

Confidence:

Belief in oneself and in one's abilities; self-confidence; assurance.

Dear Parents,

During the month of June we will be emphasizing self-confidence with our students. As you know, developing a healthy self-confidence is crucial to

each person's success. Through their martial arts training, our students can develop a self-confidence that impacts their life well beyond the walls of our school. It is a confidence that will last a lifetime.

One aspect of our focus on self-confidence will be to help each student identify a specific challenge or obstacle related to their martial arts training. Their instructor will work with them to develop a plan to overcome that challenge. Once they have, they will be recognized for their accomplishment in front of the class and given the opportunity to share with the other students how this helped their self-confidence. We're asking you to work with your child at home on this as well. Your involvement will not only have a dramatic impact on their self-confidence, but it will also increase their ability to meet their goal.

What can parents and caregivers do to help their children develop self-confidence?

Speak encouraging words. Children need to consistently hear words of affirmation and encouragement. They need to know that you love and support them. The more they hear positive comments from you, the more secure they will be in themselves.

Show interest in their activities. Let your children know that what they do is of interest to you. With regards to their martial arts training: learn some of the terminology that accompanies their martial art; practice their katas with them; stay and watch their class, or even participate in a class with them. The more your child knows you are interested in what they do, the more they will be confident in doing it.

Be careful in your conversations regarding others. Although you may say encouraging things to your child, if they hear you making disparaging or critical comments about others it may have them wondering what you say about them when they aren't around. You don't want to undermine your efforts at building their self-confidence by being overly critical of others in their presence.

This month our weekly lessons will cover:

Week One:

"If you think you can, you can. And if you think you can't, you're right."

Mary Kay Ash,

Founder Mary Kay Cosmetics

Week Two:

"When you have confidence, you can have a lot of fun. And when you have fun, you can do amazing things."

– Joe Namath,

Super Bowl Winning Quarterback

Week Three:

"No one can make you feel small without your consent."

Eleanor Roosevelt,

former First Lady

Week Four:

"Besides pride, loyalty, discipline, heart, and mind, confidence is the key to all the locks."

Joe Paterno, head coach,

Penn State University

Football Team

River Valley Martial Arts

PO Box 640

212 West Main Street

Russellville AR 72811

P 479-890-6988

F 479-967-9898

www.RiverValleyMartialArts.com

