Try Again **(Elementary)**

When learning gets hard, one strategy you can use is to tell yourself to ***try again***. When you tell yourself to ***try again***, you are improving your belief in yourself.

Let's say you want to learn to ride a bike. The first thing you need to do is try really hard and ***focus on your effort***, but what can you do to keep trying when you fall off? Riding a bike can be difficult, and you probably won't learn it on the first try. You'll probably fall, and you'll need to ***try again*** … and again … and again. Eventually, you'll be able to ride a bike. And even when you can ride, there might be new things you want to learn, like riding your bike up and down curbs.

You'll keep learning and ***trying again*** for each new skill you learn. And your ability will grow with your effort. You learn hard things at school, at home, and at practice. You can ***try again*** anytime you're learning something hard.

When you put forth effort and ***try again***, you're building stronger self-efficacy, or confidence in yourself. When you are learning something really hard, remember to just ***try again***.