Self-confidence comes with success – by trying and practicing and getting better. When it comes to helping children feel good about themselves and what they can do, cheering their efforts is part of celebrating their triumphs.

By using this activity and strategy song from Daniel Tiger, you can help children think about trying harder when they’re ready to give up.

**Children Are Working On**
- Persistence
- Building self-confidence
- Building self-competence

**Materials**
- 11 ½ minute episode: “O Builds a Tower.”

**Set Up the Topic**
- Show a picture of O the Owl and remind the children that he’s one of Daniel Tiger’s friends.
- Today, we’re going to see what happens when O tries to build the tallest tower in the world while he’s in the block area at school.
- Watch for what he and his friends do.
- This video also shows Daniel learning how to button his jacket, and how he teaches his friend, Katerina, to button hers, too.
- Let’s see what happens.

**Watch**
Watch the episode: “O Builds a Tower.”

**Talk About It**
After watching the video, you could ask the children the following questions:
- Did you ever try to button your coat or build a tall, tall tower? Was it difficult at first? How did you feel?
- What was the song Daniel and Katerina sang to help them button? “Peek-a-boo, pull it through.”
- O was trying to build a strong, tall tower. How did he feel? What did he do?
- Who wants to tell us about a time when you tried and tried to do something you wanted to do?

Sing the Strategy Song: 🎵 Keep on trying, you’ll get better! 🎵
Play & Explore

- Prior to group time, select something new that you want to teach the children. It can be a song, a poem, or a new game.
- Explain that part of growing up is practicing and remembering new things.
- Explain that one way to remember something new, like a new song, is to go over each line a lot of times.
- Go over the words (or new instructions) a few times, and encourage the children to repeat them after you.
- Repeat the song (or new routine) several times a day for a few days until the children seem to have mastered it. This can be done while waiting on line or waiting for parent pick-up.
- As you all practice, talk about how hard it can be to learn something new and how much practice it takes.
- Remind the children that their hard work and practice show that they are growing inside, too.
- Once children have learned the new song or routine, invite them to choose other things they might want to practice and memorize, such as their telephone numbers, addresses, or letters in their names.
- For an individual child, offer a piece of bubble wrap and see if the child can put in enough effort to smash all the bubbles.