

Family Chats and Challenges!

Commitment & Courage

If you have the courage to begin, you have the courage to succeed. We all have examples where getting started was the hardest part; self-management is no easy task! For the theme ***Commitment & Courage***, we are asking students to work on self-management - the ability to effectively manage stress, control impulses, and motivate oneself to set and achieve goals. Check out these ideas to work on this skill. Here are some suggestions to work on this skill at home!

Elementary Families - Let's put it in writing! When your child commits to a team, playing an instrument, or any other task that requires consistency over time, consider creating a contract. Put the commitment down in writing, sign it in front of the coach or instructor and then hang it in a prevalent place where they can see it each day. The commitment should be read out loud at the time of signing so that the child understands that commitment is taken seriously. It would be a bonus if the parent also created a commitment contract for themselves so they can model the process!

Secondary Families - A question often asked of children is, "What do you want to be when you grow up?" But, have you ever considered what can be learned from asking, "What DON'T you want to be when you grow up?" Having a chat about what they don't want to do can provide even more guidance to make future decisions. Inspire your child to own their education and their future by asking them, "What don't you want to do when you grow up?"