



SEL REFLECTIONS TO SUPPORT

CONFIDENCE:

SELF AWARENESS:

WHAT ARE SOME THINGS I'M REALLY GOOD AT?

SELF-

MANAGEMENT: HOW DO I USE POSITIVE SELF-TALK TO HELP GET THROUGH A DIFFICULT SITUATION?

SOCIAL AWARE-

NESS: WHO ELSE MIGHT BE FEELING THE SAME WAY I FEEL?

RELATIONSHIP

SKILLS: WHO CAN HELP AFFIRM MY STRENGTHS WHEN I'M NOT FEELING SO CONFIDENT?

RESPONSIBLE-

DECISION MAKING: WHAT ARE SOME SMALL STEPS THAT I CAN TAKE TO EXPERIENCE SUCCESS?

GROWTH MINDSET:

PERHAPS TRYING A DIFFERENT STRATEGY MIGHT BE HELPFUL?

Online Resources for

Families :

Parenttoolkit.com

www.scusd.edu/sel

www.scusd.edu/parent-resources

www.skillsyouneed.com

SEL Resources for Families

WE ARE. WE BELONG. WE CAN.

“With confidence, you have won before you started.” Marcus Garvey

October SEL Theme: **Confidence**

Being confident means that you believe you can be successful at anything you put your mind into.

Failure is not easy but it can be a great learning experience toward building confidence.

Learning to ride a bike, struggling to understand a complex math problem, or building a difficult Lego structure can result in failure the first few times. It's from these failures that you learn better or more

sophisticated ways of completing tasks. Allow children opportunities to fail and be ready to pick them up to try again. Remind them that's ok not to get it the first time. The confidence they build from persevering through difficult learning experiences will help them in all aspects of their development: Socially, emotionally, and academically.

Confidence



I am confident that I will achieve my goals.

Practicing Confidence at Home!

- Celebrate your child's successes.
- Discuss challenges and struggles. Giving your child the opportunity to talk about their mistakes will help them process what went wrong and problem solve on how to do things differently the next time.
- Daily Check-ins: "Show or teach me a new thing you learned today."