



## ELEMENTARY SCHOOL

Building confidence and celebrating milestones at an early age can play a monumental role in fostering children's self-awareness and boost self-esteem in healthy ways. Recognition for academic achievements along with personal, social, and behavioral accomplishments are encouraged. Some simple ways to do this in the school setting may include a positive phone call home, a hand written note or certificate, a "Wow Wall" displaying student work, celebration tunnels, classroom visits from a principal, and simple chants or non-verbal celebrations. Playing off of each student's individual strengths allow these skills to build and gradually flow into other areas of the child's life. If you are looking to explore new ways to celebrate student success, check out ["11 Ways to Celebrate Student Success."](#)

## MIDDLE SCHOOL

Middle school brings unique challenges when it comes to having strong self-esteem. To help adolescents thrive, they need to trust in their capabilities and understand that rebounding from failure is a part of building confidence. As several insecurities come to the surface at this age, it makes it imperative to intentionally build confidence. Sharing a compliment and/or an appreciation with your children or students is one of the most effective motivators. Students that are motivated are eager to learn, and more likely to succeed in other areas of their lives. Another way to help build confidence is to take the time to notice them. Notice when they do something kind, improve their work, or demonstrate good character. You would be surprised at what an impact this will make on their lives! [Read this short article from Edutopia](#) to learn 3 additional ways to help build confidence in middle school aged students.

## HIGH SCHOOL

High school is a time of great change and challenges to self-confidence. High schoolers are preparing to transition to adulthood, and self-confidence is a key ingredient to their success in this process. When a student's self-confidence is high, they are much more likely to take healthy risks to achieve goals, develop strong peer and mentor relationships, and have a prosperous future. Families, educators, and caregivers can assist in building up high school students' self-confidence during this pivotal time by providing low risk opportunities to take on larger responsibilities, celebrating their successes of all sizes, and encouraging positive self-reflection. [This article by GoGaurdian](#) includes information on self-confidence in the high school years.

## CELEBRATING GROWTH & BUILDING CONFIDENCE

*by Siomara Bridges-Mata  
Community Programs Specialist*

Celebrating growth is the foundation for all learning, and one of the main reasons why social and emotional learning (SEL) and academic learning happens. When we celebrate growth or foster a growth mindset in children and teens, they can focus on the steps they need to take to achieve their goals rather than thinking of themselves as a failure. We want to encourage our students to view setbacks as an opportunity rather than a low ability or lack of intelligence. Building student confidence begins in any space where meaningful learning is encouraged and supported. In this edition of the SEL Monthly™ Community Newsletter, the team at Frameworks of Tampa Bay shares strategies, research, and resources to assist in celebrating growth and building your students' confidence.

*Celebrating  
yourself is a  
practice in  
receiving  
love.*

# COPING SKILLS & ACTIVITIES



## CELEBRATING GROWTH

by *Brian Shank*  
Senior SEL Program Specialist

When teachers work with students, we often hear them say “I don’t have time to teach SEL.” The truth is, many teachers are already using teaching strategies that support student’s growth in SEL. Techniques like students reflecting on their work, engaging in collaborative and cooperative learning, and turning failure into success all lead to celebrating student’s accomplishments.

Teachers can be keenly aware of students’ emotions around success or failure that comes from classroom activities - we can call these “achievement emotions.” These “achievement emotions” can lead teachers to have open discussions with students surrounding the stress and anxiety that comes with classroom activities like tests, quizzes, projects, and more.

When planning lessons, teachers may ask themselves, “What do I want students to be able to do, know, and feel at the end of the lesson?” Teachers can start celebrating growth with students by having students focus on growth mindset. Growth mindset allows students to focus on the steps they need to take to manage their goals (both academically and emotionally) and handle any failures or setbacks along the way.

Positive teacher language, along with a collaborative spirit in the classroom, helps students see their successes and allows them to celebrate their growth in all areas of their development. It is all about SEL being the foundation for all learning, and teachers and students celebrating success and growth together.

# STRATEGIES FOR CELEBRATING GROWTH & BUILDING CONFIDENCE

by *Eddie Underwood*  
SEL Program Specialist

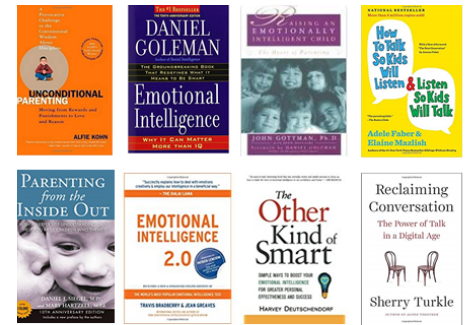
Confidence is understanding that you trust your own decisions and abilities, having belief in oneself (self-awareness), and having the ability to meet the challenges of life. It is also valuing yourself and feeling worthy regardless of any imperfections or what others may believe about you (self-management and responsible decision-making). Below are some ways to help build confidence:

- Keep a list of your strengths handy to read each day.
- Think positively about yourself, use the power of positive talk.
  - Instead of telling yourself "I can't handle this," or "This is impossible," try reminding yourself that "You can handle it," or "All I have to do is try."
- Take care of your body through diet, exercise, mindfulness, and sleep.
- Reduce your stress level.
- Do more things that you enjoy.
- Do things that you have put off.
- Spend more time with those who support you.
- Start journaling - here are some journaling prompts:
  - What is your greatest talent?
  - What is the best compliment you have received?
  - Write about a unique quality you have that makes you special.
  - When you are feeling confident, what emotions do you experience?
  - Name three qualities you love about yourself.

For more resources, visit [www.myframeworks.org](http://www.myframeworks.org)



[Recursos en Español](#)



## RESOURCES AND READINGS

by *Jordan Sims*  
Community Programs Specialist

Celebrating growth and achievements is essential to building confidence, especially in children. Children’s self-confidence is greatly influenced by the feedback they receive from others. Praise and celebrations from key caretakers such as parents, family members, teachers, or coaches builds a child’s self-awareness of their strengths, and positively shapes their perception of themselves. We can also model and encourage children to praise and celebrate their own growth and achievements too! One way to celebrate accomplishments is by creating an Accomplishment Box. This can be done in a classroom, home, or out-of-school time setting and is a fun tool for fostering self-awareness and confidence in children of all ages. No success is too small to celebrate! This starter kit by *Understood* includes step-by-step instructions and print out sheets to help your child create their own: [Accomplishment Box Starter Kit](#)

### FREE HOTSPOTS

### FOR FAMILIES IN NEED

T-Mobile has a program that provides free hotspots to families with children that qualify for free/reduced lunch. Parents, fill out the information on their website [here](#) or click the logo below to sign-up.



## APPLICATIONS FOR THE 2021-22 PROGRAM YEAR NOW OPEN!

Frameworks' Teens In Action™ (TIA) is a 10-month leadership and civic engagement program that equips high school students with the social and emotional skills needed to succeed in all aspects of their lives.

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