



# SELF-CONFIDENCE

**DEFINITION:** Assurance, belief in oneself and one's own judgment.  
**SYNONYMS:** inner strength, self-assurance, positive self-image

**"Who has confidence in himself will gain the confidence of others." - Leib Lazarow**

## PARENT LETTER

Dear Parents,

This month your child will be studying the character word: SELF-CONFIDENCE. Self-confidence is an important character trait. Those who have self-confidence tend to be more content with life. They bounce back faster from challenges; they are not afraid to take risks and learn new things; they accomplish more because they believe in their abilities; and they stay committed to sports and activities longer because they do not let obstacles get in their way.

### **Here is a guideline regarding children and self-confidence based on age:**

- With children ages 3 to 5; they are learning about things that make them feel good. Teach them how to believe in themselves by saying positive things about themselves.
- With children ages 5 to 7; they are learning how to process both positive and negative feelings. Teach them how to overcome negative feelings by focusing on positive feelings.
- With children ages 8 and 12; they are learning how to identify other people that are confident. Teach them how to look up to and copy confident people.
- With children ages 13 and up; they are learning how to be self-reliant. Teach them how to set and accomplish personal goals.

Thank you for your support and we look forward to watching our youthful students build the skill of self-confidence!

Sincerely,

**GLENS FALLS KARATE ACADEMY**