

Cut out each icon and choose nine to place or glue in the spaces on the bingo card. Listen as your teacher reads clues that describe each strategy.

Self-Efficacy Strategies Bingo Card



FOCUS ON MY EFFORT



TRY AGAIN



CALM MYSELF



SAY, "I HAVEN'T
LEARNED ____ YET"



EXERCISE MY BRAIN



LEARN FROM
MY MISTAKES



REMEMBER HARD
THINGS I'VE DONE



GIVE AND ACCEPT
PRAISE



ACCEPT FEEDBACK



WATCH AND LEARN
FROM OTHERS

Bingo Clues:

- This strategy helps you remember that if you don't do something right, you can learn from the experience and do it better next time.
[Response: **learn from my mistakes.**]
- When you use this strategy, you talk to others about how they have been successful.
[Response: **watch and learn from others.**]
- This strategy reminds you that doing something hard will probably take multiple attempts.
[Response: **try again.**]
- By using this strategy, you remind yourself that even if you can't do something now, with effort, you will be able to do it in the future.
[Response: **say, "I haven't learned _____ yet".**]
- When you use this strategy, you think about your past successes.
[Response: **remember hard things I've done.**]
- This strategy helps you see others' suggestions as opportunities to learn.
[Response: **accept feedback.**]
- When you use this strategy, you think about how hard you're trying.
[Response: **focus on my effort.**]
- This strategy helps you remember that your neuropathways get stronger from practice.
[Response: **exercise my brain.**]
- When you use this strategy, you tell someone specific things they've done well.
[Response: **give and accept praise.**]
- By using this strategy, you know what to do when you have big feelings.
[Response: **calm myself.**]