

MAR.

week 1

“LIFE IS NOT EASY FOR ANY OF US. BUT WHAT OF THAT? WE MUST HAVE PERSEVERANCE AND ABOVE ALL CONFIDENCE IN OURSELVES.”

- MARIE CURIE

week 2

“YOU ARE THE ONLY PERSON ON EARTH WHO CAN USE YOUR ABILITY.”

- ZIG ZIGLAR

week 3

“ALWAYS BE YOURSELF AND HAVE FAITH IN YOURSELF. DO NOT GO OUT AND LOOK FOR A SUCCESSFUL PERSONALITY AND TRY TO DUPLICATE IT.”

- BRUCE LEE

week 4

“TRUST YOURSELF. YOU KNOW MORE THAN YOU THINK YOU DO.”

- DR. BENJAMIN SPOCK

PARENT/GUARDIAN LETTER



Dear parents and/or guardians...

This month we are learning about confidence. This is a key skill kids will need going forward in their lives as they face increasingly complex choices. Even at this age, kids already know the basics of right versus wrong. Confidence is what gives them the means to express and, when needed, defend their beliefs on those matters.

HOW CAN YOU HELP?

- Model confidence for your child. There are many ways you can do this: by showing self-love and self-respect, by discussing choices you have made throughout your day and why, and by modeling confident behavior.
- Encourage them when they fail. Remind them that one setback isn't "the end," and that it is better to

try and fail than to simply give up without trying.

- Praise their successes, especially in areas they struggle in.
- Ask for their opinions and listen to what they have to say. Respond to them and thank them for their input. Children will learn to confidently interact with adults if you show them that their voices are heard, appreciated, and valid.

CONFIDENCE

CONFIDENCE MEANS BEING SURE OF OURSELVES AND OF THE CHOICES WE MAKE. THIS CAN BE HARD – SOMETIMES, IT'S NOT EASY TO SEE WHAT THE RIGHT CHOICE IS. BUT WE HAVE TO TRUST OURSELVES. WE HAVE TO TRUST WHAT WE KNOW, WHAT WE FEEL, AND WHO WE ARE, IN ORDER TO MAKE EVEN DIFFICULT CHOICES WITH CONFIDENCE.

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