OCT.

week 1

"TO BE YOURSELFINAWORLDTHAT IS CONSTANTLYTRYINGTOMAKEYOU SOMETHING ELSEISTHEGREATEST ACCOMPLISHMENT."

– RALPH WALDOEMERSON

week 2

"HE WHO BELIEVESISSTRONG;HEWHO DOUBTS IS WEAK.STRONGCONVICTIONS PRECEDE GREATACTIONS."

– J.F.CLARKE

week 3

"I URGE YOUTOBE BOLD. LIFE ISN'T CHANGED FROMTHE BALCONY. GET ONTO THEFLOOR AND DANCE, DANCE, DANCE."

– JENNIFER GRANHOLM

week 4

"I DO THE VERY BEST I KNOW HOW – THE VERY BEST I CAN; AND I MEAN TO KEEP ON DOING SO UNTIL THE END."

– ABRAHAM LINCOLN

PARENT/GUARDIAN LETTER



Dear parents and/or guardians...

This lesson plan covers self-assurance. Similar to self-confidence, self-assurance means remaining true to who you are in actions, words and beliefs despite any external pressures (think of it as the intersection between self-love and self-confidence). With self-assurance, children can grow into confident, motivated adults ready to make a difference in the world!

HOW CAN YOU HELP?

- Do not make fun of your child's interests, hobbies, clothing choices, or forms through which they express their individuality. Even well-intended jokes can be damaging if they are directed at something your child holds important.
- Teach your children how to speak up for themselves.
- Give praise where it is due but avoid over-praising. You want to prevent children from having too much assurance (eg. a big ego) or becoming dependent on others (like you) for their confidence, rather than developing it internally.
- Ask them for advice and opinions on family decisions (even small ones, like what to have for dinner). Although you may not end up following their advice every time, asking lets them know that their input is valuable and valid.

SELF-ASSURANCE

SELF-ASSURANCE MEANS BEING CONFIDENT IN WHO YOU ARE - AND SHOWING IT!

U.S. TAEKWONDO ACADEMY