

SELF-RELIANCE**AGES: 7-11**

First & Last Name: _____ Parent/Guardian: _____

Tip Goal: _____

Students, this month we're learning about SELF-RELIANCE!

What Is Self-Reliance?

Self-reliance means trusting yourself and trying to solve problems on your own before asking for help. It's about believing you can think, learn, and make choices, while still knowing it's okay to ask for support when you truly need it.

Why Is Self-Reliance Important?

Being self-reliant helps you grow more confident, independent, and responsible. When you practice self-reliance, you learn from mistakes, build problem-solving skills, and feel proud of what you can do on your own.

How Can You Show Self-Reliance?

- ✓ Try to solve a problem before asking for help.
- ✓ Think through your choices and their consequences.
- ✓ Keep going when something feels challenging instead of giving up right away.

- Students, read the quote and reflection questions below. Draw or write your response answers in the box.
- "You have brains in your head. You have feet in your shoes. You can steer yourself any direction you choose." - Dr. Seuss, *Oh, the Places You'll Go!*
- What do you think Dr. Seuss means in this quote? How does this idea connect to practicing confidence?

