


Helping Children Develop Self-Confidence

This book features the story of Humpty Dumpty and what he did *after* his “great fall.” It provides opportunities to talk about facing your fears and overcoming them.

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

TEACHING TIP

Self-confidence is all about whether a child feels capable. Help them see that being capable and confident doesn't mean **never** being scared or nervous or **never** making mistakes. It means to keep learning and trying (when they feel ready). As you encourage children to keep trying, remember not to push them too fast/far. Give them space to decide when they feel ready to try again.

1. INTRODUCE

- ◆ "Sometimes, something can happen that makes us a little afraid, and that's okay. Talking about what happened and trying again when you're ready is what matters. Today we're going to read *After the Fall*. It's about Humpty Dumpty and how he tries really hard to keep going even when he's having a hard time."

2. READ THE BOOK

- ◆ Pause occasionally to ask questions about the character's feelings and efforts.
- ◆ Encourage children to share their thoughts. Connect their ideas to their own experiences.

Narrate Confidence		
<p>Read: "After that day, I became afraid of heights."</p> <p>Ask: "Humpty fell off of the wall. Now he's afraid of being up high. Have you ever fallen from something?"</p> <p>Connect: "You said that you fell off the swing just like Humpty fell off the wall. That made Humpty afraid to get back on the wall. Did that happen to you? How did you feel about going back on the swing?"</p>	<p>Read: "I almost walked away, again."</p> <p>Ask: "Humpty's plane just got stuck on top of the same wall he fell off. Now he's looking at the ladder. How do you think Humpty is feeling here?"</p> <p>Connect: "You think he's a little mad and too scared to climb. Have you ever felt too scared to try something?"</p>	<p>Read: "I didn't look up. I didn't look down. I just kept climbing."</p> <p>Ask: "Humpty is scared! What do you think he's going to do? Will he give up?"</p> <p>Connect: "I think you're right! I think he's going to keep trying even though he's scared. Do you think you could keep going if you were Humpty?"</p>

3. REVIEW

- ◆ "Sometimes, things can be challenging. Humpty Dumpty was scared after his fall. When he was ready to face the wall again, he kept trying and didn't give up even when it was hard. After he faced his challenge, he felt confident!"

4. KEEP IT GOING

- ◆ Give children activities or tasks that are *slightly* challenging for them. Then focus on acknowledging their effort and persistence, not perfection or whether they got something "right." This builds their confidence to take risks.