| Name: The Journey of Self-Awareness | Objective: To help parents explore their values, beliefs, and emotions, and develop empathy for their children's needs. | |
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| Time and nº of sessions: 2/3 hours/2 sessions | Type/social agents: trainer/expert teachers/parents | Material: worksheets/ coloured pencils |

Development: The trainer begins with a discussion about the importance of self-awareness in parenting, explaining that understanding ourselves helps us to understand our children better.

The trainer asks the parents to think about and write down their 5 most important values as parents (e.g. love, respect, honesty, responsibility, freedom). Then he/she asks them to explore how these values influence their parenting decisions and behaviour.

The trainer can use question cards such as

- How do you express these values in your daily life with your children?
- Are there times when your actions are not in line with your values?

Finally, he/she encourages parents to share their experiences and discuss how they feel.

To help parents develop empathy, the trainer could ask parents to think about a difficult situation they have faced with their children.

Then he/she asks them to try to see the situation from their children's point of view and encourages the parents to think about how their children felt and what their needs were.

Finally, the trainer summarises the key points and ideas that emerged from the discussion.

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