

STATES OF MIND

I FEEL CONFIDENT

TIPS FOR CAREGIVERS

Social and emotional learning (SEL) helps children manage emotions, create and achieve goals, maintain relationships, learn how to feel empathy, and make good decisions. The SEL approach will help children establish positive habits in communication, cooperation, and decision-making. By incorporating SEL in early reading, children will be better equipped to build confidence and foster positive peer networks.

BEFORE READING

Talk to the reader about confidence. Explain that confidence comes from within.

Discuss: What does it feel like when you are confident? What helps you feel confident?

AFTER READING

Talk to the reader about confidence and self-awareness.

Discuss: What are some things you are good at? How does doing those things make you feel? What small goals can you set and achieve to build confidence?

SEL GOAL

Some students may struggle with confidence. They may not be able to see their own strengths. Help readers develop a vocabulary to voice their feelings. Help them learn to stop and think about what they are good at and how that makes them feel. Help build confidence by acknowledging achievements and hard work.

GOALS AND TOOLS

GROW WITH GOALS

Confidence is something that grows. Try these goals to help build your confidence!

Goal: Make a list of things you are good at! These are your strengths. Realizing your strengths can help you feel confident.

Goal: Dream big! Make a list of goals you want to achieve. Write them down, along with the steps you need to take to achieve those goals.

Goal: Try making a goal ladder! Draw a picture of a ladder with rungs. Write your goal on the top rung. Start at the bottom and work your way up, writing down the steps you will take to reach your goal.

TRY THIS!

Part of feeling confident comes from identifying our emotions. Try using stories to identify your feelings.

1. Think of a character in a book who was afraid to try something but was brave and confident enough to face the challenge.
2. Have you ever had the same feelings as the character?
3. Write down or draw how you handled the same feelings.
4. Discuss your drawing with a parent or teacher. Show and tell them how you felt.



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