

Yes, I Can! Parent Handout

DATE:

SOCIAL SKILL OBJECTIVE: Students will learn the importance of trying new things. Negative self-talk can cause us to be unrealistic about what we are capable of mastering. Our goal is to help the students understand they have the ability to master anything they put their minds to. Students will learn to take baby steps in their goals. Building upon small successes encourages students to try new things.

BOOKS: *Bravery Soup* by Maryann Cocca-Leffler; *Perfectly You* by Julia Taylor

GAME: Facing Fears

SOCIAL SKILLS EXPECTATIONS: When discussing specific behaviors that impact relationships, ask: Who, What, Where, When, Why, and How in relation to behaviors.

FOLLOW UP AT HOME: Practice saying “Yes, I can!” regarding specific situations. Tell your child stories about people you know who were successful because they believed in themselves. Discuss “Which Step Have I Reached Today?” addressing specific situations they have difficulty getting started on (math, reading, riding a bike, chores, etc.).

