

Self-Efficacy Strategy Cards

Cut out the cards below and hand them out to the class. Have the students move around the room, matching the names of the Self-Efficacy Strategies to their definitions.

	<p>Just because I don't know it now doesn't mean I can't learn it in the future.</p>
	<p>My brain is like a muscle, and I can build neuropathways by completing challenging tasks.</p>
	<p>Advice from adults and my friends will help me improve faster.</p>
	<p>I've done hard things in the past, and that knowledge can help me learn hard things now.</p>
	<p>I will say, "Thank you," when someone notices that I'm working hard.</p>



Mistakes are a normal part of my learning.



Others' successes and mistakes help me learn.



I can take deep breaths and count to eight when I am experiencing big emotions.



It will take multiple attempts to learn something new.



I need to try hard and not give up when something is difficult.