

# Social and Emotional Learning (SEL)

## Self-Efficacy: Believe It!

### Overview:

Self-efficacy is the belief in oneself. A child's self-efficacy greatly influences his or her academic motivation, learning, and achievement. Therefore, it is imperative to build your child's self-efficacy. In this lesson, your child will learn the importance of their beliefs on their ability to reach goals. They will be taught strategies for building their beliefs as well as strategies for letting go of their limiting beliefs.

### Objectives:

Your child will identify the role that belief plays in reaching a goal.

### Child Goals:

I can change my beliefs to help me reach my goals.

### Vocabulary:

Belief  
Goal

### Learn- 5 minutes

Self-efficacy is the belief in one's ability to do something. Self-efficacy and belief in oneself are important to reach one's goal. Here are some ways to use belief to reach your goal:

- Know your goal.
- Believe that you can reach your goal.
- Make a plan.
- Believe in your plan.
- Use your plan or revise it.
- Reach your goal!!!

### Discussion Questions:

- What does belief have to do with reaching a goal?
- Has there ever been a time that belief helped you to reach a goal? What happened?
- Has there ever been a time that delayed or prevented you from reaching your goal? What happened?

### Practice-10 minutes

The Building Your Belief activity will provide your child with strategies that they can use to build their belief when they are discouraged or doubt themselves.

Provide your child with the Build Your Belief Resource.

Read through each strategy with your child, and ask them to share a time when they have previously used this strategy to help them reach a goal.

Share a time when you have used each strategy with your child. Ask if they can think of any other strategies to build belief.

## Resource

### Building Your Belief Resource

Belief Builder #1:  
Think about a success!

Belief Builder #2:  
Watch someone else succeed!

Belief Builder #3:  
Listen to someone else who thinks you can do it!

Belief Builder #4:  
Challenge negative thinking!

Think about what you have done before. Use that success to build a new success.

Think: If he or she can do it, so can I!

Listen to someone else who thinks you can do it.

Remove *can't* from your vocabulary. Add the word *yet*.

When was a time you used this Belief Builder?

When was a time you used this Belief Builder?

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When was a time you used this Belief Builder?

### Deeper Dive – 5 to 10 minutes

The Building My Belief Journal challenges your child to make a goal and identify the beliefs they have about reaching a goal.

Your child will be challenged to use the plan to reach their goal and record their progress over time.

Provide your child with the Building My Belief Journal or encourage them to draw their own version.

Tell your child that they will be picking a big goal and making a plan to reach their goal while building their belief in themselves.

Explain to your child that a big goal is a goal that will take hard work to reach. Have them write their goals on page two of their journal.

Work with your child to complete pages 3-5 by asking them to identify their dis-beliefs- doubts and beliefs that keep them from reaching their goals. Ask your child to write down these dis-beliefs and the Belief Builders they will use to challenge their dis-beliefs and build the belief

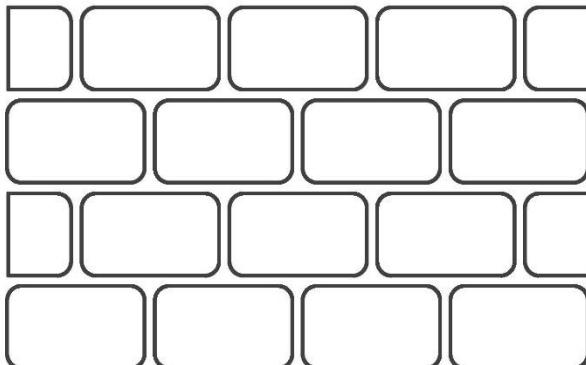
that they can succeed.

Have your child to make a plan to accomplish their goal and write that on page 6. Encourage them to record their progress as they work to achieve their goal.

## Resource

# Building My Belief Journal

by \_\_\_\_\_



### STEP 1: Set a Goal

**My Big Goal**



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# BELIEF BUILDERS

## BELIEF BUILDER #1: THINK ABOUT A SUCCESS

- Think about what you have done before.
- Use that success to build a new success.

## BELIEF BUILDER #2: WATCH SOMEONE ELSE SUCCEED

- Think: If he or she can do it, so can I!

## BELIEF BUILDER #3: LISTEN TO WHAT OTHERS SAY ABOUT YOU

- Does someone else think you can do it?
- Believe it.

## BELIEF BUILDER #4: CHALLENGE NEGATIVE THINKING

- Remove can't from your vocabulary.
- Add the word yet.

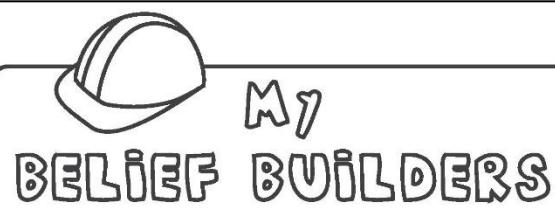
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# My Dis-Beliefs or Doubts

Whether you think you can or you think you can't... You're right!

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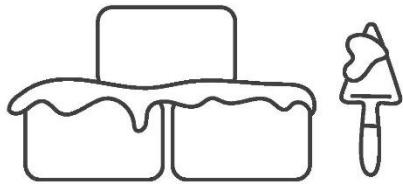
STEP 2: Make a Plan



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**STEP 3: Work the Plan**

Tell about your success and mistakes along the way.

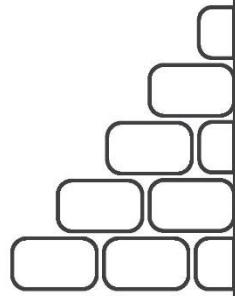


*Things don't need to be perfect for you to get started.*

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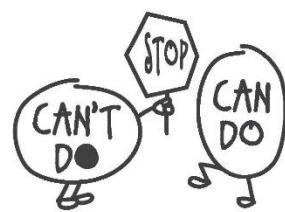
# MISTAKES...



*are stepping stones to my goal!*

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*Don't let what you can't do stop you  
from doing what you can do.*

– John Wooden

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*Focus on what you can do right now in  
this moment.*

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PLANS ARE TOOLS,  
NOT RULES



If they aren't working...Adjust them!

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STEP 4: Reach your Goal



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**Tip:** Encourage your child to develop a goal that is important to them and commit to accomplishing it. Remind your child that you believe in them and their ability to accomplish their goals (Belief Builder #3). Follow-up with your child regularly about the progress they've made towards their goal. Celebrate with them when they achieve it!