

Developing Self Confidence

When assignments or social situations are difficult, some people become discouraged and have difficulty finding more positive solutions. This is due to self-defeating thoughts. Young children may find that they become frustrated and give up rather than asking for help.

In class, our school counselor role plays the following situations:

- Receiving a worksheet that a student did not understand
- Having a friend reject a request to play a game.

The class discusses the negative thoughts and how they result in sadness, anger or worry and no problem solving takes place. Then we went through the scenario using problem-solving techniques. Students stopped the negative thoughts and came up with solutions, as well as an accurate reading of the situation: you're not the only one who doesn't understand, you can ask for help, you can practice with your parents at home, etc.

Reinforcement at Home

Talk with your child about a situation when he or she became frustrated and gave up. What are some solutions that might have helped your child have a better outcome?

Resources: Building Emotional Intelligence by Goleman and the Optimistic Child by Seligm.