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T: Self-efficiency.

Believing in
Yourself is
the First Secret
to Success!

Self-belief...

It is important to believe in ourselves and others.

Is not just about feeling good about yourself but also having the inner confidence to believe that there are things we can do to make a difference.

Having self-belief and knowing we have strengths to draw on in times of challenge can help situations feel less stressful, and more manageable. This is an important factor for our mental wellbeing.

Watch the story about the hare and the Tortoise...

[BBC Two - Telling Tales, English - The Hare and the Tortoise, The Hare and the Tortoise \(animation\)](#)

Question time...

- Why did the tortoise succeed - is he really faster than the hare?
- What did the tortoise do to make the most of his strengths?
- Can you think of a time when you faced something tricky and weren't sure how it would turn out, but you gave it a go and did the very best you could?
- In the story there were some things the tortoise could control and some things he couldn't. He couldn't control how the hare behaved and what he said, or the fact that the hare has a natural strength for running fast, but the tortoise could control how he behaved towards the hare, and how he planned and practiced for the race, and tried to do his best.

Sometimes things happen that are out of our control, and this can make us feel big emotions like helplessness, fear and anxiety. Recently we had no control over some things such as;

- 1) The instructions from the government e.g. to close schools, to physical distance, to work from home.
- 2) How the virus spread.
- 3) How other people behaved.

At such times it is important to remember the things that we can control, and the strengths and the skills we can draw on to make a difference.

During the past few weeks we have seen people make a difference by:

- Volunteering and helping others e.g. staying in touch with vulnerable people.
- Using their skills to do different things such as making equipment, delivering food etc.
- Thinking about their own behaviour and doing things to make the most of their skills and learn new ones e.g. baking new dishes, reading different books, practicing a new exercise routine.

TASK - Choose one of the following activities...

- Draw or write about an ability or strength (note this is not necessarily about being the best at something but about enjoyment, using your skills and persevering).
- Set a goal - set some new goals which can use some of your skills and strengths, as well as developing new ones. 1) Think of a goal. 2) Who can help them achieve it? 3) What they will do to stick to their goal?
- Write a cartoon strip 'how to' guide for something they can do, but which others might find difficult. E.g. How to ride a bike, make a cake, speak in assembly, ask someone to play etc.