



FEELINGS: *Emotional awareness*

We can do a lot for our children if we teach them how to be emotionally aware. Emotional awareness is essentially important for human happiness. It can help us bloom as integrated human beings. In this process of making ourselves aware of our feelings, sincerity and love for yourself are of utmost importance.



Feelings and emotions come and go! We must not get attached to them. By becoming aware it is easier to manage them and choose which are good for us!