

# Sense of Self Affects Learning

How we think and feel about ourselves is learned. Positive messages and role models help children build a healthy sense of self.



## MORE THAN A FEELING

The ways that children think and feel about themselves impacts how they learn. If they believe they are not good at something, they are less likely to keep trying.



### TRY THIS!

Encourage children's effort and focus on the process. Instead of, "You are an A student!" say, "You studied so hard for this test!" This helps children remember that mistakes are ok and persevering is important!



## GREAT EXPECTATIONS

Adult attitudes and stereotypes affect children's perception of themselves and others. They *feel* the different expectations even before they understand them.



### TRY THIS!

We all have conscious and unconscious ideas about who is a "math person." Think how *you* respond to stereotypes. Be intentional about confronting your biases and supporting all children's access to STEM.



## IN GOOD HANDS

Children thrive when they feel safe, included, and affirmed. When children are shown love and support, they are provided with a sense of belonging and security.



### TRY THIS!

Foster a supportive community! Being part of a community provides children with a sense of belonging. They will have new experiences, meet different role models, and build rich friendships.

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