated to create a fuller sense of self. It also allows kids to develop insight into areas of growth, and ways that this might be achieved.

This activity asks questions in a very open-ended way, which allows children to answer and explore at a level that is comfortable to them. At the same time, the questions allow for a great depth of thought as there are no right or wrong answers, and each question can be responded to in many ways. Not only do these types of conversations encourage learning about each other, they also allow for a special emotional connection through the holding and containing of honest and true emotional experiences.

Family members should experience these conversations in a safe space and whatever is discussed should be respected and treated gently and mindfully.





PURE BEGINNINGS CONNECTED FAMILY SERIES // WEEK SIX

# KNOW YOURSELF

IN PARTNERSHIP WITH **DR. JENNY ROSE**, PARENT CHILD EXPERT



What is something you are good at?

What is something you want to be better at?

What is something you want to learn?

What is something you can teach others?

What is something you admire in others?

What is something you want to do less of?

What is something you want to try?

What is something you like about yourself?

What is something you dislike about yourself?

What is something you know?

What is something you don't know?