



Warrior Spirit Karate

DEVELOPING TOMORROW'S LEADERS TODAY



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 and 4; 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 and 6; 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 7 and 9; 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 10 and up; they are learning how to be self-reliant. Teach them how to set and accomplish personal goals.

It is clear that a child with self-confidence is happier, more creative, resilient, and adventurous. Every parent would like to see his or her child grow up to be like that. We play a very important role in giving children a sense of self-worth. This is because children look up to us and they value what we teach them.

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

Sincerely

The Staff of Warrior Spirit Karate