

THE IMPORTANCE OF ACCOMPLISHMENT FOR CHILDREN AND FAMILIES

HELPING CHILDREN AND FAMILIES CONNECT WORKING
TOWARDS GOALS TO WELLBEING



Why Accomplishment Matters

Children need support to find ways to motivate themselves to finish something they set out to do - even when it may be a struggle. The belief children can learn and grow can:

- ✓ Develop 'grit' and perseverance
- ✓ Teach children life-long learning skills
- ✓ Children experience pride in their efforts
- ✓ Internal motivation to keep trying

What Helps Feelings of Accomplishment

There are lots of ways to help children foster their own sense of accomplishment, no matter how big or small. A tip for families? Ask "Did you try your best when you did that?" It offers children an opportunity to reflect, self-assess and create new strategies!

Every Day Tips For Accomplishment



At Home

- 👍 Celebrate the small wins and the big efforts!
- 👍 Create family projects that take time to finish
- 👍 Find a challenging new hobby for the family: This helps children see that getting better takes time, mistakes are just as important, and can be more fun! Let your children see you laugh at your own mistakes and create great family memories.



At School & Weldon OOSH

- 👍 Encourage mistakes and trying again
- 👍 Celebrate others efforts
- 👍 Encouragement rewards effort!
- 👍 Try to learn something new - it's worth it!
- 👍 Ask for help - we all need help sometimes!