

Helping Children Develop Self-Confidence

This book features the Magical Yet, a special companion that helps when tasks may be difficult. This special companion helps show that everyone has things they haven't learned... yet. The story lends itself to talking about overcoming challenges and embracing a mindset that with hard work and practice our knowledge and skills grow over time.

CORE SKILL OBJECTIVES	INTENTIONAL TEACHING PRACTICES	
RELATE 	Children will:	Teachers will:
	<ul style="list-style-type: none"> ◆ Express confidence and positive feelings about self 	<ul style="list-style-type: none"> ◆ Narrate self-confidence

TEACHING TIP

Acknowledging effort and embracing the idea that learning is about growth, not perfection, helps children build self-confidence. It shows them that new or challenging tasks are an opportunity to grow and practice rather than something to avoid. Adults can support children by acknowledging the effort a child is putting into a new task and providing a supportive environment that allows children to take risks and make mistakes.

1. INTRODUCE

- ◆ "Raise your hand if there was a time that you tried something new and you just couldn't do it. What was it? (*Listen and repeat a few responses.*) Today we're going to read *The Magical Yet*. We are going to learn about how the Yet can help us when we try something new or challenging!"

2. READ THE BOOK

- ◆ Pause occasionally to ask questions about the Yet and how it can help each of us when we try a new task.
- ◆ Encourage children to share their thoughts about the story and acknowledge their responses.

Narrate How to Handle Challenging Situations with Confidence 		
<p>Read: "Yet knows you will, when you think you won't."</p> <p>Ask: "Was there ever a time when you thought you couldn't do something? What did you do?"</p> <p>Acknowledge: "It sounds like we all have had a time when we weren't sure we could do it, but with practice you learned how."</p>	<p>Read: "Yet doesn't mind warm-ups, fixes and flops, do-overs, re-dos, stumbles, and stops."</p> <p>Ask: "What is something that you tried but just couldn't do? How did that make you feel? What helped you to keep trying?"</p> <p>Acknowledge: "It is ok to make mistakes or need to do something again. We are still learning and sometimes we can't do it...yet."</p>	<p>Read: "Be patient. Yet can't do it all overnight. Some things take days, months, or years to get right."</p> <p>Ask: "What is something that took you a long time to learn? How did you feel when you finally were able to do it?"</p> <p>Acknowledge: "I bet you were proud! When we try really hard and learn something we are proud we when can do it!"</p>

3. REVIEW

- ◆ "Today, we read about the Magical Yet. The idea of yet helps each of us when we try new tasks that may be hard. There are some things you cannot do, yet. It can take time and practice to learn new things, and that is okay!"

4. KEEP IT GOING

- ◆ When introducing a new or challenging task to children, help them approach it with an open and optimistic mindset by acknowledging their effort and providing opportunities to practice—and make mistakes! Focus on what they learn through their persistence and offer support as they adjust their thinking or efforts.