


## 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.

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

	<p>Mistakes are a normal part of my learning.</p>
	<p>Others' successes and mistakes help me learn.</p>
	<p>I can take deep breaths and count to eight when I am experiencing big emotions.</p>
	<p>It will take multiple attempts to learn something new.</p>
	<p>I need to try hard and not give up when something is difficult.</p>