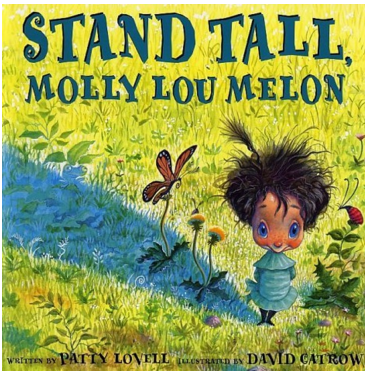


HERO'S Story Time: Helping Every Child Reach Optimum Success

HERO'S Story Time shares stories that have a focus on one of the 40 Developmental Assets. The Developmental Assets® are 40 research-based, positive experiences and qualities that influence young people's development, helping them become caring, responsible, and productive adults. We call these assets "Superpowers."



SUPERPOWER

Personal Power: Having confidence in the ability to make things happen and feeling worthy of respect and love.

Does your child have confidence? Do they get frustrated or nervous in new situations? Building confidence helps children tackle problems and enables them to be more willing to try harder, especially if they think that they are capable of solving the problem or accomplishing the goal. Someone who is confident believes in their own abilities and is not nervous or frightened.

The goal for this book and page is for your child to work on developing his or her confidence, as he or she works on skills towards mastering the Personal Power asset. Simply follow the steps to support your child's growth.

1 Read the book (check your local library for availability) or watch the video at: <https://youtu.be/mjNF0jyvTpl>

2 Talk with your child throughout the story to promote understanding and learning. Here are some questions you could ask and discuss based on your child's abilities. Let your child ask questions during the reading, too.

- What is Molly confident that she can do?
- What makes Molly feel confident?
- How do you think Molly felt when she moved?
- How does Molly show confidence even when Ronald is not nice?

3 **How you can teach personal power.**

- **Provide Opportunities for Independence:** Help your child build confidence by giving them jobs such as setting the table, dusting, sweeping, helping with laundry or putting away toys. Give your child opportunities to do things for themselves; try not to control the outcome. Allow them to pick their own clothing even if it does not match.
- **Use Words to Encourage:** Encouragement is not the same as praise. Encouragement recognizes your child's capabilities. "I am so proud of you for putting your shoes away, now you know where to find them."
- **Be Realistic and Work Through Failure:** Failure is a learning tool. Children who experience mistakes and failures learn to find outcomes for success rather than giving up.
- **Take Healthy Risks:** Practice taking healthy risks together. Examples include: learning to ride a bike, meeting new friends at school or the park, trying a new food.

Supplemental Resources
[Praise that builds a child's self-esteem](#) [4 Small Ways to Build Confidence in Kids](#) [Search Institute](#)

Supplemental Readings
"What Do You Do With a Problem" by Kobi Yamada "Colin the Chameleon" by Rachel Quarry

HERO'S STORY TIME is a collaboration of

