



“Every day, I can choose to believe in myself.”



“Believing in myself means trusting that I can try, learn, and grow.”



“Some things feel easy for me, and that makes me feel proud.”



“Some things feel hard, and that’s okay too.”



“When something is hard, I can remind myself, ‘I can try.’”



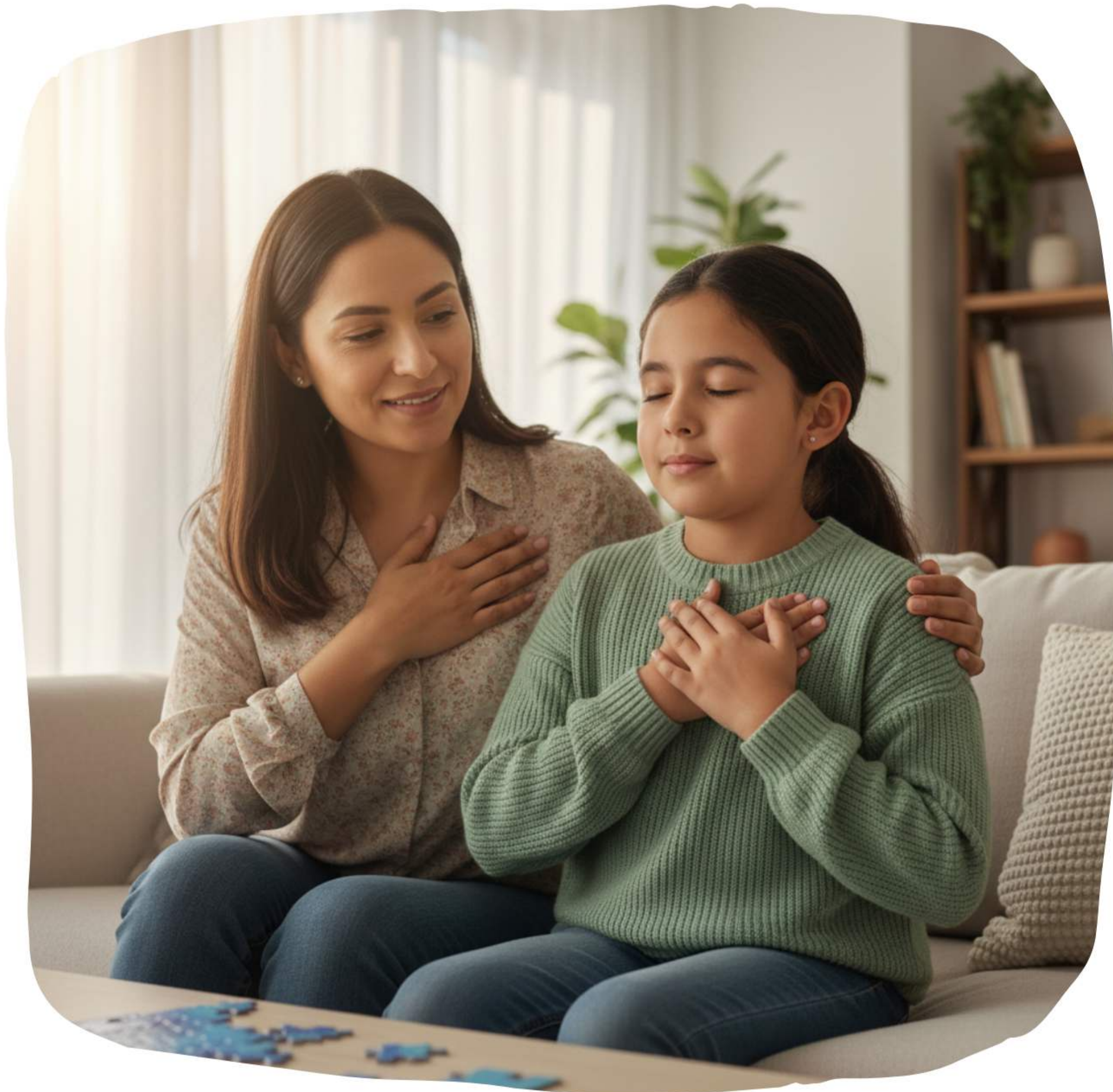
“Trying helps me learn new skills, step by step.”



“Even when I make mistakes, I can still believe in myself.”



“I can tell myself kind words like ‘I am learning’ or ‘I can do this.’”



“When I feel nervous, I can take a deep breath and try anyway.”



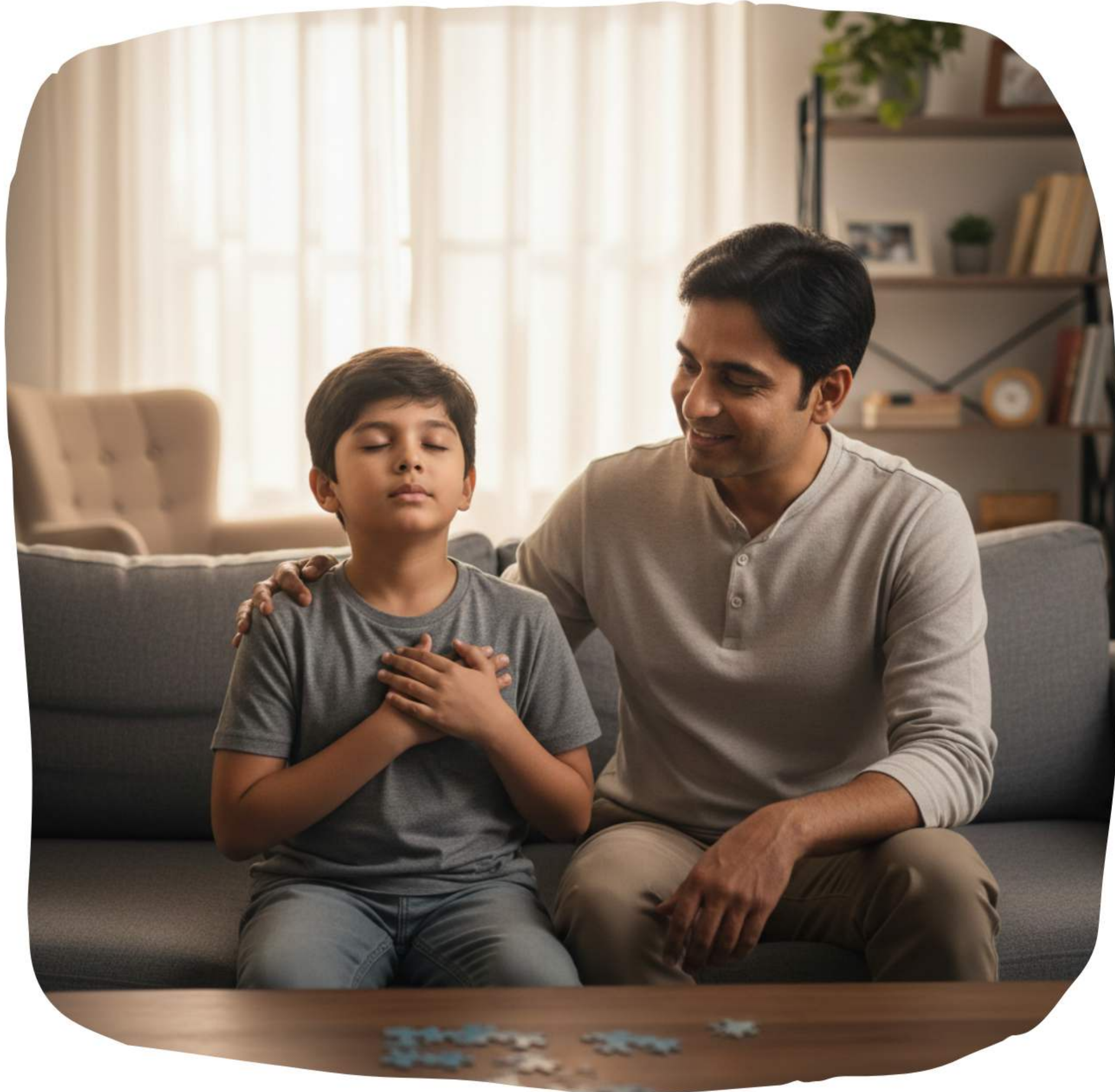
“When I feel unsure, I can ask for help.”



“People around me believe in me and know I can grow.”



“Each time I try, I get a little stronger on the inside.”



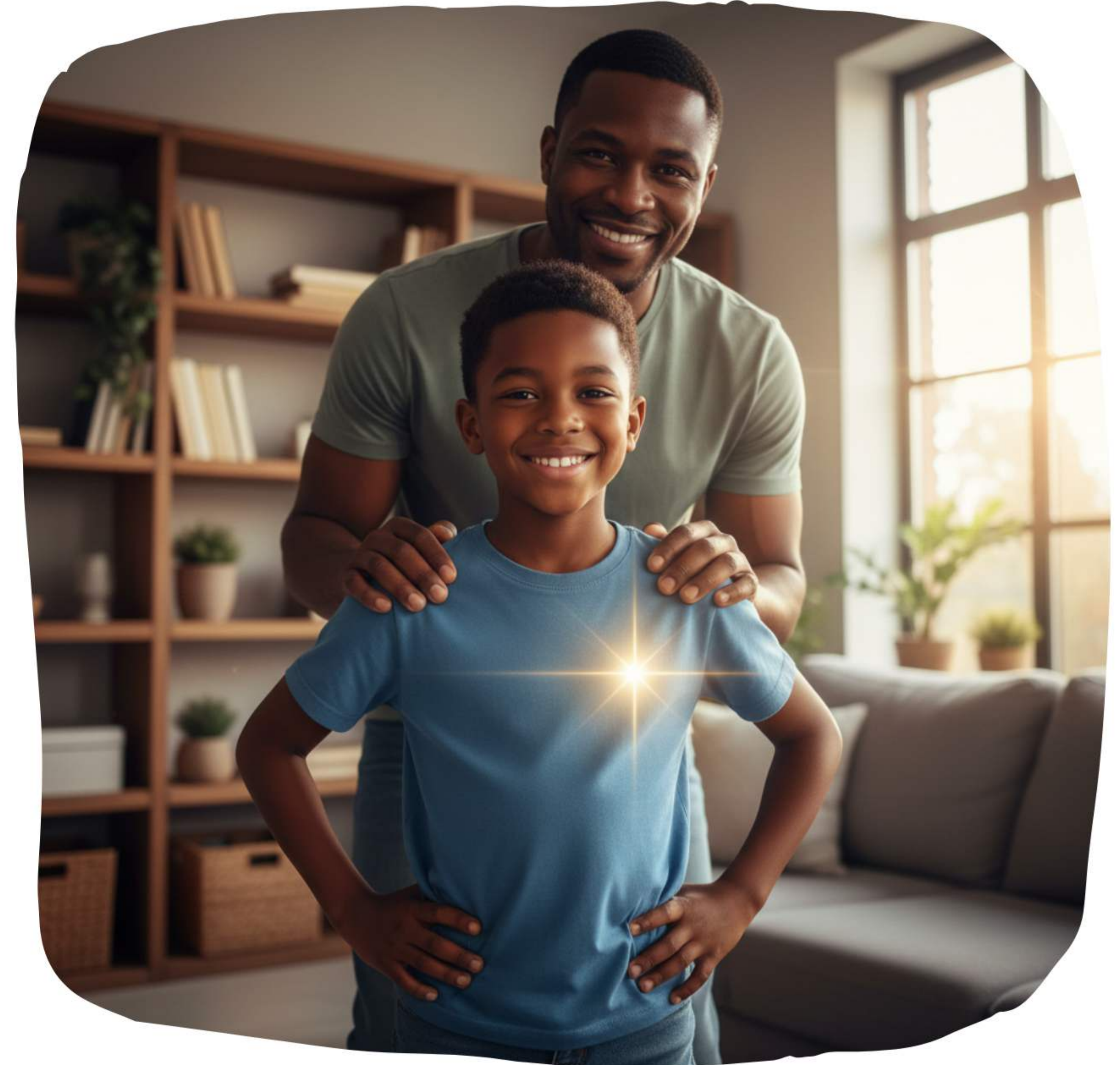
“Believing in myself helps me stay patient, even on tough days.”



“I don’t have to be perfect. I just have to keep trying.”



“I can celebrate my efforts and the small steps I take.”



“Believing in myself helps me grow into the best version of me.”



Vocabulary

- Believe

A: To trust that I can try, learn, and do my best.
(Correct)

B: To think I can never improve.

- Patient

A: Staying calm while I learn or wait. (Correct)

B: Getting upset quickly.

- Effort

A: The hard work I put into something. (Correct)

B: Doing something with no energy.

- Nervous

A: Feeling unsure or a little scared. (Correct)

B: Feeling silly and giggly.

- Grow

A: To get better or stronger over time. (Correct)

B: To stay exactly the same.



Spellings

A: Beleev

B: Believe (Correct)

A: Try (Correct)

B: Trie

A: Stronng

B: Strong (Correct)

A: Lurn

B: Learn (Correct)

A: Help (Correct)

B: Halp



Comprehension

- What does believing in myself mean?
A: Trusting that I can try and learn. (Correct)
B: Thinking I should stop trying.

- What can I do when something feels hard?
A: Remind myself, “I can try.” (Correct)
B: Give up right away.

- What helps me grow stronger inside?
A: Trying again and learning step by step. (Correct)
B: Avoiding everything that feels hard.

- What can I do when I feel unsure?
A: Ask for help. (Correct)
B: Stay confused and do nothing.

- Do I have to be perfect to believe in myself?
A: No, I just have to keep trying. (Correct)
B: Yes, I must always get everything right.



Open-Ended Questions

- What is something you are proud of learning recently?

- When do you feel nervous, and what helps you try anyway?

- What kind words can you say to yourself to feel confident?

- Who believes in you and encourages you?

Role-Play Activity

- **Scenario 1**

You are trying something new in class. → Practice saying, “I can try.”

- **Scenario 2**

You feel nervous about a task. → Practice taking slow, deep breaths.

- **Scenario 3**

You make a mistake while learning. → Practice saying, “I am learning.”

- **Scenario 4**

You finish something you worked hard on. → Practice celebrating your effort.