Home Letter

Self-Efficacy – Grade 1

Dear Families/Caregivers,

We are learning how to practice self-efficacy in ourselves to reach a goal. When we believe in ourselves, it can help us reach a goal.

Supporting Your Child in Building Their Self-Efficacy

- Talk with your child about goals they have. Help your child change any unhelpful beliefs with helpful beliefs to reach the goal.
- Model self-efficacy for your child by saying kind things that show you believe in yourself.
- Show your belief in your child by motivating them to reach a goal. Highlight goals they have achieved in the past and encourage them to ask for help if they need it.
- Read books about self-efficacy with your child. Some books include:
  - *Beautiful Oops!* by Barney Saltzberg
  - *I Believe I Can* by Grace Byers
  - *Tilda Tries Again* by Tom Percival
  - *What Do You Do With an Idea?* by Kobi Yamada
  - *You Matter* by Christian Robinson

Thank you for your support.

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