

Dreaming about Success

YOUR GIRL GAINED SKILLS IN SOCIAL AND EMOTIONAL LEARNING!

Through today's exercises, your girl learned:

- That it is important to keep trying, even if things are hard
- To dream about her future and create a dream board to remind her of her goals

What is Social and Emotional Learning?

One's ability to process and manage emotions, achieve goals, and persist. A positive relationship with oneself, others, and the ability to make responsible choices.

Activities to do to foster your girl's ability to persist:

- Reflect on the session. Talk about what she drew on her dream board. Talk about ways you can help her reach her dream.
- Make something. Ask her to draw a picture of some of the other girls' dreams that she's interested in learning more about.
- Discover together. Ask her about other things she's curious to learn or try. Have fun together by looking up fun facts about topics that interest her.
- Talk about facing challenges. Ask your girl has she ever tried something that was harder than she thought it would be. Ask her to give you an example of how she learned how it made her feel once she finally did it successfully. Allowing your girl to discuss her successes, but also recognize the power of trying hard, continues to reassure her the strength of trying new tasks, and also knowing it is okay to make mistakes.
- Think about your praise. When you see your girls working hard on something, don't wait until she's successful to tell her she's done a good job. Tell her how proud you are of how hard she's working throughout the process. This is especially important when she hits stumbling blocks, challenges or even failure. Telling her you are proud of how hard she worked will let her know that making mistakes is okay.

