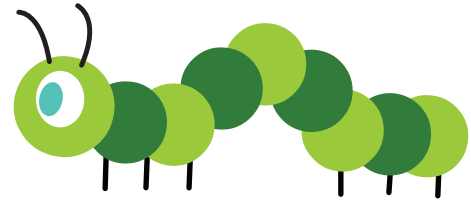


Dear Caregiver,

Theme: Self Confidence

In your kit:

- Construction Paper
- Tape
- Mini Stickers
- Thin marker



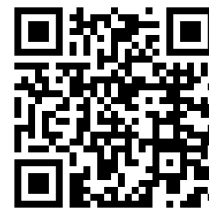
Activity: The Confident Caterpillar

1. Have your child choose 4 to 6 strips of construction paper.
2. Talk about a couple of things they want to learn—zipping a coat, sleeping in their own bed, feeding the cat, sharing toys, or something else. These should be things they are still practicing but can master soon.
3. Remind them that with practice, they will get better.
4. With your child, write down one separate goal on each strip of paper. Leave room for stickers or dots to be placed on each strip.
5. Leave one strip of paper blank. This will be the head of the caterpillar that your child will decorate later.
6. Take each strip of paper and connect the two ends to make a loop. The side with the writing should be facing outward. Use tape to hold the ends together.
7. Do the same thing with another strip of paper and link it to the first loop. Keep doing this with all of the strips of paper until you have a chain.
8. Let your child decorate the head of the caterpillar using the final strip of paper and link it to the other loops.
9. Explain to your child that every time they zip their coat by themselves or practice one of the goals on the caterpillar body, they can put a sticker or dot on the part of the caterpillar with that goal.
10. Are there any stickers you can put on the caterpillar today? Each time three stickers or three dots are on a part of the caterpillar, celebrate the goal by doing something special!
11. Add new goals to your caterpillar by repeating the steps above.

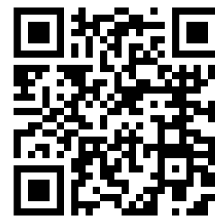
Self-Confidence

Watch these videos with your child to build their self-confidence.

Song: I Am Special | Sesame Street



Everyone is Big Enough to Do Something Song | Daniel Tiger's Neighborhood





Our Family Favorites

FAVORITE FOODS

FAVORITE COLORS

FAVORITE BOOKS

**FAVORITE
ANIMALS**

FAVORITE SONGS

FAVORITE HOLIDAYS





Our Family Recipe: _____

Use this card to record a family recipe, it might be one that has been passed down from generation to generation. You can also write a favorite recipe here to share with a family member or friend or use it to create your own new tigertastic recipe.

INGREDIENTS

_____	_____
_____	_____
_____	_____
_____	_____

DIRECTIONS



I LOVE THE SPECIAL THINGS I DO WITH YOU.





DONKEY HODIE

5 Ways to Build Your Preschooler's Confidence

By Lindsey Pruett-Hornbaker

Apr 27, 2021

*****Lindsey Pruett-Hornbaker

Preschool is one of my favorite stages in a child's life. Between the ages of 3 and 5, kids really start developing a sense of who they are and how to be a part of the world around them.

That's why building self-confidence at this stage of life is essential. We want our kids to see what's good about themselves, to believe in themselves, and to know they are important.

PBS KIDS has a great lineup of shows that encourage children to find and celebrate what's great about them, including the new "Donkey Hodie" series. What I love about "Donkey Hodie" is that it celebrates the playful silliness of early childhood while supporting both kids and parents as we work together to build crucial life skills, like self-confidence.

Looking for some ways to boost your child's confidence skills? Here are some ideas, with help from Donkey Hodie and her pals.

1 Let them lead.

Self-directed play and learning are crucial to the development of self-confidence. In the "Donkey Hodie" series, Donkey and her pals are the leaders of their own imaginative play and activities. Being in charge of how they play is a normal and important part of children's development during the preschool stage. Give ample opportunities for independent play. And when you're playing with your child, you can try being the "actor" and letting your child be the "director." Encourage them to come up with the ideas for how the play happens and the materials they may want to use. Ask about the details of the choices they're making, and let them decide what happens next and what the outcome will be. Try encouraging this kind of child leadership in play by asking open-ended questions and saying things like:

- How did you decide what to name those toys?
- I wonder what kind of feelings these superheroes are having right now?
- What do you think should happen next?

2 Get creative together.

In the episode "Art Show Today," Donkey must listen to her inspiration and work through her mistakes to create an art project she loves. Artistic play is a fun way to build self-confidence. Creating art or doing other imaginative projects gives children the opportunity to come up with ideas, make decisions on their own, and think about what they like. These are the building blocks of self-confidence.

So make some space to get creative! It doesn't have to be pre-planned crafts — in fact, going in without a plan is a great way to foster imagination and provide more opportunity for self-expression and decision-making. As Donkey says, "There are so many ways to make art!"

3 Praise effort in the process.

In the episode "Mountain Climb Time," Donkey and Panda encourage one another as they climb Mt. Really High Up ("We're on the right path, buddy!"). Part of being self-confident is recognizing the value in the *process* of what we're doing — not just the *outcome*. We can help instill this concept in our kids by noticing and celebrating their efforts, and helping them to enjoy themselves in the moment rather than focusing on a particular accomplishment. This might sound like:

- "I see you're working really hard at that!"
- "Hasn't it been fun to spend time creating this?"

- “You’ve had so many creative ideas for how to solve this problem!”

4 Practice being proud (without being perfect).

How do we help our kids continue to feel capable, even when they mess up or don’t reach their goals? One way is to practice being proud of one another — and ourselves — and to focus on what has gone well rather than what has gone exactly how we planned. In “Mountain Climb Time,” Donkey and Panda aren’t able to climb the whole mountain on their first try. Grampy Hodie reminds them that just because they didn’t reach their goal the first time, it doesn’t mean that they failed. Your preschooler will flourish when they hear similar messages.

- “I know you’re sad you didn’t win, but I’m so proud of you for finishing the race and trying your best!”
- “When you keep trying, you keep learning new things!”
- “I’m proud of us for working together to get so much done today. We can keep working on it tomorrow.”
- “Even though it’s not as tall as you wanted, I hope you’re proud of yourself for building such an amazing tower!”

5 Continue showing lots of love.

Fred Rogers, whose playful humor and work is the inspiration for “Donkey Hodie,” provided a wonderful model for developing healthy kids and communities. His words and legacy often guide my own parenting, and have helped me understand how to build self-confidence in my daughter as she discovers who she is in the world. Fred always said that love is the foundation of everything. “Knowing that we can be loved exactly as we are gives us all the best opportunity for growing into the healthiest of people.” When we offer our children unconditional and unquestionable love, we give them permission to see themselves as whole, good, and likable people. When we love our kids and let them know it often, we create a world for them where they know they matter. And that is where confidence is born.

Lindsey Pruett-Hornbaker, MA, is a non-profit consultant and writer of grants, curriculum, and essays. She is a wife, mom, and clinical counselor-in-training. Lindsey believes in the power of strong coffee and inclusive communities, and she gets curious about life and parenting on Instagram.

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<https://www.pbs.org/parents/thrive/5-ways-to-build-your-preschoolers-confidence>



ARTHUR

Fight Fears Through Art

Help your child tackle their fears and build courage by creating visual reminders of what they can do when they are scared. As your child grows, encourage them to manage their fears by talking about what scares them.

Before You Play

Tell your child about somethings that used to scare you as a child, for example: a visit to the doctor, sirens, or dogs. Ask for her advice: "What do you think I could have done to make myself feel less afraid?"

Ask your child what helps her feel brave when she is scared. This is a great opportunity to share what makes you feel brave, too! Ideas might include using a flashlight, hugging a favorite stuffed animal, snuggling with a family member, or singing a happy song.

Materials

- Art supplies
- Blank index cards
- Child-safe scissors
- Paper
- Clear contact paper (optional)

Directions

- 1** On a sheet of paper, make a list of the things that give your child courage. (You can include quick sketches for nonreaders.)
- 2** Invite your child to draw a picture of each idea on an index card. Encourage them to dictate labels for you to write on their pictures, as well. "Flashlights help us feel better in the dark."
- 3** Place each card between two pieces of contact paper. Press down, rub the bubbles out, and trim the edges. (Optional)
- 4** Your child can carry these pocket-sized courage cards with her wherever she goes!

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<https://www.pbs.org/parents/crafts-and-experiments/fight-fears-through-art>



SESAME STREET

Helping Your Child Develop Self-Confidence With "Sesame Street"

By Rosemarie T. Truglio, Ph.D.

Aug 10, 2021

*******Rosemarie T. Truglio, Ph.D.**

Do you remember when you first learned to ride a bike? At first, you had to figure out how to get both feet on the pedals, steer the bike, balance, and then how to stop the bike. For many of us, there was someone holding on to the back of the bike seat and encouraging us, saying, "You can do this!" and "I believe in you!" Eventually, after many falls, skinned knees, self-doubt, and a lot of practice, we looked behind us and realized no one was holding on to the seat any longer — we were riding on our own. The sense of accomplishment was wonderful! Each success we experience helps build our self-confidence. Although we had help with learning to ride the bike, no one did it for us — we practiced until we became adept at bike riding.

In the *Sesame Street* episode, “Elmo’s Good Luck Charm,” Elmo believes his lucky baseball card is the reason he plays tee-ball well. Before a tee-ball game, Elmo realizes he lost the lucky baseball card, and he is not confident that he can play without it. Elmo’s friends convince him that practicing is what is important, not a good luck charm. Just as learning to ride a bike and playing tee-ball take practice, so do many challenges we all face as we are growing. Self-confidence means believing in yourself, no matter the setbacks.

Learning a new skill isn’t easy for anyone but can be especially hard for young children, as they need to manage their big feelings of frustration and disappointment. With practice and perseverance, children can build self-confidence, succeed at the skill, and most importantly, develop a positive mindset for not giving up in the face of challenges, failures, or mistakes.

Often, the best way to boost your child’s self-confidence is to refrain from jumping in to help. First, validate the way your child is feeling (“I know you are feeling frustrated” or “I know it’s hard to learn how to ...”). Then, acknowledge your child’s efforts using positive talk (“I see how hard you are working!” “You can do it!” “Mistakes happen and it’s okay” “Don’t give up” “Keep trying!”). When you see your child becoming frustrated, have them take a break by taking slow, deep belly breaths, or engage in another activity and try again later when they are calm. Help them learn self-regulation strategies to manage big feelings using the *Sesame Street Breathe, Think, Do* app.

If you have ever watched the efforts of a baby learning to walk, you can understand what it means to practice, practice, practice. While we guide them in this process by holding their hand, encouraging them to “Walk to Mommy (Daddy, brother, sister)”, and clearing away obstacles in their walking path, we do not, cannot, walk for our baby. This is a skill they need to do on their own. The best part of watching a baby learn to walk or toddle, is seeing the look of accomplishment and pride on their faces as they barrel across a room and realize they did it!

Learning to walk is the beginning of many challenges your child will encounter on the way to becoming a fully confident self. Others are learning how to get dressed, writing their name, catching and kicking a ball, building the right size stable for their plastic animals, etc. As parents and caregivers, our job is to provide experiences that reinforce your child’s capabilities and a belief that they can trust themselves. Remind them that it’s okay to make mistakes along the way — everyone makes mistakes, even grown-ups! This consistent message will help to build confident children who are not afraid to take risks and face challenges.

Here are some ideas to help your child build self-confidence:

- Give your child age-appropriate chores to do so they can contribute to the family and master new skills (fill a pet’s water bowl, put their toys away, help set the table by counting and placing the napkins, spoons and forks needed).
- Once your child masters a new skill, have them teach it to someone else (a younger sibling, a friend, a grandparent).
- Take pictures of your child as they work on a challenging task. The pictures should show the process of trying, failing, then trying again until they are successful.

- Offer support and confidence in their abilities (be a cheerleader).
- Remind your child to engage in positive self-talk: "If I practice, I can do this."
- Create an "I Can" book with your child. Each page should have an "I can" statement. Examples: *I can catch a ball, I can write my name, I can ride a scooter.* Your child can draw a picture matching the page or you can include photos of your child as they practice and accomplish the skill.

Choose books focusing on facing challenges, positive thinking, and showing ways to build confidence:

- ***You Can Do It!***, Sesame Street
- ***Giraffes Can't Dance***, Giles Andreae
- ***I Am Enough***, Grace Byers
- ***The Book of Mistakes***, Corinna Luyken
- ***The Little Engine That Could***, Watty Piper

Additional resources from *Sesame Street*:

- Practicing Persistence (PDF)
- Take a Break, Take a Breath, Try Again (VIDEO)
- Building Confidence Workshop Collection

Rosemarie T. Truglio, Ph.D., serves Senior Vice President of Curriculum and Content at Sesame Workshop, the nonprofit organization behind Sesame Street. A leading authority on child development, she has been with the Workshop for more than 20 years. Her book Ready for School!: A Parent's Guide to Playful Learning for Children Ages 2 to 5 is available wherever books are sold.

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<https://www.pbs.org/parents/thrive/helping-your-child-develop-self-confidence-with-sesame-street>