

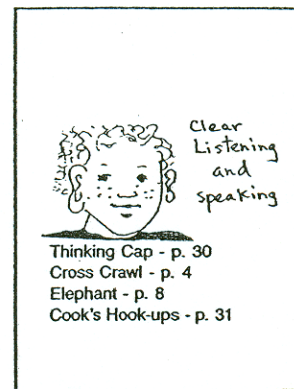
SELF-AWARENESS SKILLS

Crossing the Auditory Midline:

Clear Listening and Speaking

Active listening involves both external and internal feedback and feedforward

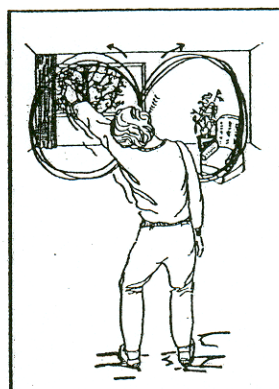
Active listening involves both reception and processing of meaning, and is a basic prerequisite to all effective communication. Externally, motor responses are necessary for hearing and speech. Internally, one must interpret thoughts and associations to be able to respond from one's experience. The feedback-feedforward loop allows comprehension and expression to take place.



The Thinking Cap



Cross Crawl



The Elephant

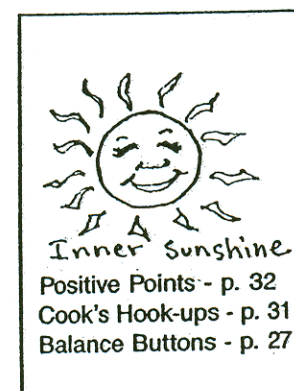


Hook-ups

Self-Concept: Inner Sunshine

Self-esteem is both the goal and the means of self-directed learning

Having confidence within the boundaries of personal space helps one to feel safe, to know when risk-taking is appropriate, and to respect other people's space. Personal space is the immediate working area around the body, including all the space one can comfortably reach in any direction. Into this space, we can radiate our thoughts, feelings, and self-expression.



Positive Points



Hook-ups



Balance Buttons