

# HERO'S STORY TIME

HELPING EVERY CHILD REACH OPTIMUM SUCCESS

## GUIDE



### *Stand Tall, Molly Lou Melon*

By Patty Lovell

Questions and discussions during read-aloud stories can promote social and emotional development. You can read this story on multiple days during the week and engage children by asking some of these questions.

- What is Molly confident that she can do?
- What makes Molly feel confident?
- How do you think Molly felt when she moved?
- How does Ronald act toward Molly?
- How does she react or feel when Ronald (fill in what the children share)?
- How does Molly show confidence, despite the way Ronald acts toward her?
- What does Molly do to gain the respect of her new friends?

Someone who is confident believes in their own abilities and is not nervous or frightened. Reflect on what you are confident of, and how can you model actions that show confidence.

See [puext.in/kidconfidence](http://puext.in/kidconfidence).

Help children build confidence by giving them classroom jobs such as light monitor, librarian (making sure the books are neat), table cleaner or meteorologist.

Practice taking healthy risks together. Examples include learning to ride a bike, meeting new friends at school, trying a new activity or tasting a new food.

### *FLYING HIGHER*

Use descriptive encouragement to compliment your children to help grow their confidence and encourage them. For example, "Thank you for working to set the table for snack time." Learn more at [puext.in/Encouragement](http://puext.in/Encouragement).



### *SUPER POWER*

#### Personal Power

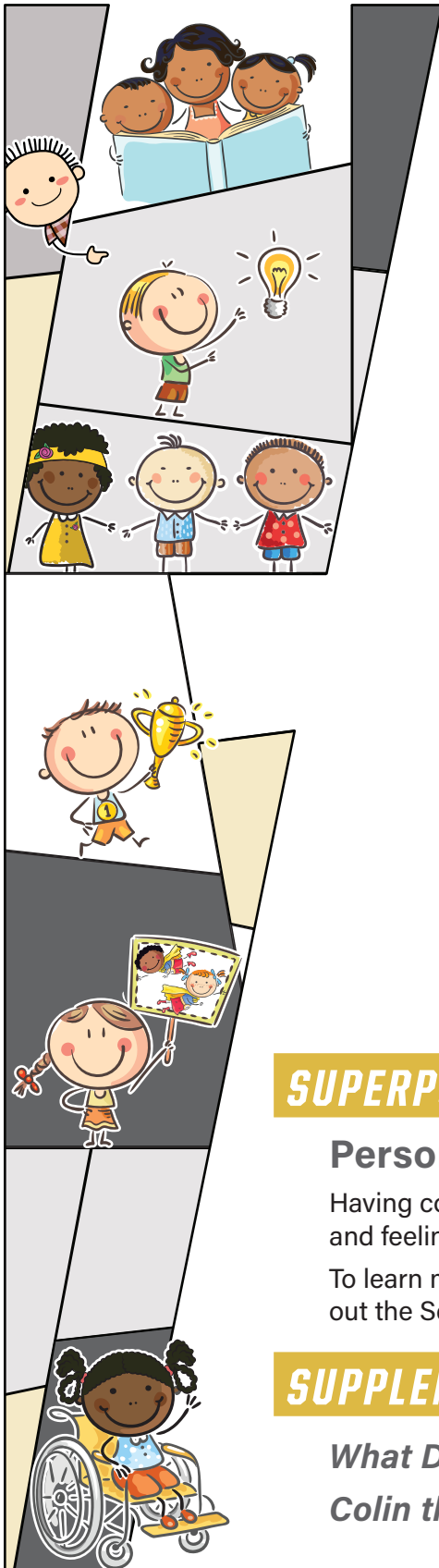
Having confidence in the ability to make things happen and feeling worthy of respect and love.



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## FAMILY NEWSLETTER



### THIS WEEK WE READ

***Stand Tall, Molly Lou Melon*** By Patty Lovell

Your child learned about the asset of personal power which is realizing the strength that comes from believing in him or herself.

### THINK ABOUT IT

Does your child have confidence? Do they get frustrated or nervous in new situations? Building confidence helps children tackle problems. It enables them to be more willing to try harder, especially if they think they are capable of solving the problem or accomplishing the goal.

### How You Can Teach Personal Power

Give your child opportunities to do things for themselves; try not to control the outcome. For example, allow them to choose their own clothing, even if it does not match.

Use words to encourage not discourage. Encouragement is not the same as praise. Encouragement recognizes your child's capabilities. "I am so proud of you for putting your shoes away. Now you know where to find them." Read more at [puext.in/Confidence](http://puext.in/Confidence).

Be realistic and do not shield failure. Failure is a learning tool. Children who experience mistakes and failures learn to find outcomes for success rather than giving up.

**Adult Superpower:** One of the greatest gifts you can give your child is to nurture yourself so you will not need them to do that for you.

### SUPERPOWER

#### Personal Power

Having confidence in the ability to make things happen and feeling worthy of respect and love.

To learn more about the 40 Developmental Assets, check out the Search Institute website: [puext.in/40](http://puext.in/40).

### SUPPLEMENTAL READING

***What Do You Do With a Problem*** by Kobi Yamada

***Colin the Chameleon*** by Rachel Quarry

A STRONG, POSITIVE  
SELF-IMAGE  
IS THE BEST POSSIBLE  
PREPARATION FOR  
SUCCESS IN LIFE.

— Dr. Joyce Brothers