Home Letter

Self-Efficacy – Grade 2

Dear Families/Caregivers,

We are reflecting on and celebrating past successes to help us build self-efficacy, or the belief in oneself to reach a goal. When students reflect on past successes, it can be used as proof they can learn new things.

Supporting Your Child in Reflecting on Past Successes to Build Self-Efficacy

- Create a digital or physical scrapbook of your child's successes! Work together to add new successes regularly for your child to reflect on.
- After your child reaches a goal, invite them to think about what helped them reach the goal. Encourage them to think about how something they have learned in the past might have helped them 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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