Home Letter

Self-Efficacy – Grade 5

Dear Families/Caregivers,

We are learning strategies we can use to build belief in our ability to reach a goal.

Supporting Your Child in Building Their Belief to Reach a Goal

- Help your child recognize their strengths and how they can use them to help reach their goals.
- Encourage your child to use helpful thoughts when working toward a goal. Talk about your own belief in your child to help build their sense of self-efficacy.
- Model how you practice self-efficacy in your own life. Talk about what helps you build belief in yourself to reach a goal.
- 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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