

Discuss It: You Can Do It!

Sometimes it gets frustrating and discouraging trying to do things well. Having a positive attitude can help you find the things you do well. Your mom can help you. Read how to practice a positive attitude, then answer the questions below.

Practicing a Positive Attitude:

- Have a can-do attitude.

Tell yourself "You can do it!"

- Have a try-it-all attitude.

Tell yourself "Try it, you'll like it!"

- Have a try, try again attitude.

Tell yourself "If at first you don't succeed, try, try again!"

For Moms:

Stand up with your child and be proud!

- I am so proud of my son/daughter because _____.

For Kids:

- You can do it! List 3 "its" you can already do.

I can _____, _____, and _____.

- *You can try it – you'll like it!*

List one "it" you would like to try to do. I would like to try to _____.

