# The 5 Keys That Unlock Children's Potential

In You Can Do It! Education, parents are encouraged to help develop the five essential social and emotional foundations ('keys") all young people need to be successful and happy. By helping your children become more aware of and use these keys at home and in school, you are helping develop their social, emotional and learning intelligence.



## Confidence

Confidence requires that young people not be overly concerned with what others think if they make a mistake. Confidence is revealed when young people are not afraid to fail and are happy to meet someone new.

Confidence involves young people having trust in themselves and believing that they will probably be successful in the end. Confident young people stand up straight, look people in the eye, and speak clearly and with a firm tone of voice.

### Persistence

Persistence is revealed when young people try hard when doing schoolwork they find frustrating and do not feel like doing, and finish their work on time.

Young people who keep trying to complete an assignment rather than becoming distracted, and those who elect to play after they've done their work, demonstrate motivation and can be described as being persistent.





# PARENT E-NEWSLETTER CHILDREN'S MOTIVATION AND SUCCESS

# Organisation

Organisation is revealed when young people keep track of their assignments, schedule their time effectively, break down long-term assignments into small steps and to set goals for how well they want to do in specific areas of their school work and in other endeavours.

Organisation also means having all supplies ready to do school work and a good system for storing previously learned material.





# Getting Along

Getting Along is revealed when young people work cooperatively with each other, resolve conflicts by discussion rather than fights, manage their anger, show tolerance, and follow school and home rules and expectations, including making responsible choices so that everyone's rights are protected.

Getting Along also involves young to people making positive contributions to helping others and to making the school, home, and community safer, healthier, and good places to live and learn.

## Resilience

Resilience is shown when young people are able to stop themselves from getting extremely angry, down, or worried when faced with challenging events and difficult situations and people. Resilience means being able to control your behaviour when very upset without fighting or withdrawing for too long.

It also means being able to calm down after having been upset and bouncing back to work and being with other people.

