


## Helping Children Develop Self-Confidence

This book features a young girl who takes a stand to protect the water and other creatures. It lends itself to talking about having the confidence to stand up for your beliefs and persevering when things become challenging.

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

### TEACHING TIP

Self-confidence means believing you are capable, even with things get tough. Focusing on effort and perseverance, rather than the result, is one way children build self-confidence. Adults can support children to persevere by acknowledging when tasks may be tough but encouraging (not pushing) children to keep trying. When adults provide children with supportive encouragement and focus on effort rather than result, children will be more likely to have the confidence to keep going.

#### 1. INTRODUCE

- "Raise your hand if you've done something that was scary or hard, but you kept trying anyways? What was it? (*Listen and repeat a few responses.*) Today we are going to read *We Are Water Protectors*. In this story, we will see a little girl take on a big task, but even when it gets hard, she keeps trying."

#### 2. READ THE BOOK

- Pause occasionally to ask questions about the character's efforts and the confidence she shows.
- Encourage children to share their thoughts about the story and acknowledge their responses.

Narrate How to Handle Challenging Situations with Confidence		
<p><b>Read:</b> "Take courage."</p> <p><b>Acknowledge:</b> "She knows she needs to have courage, which means she needs to be brave even when something is hard or scary."</p> <p><b>Ask:</b> "Have you ever had to feel brave? How did you face your fear?"</p> <p><b>Comment:</b> "Wow! It sounds like you were brave. You were able to do it, even when it made you nervous!"</p>	<p><b>Read:</b> "It will not be easy."</p> <p><b>Acknowledge:</b> "She knows that this will be hard for her to do, but she is going to do it anyways."</p> <p><b>Ask:</b> "Have you had to do things that you knew would be hard? What did you do?"</p> <p><b>Comment:</b> "Sometimes we have to do things that are hard for us. It sounds like you kept trying even when it got tough!"</p>	<p><b>Read:</b> "We are stewards of the Earth. Our spirits have not been broken."</p> <p><b>Acknowledge:</b> "They are fighting for the Earth and animals. Even though it is hard, they say, "Our spirits have not been broken." That means that they will keep trying their best no matter how hard it gets."</p>

#### 3. REVIEW

- "Today, we read about the water protectors. In this book, they were protecting the water and other creatures from the black snake. That was a hard and scary task, but they did not give up."

#### 4. KEEP IT GOING

- When children are trying something that may be difficult or frustrating, encourage and acknowledge their efforts. Point out times in the past they may have showed persistence for a task, then find small and subtle ways to offer support as they try this new task. Keep comments focused on the effort they are putting in rather than the end result.