

Children's/Self-Confidence
Ages 4-8

Don't Put Yourself Down in

CIRCUS TOWN

Welcome to Circus Town, where it's okay to bumble, stumble, and fumble. But no put downs! Give yourself a break! Everyone makes mistakes!

Join Ringmaster Rick, Larry the Lion Tamer, Polka Dot Patti, and world-famous trapeze artists Juan and Juanita as they practice more, ask for help, think helpful thoughts, and bounce back from mistakes and mishaps to feel more confident!

Includes a **Note to Parents and Other Caregivers** with more information and strategies for fostering self-confidence in children and helping them develop positive feelings and beliefs about themselves.



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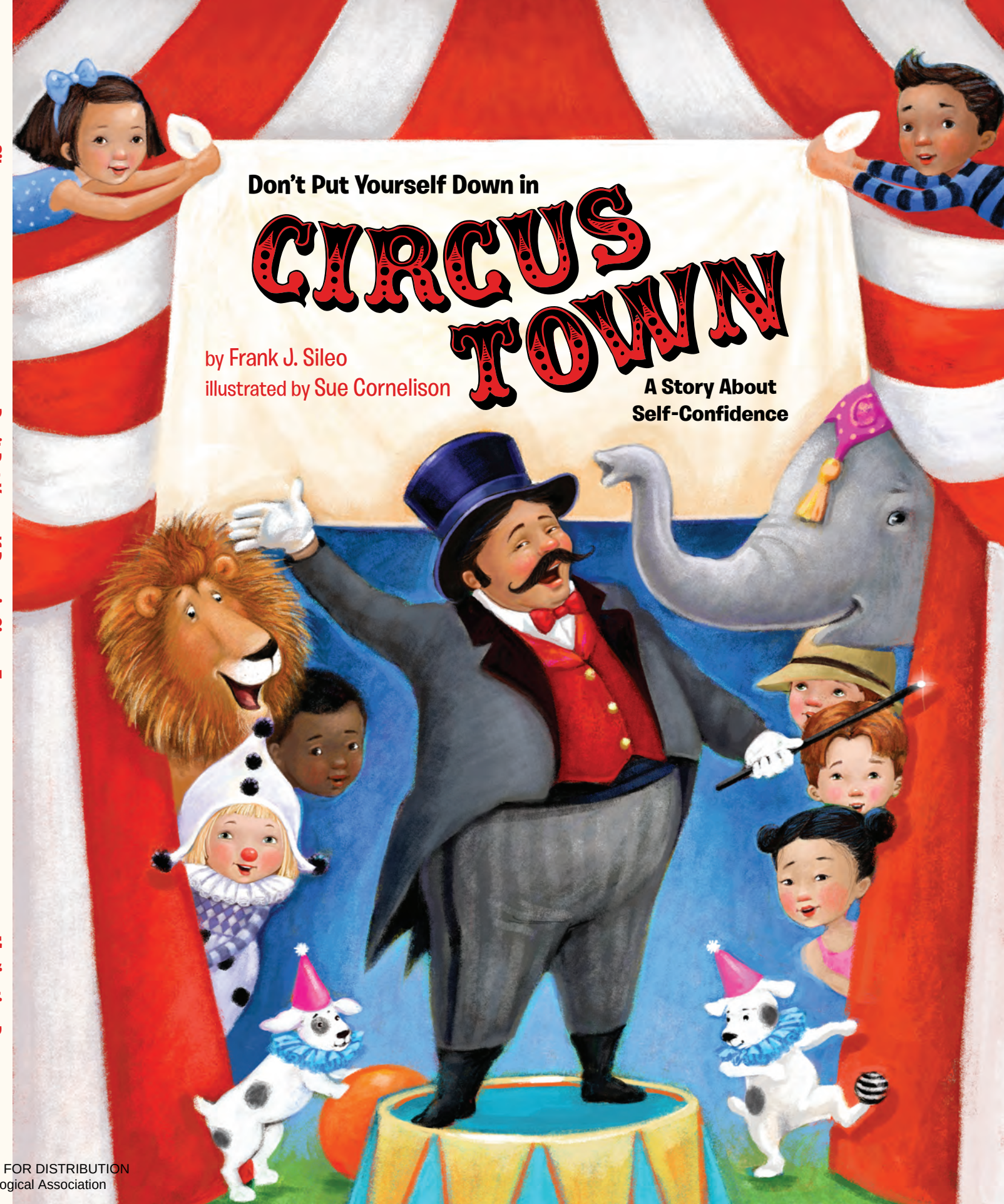
Don't Put Yourself Down in

CIRCUS TOWN

by Frank J. Sileo

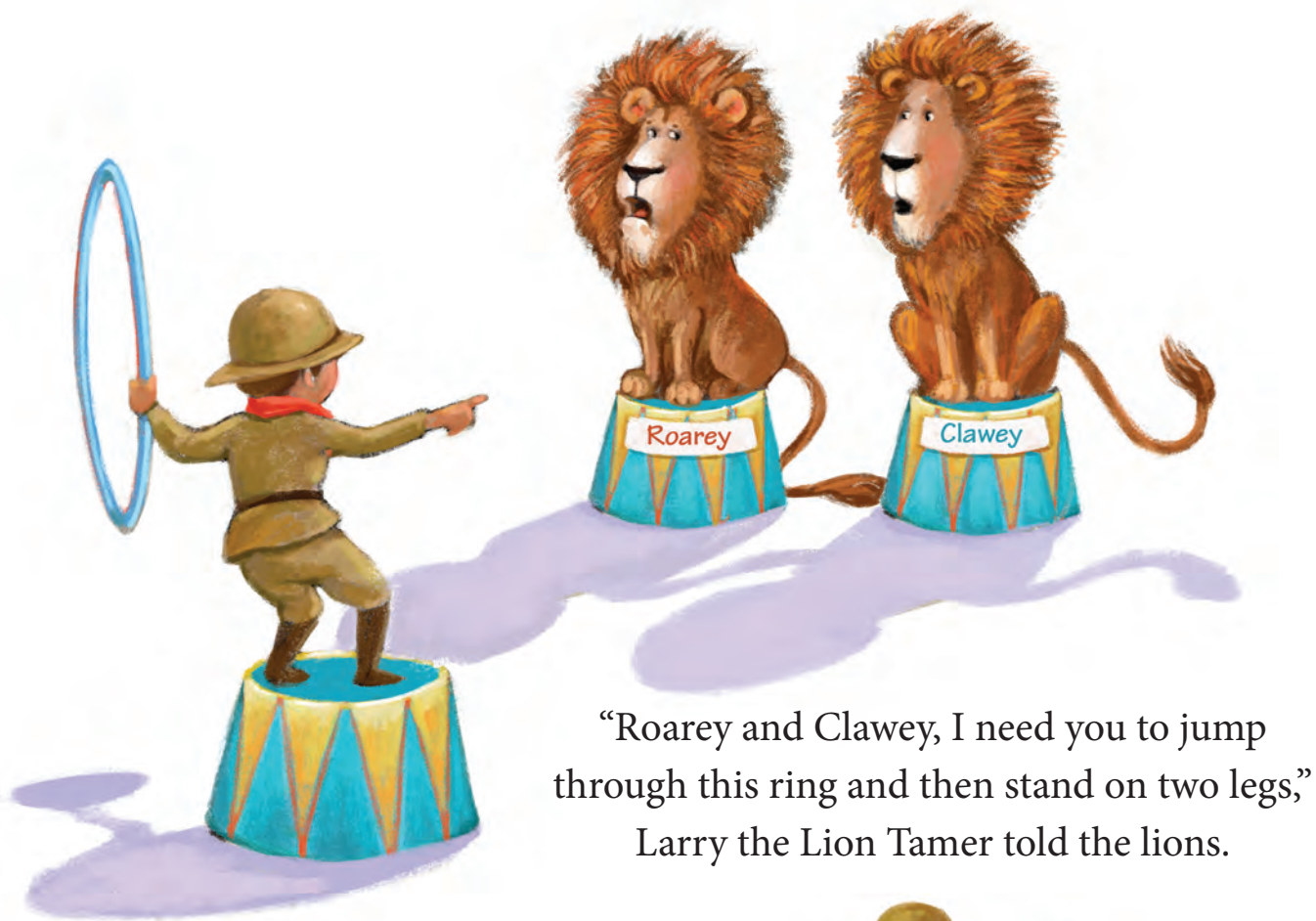
illustrated by Sue Cornelison

A Story About
Self-Confidence





Ringmaster Rick was excited for the big show at Circus Town! He visited the big tent to see all the performers practicing their acts.



“Roarey and Clawey, I need you to jump through this ring and then stand on two legs,” Larry the Lion Tamer told the lions.

Roarey jumped through the ring and rolled over instead of standing on two legs.



Larry threw up his arms.
“I am the worst lion tamer ever!”

“Wait,” said Ringmaster Rick.
Larry stomped out of the ring.



Clawey got the ring stuck on his big mane!





Ringmaster Rick went to the other side of the tent where Juan and Juanita, the world-famous trapeze artists, were flying high above. Juan was having a hard time grabbing onto Juanita as they swung back and forth.

After several tries, Juan climbed down off the trapeze. Juan cried, "I can't do this! I am such a loser! I'm terrible at everything."



"No way," said Ringmaster Rick. Juan and Juanita left the trapeze area. They were so upset they could not hear what Ringmaster Rick said to them.

A colorful illustration of a clown named Polka Dot Patti. She is wearing a white outfit with large black polka dots, a white ruffled collar, and a white pointed hat with black pom-poms. She has a large red nose and is looking surprised. She is falling off a unicycle, with her arms and legs outstretched. Three juggling pins are in the air around her. The background is a dark purple gradient.

Next, Ringmaster Rick visited Polka Dot Patti.

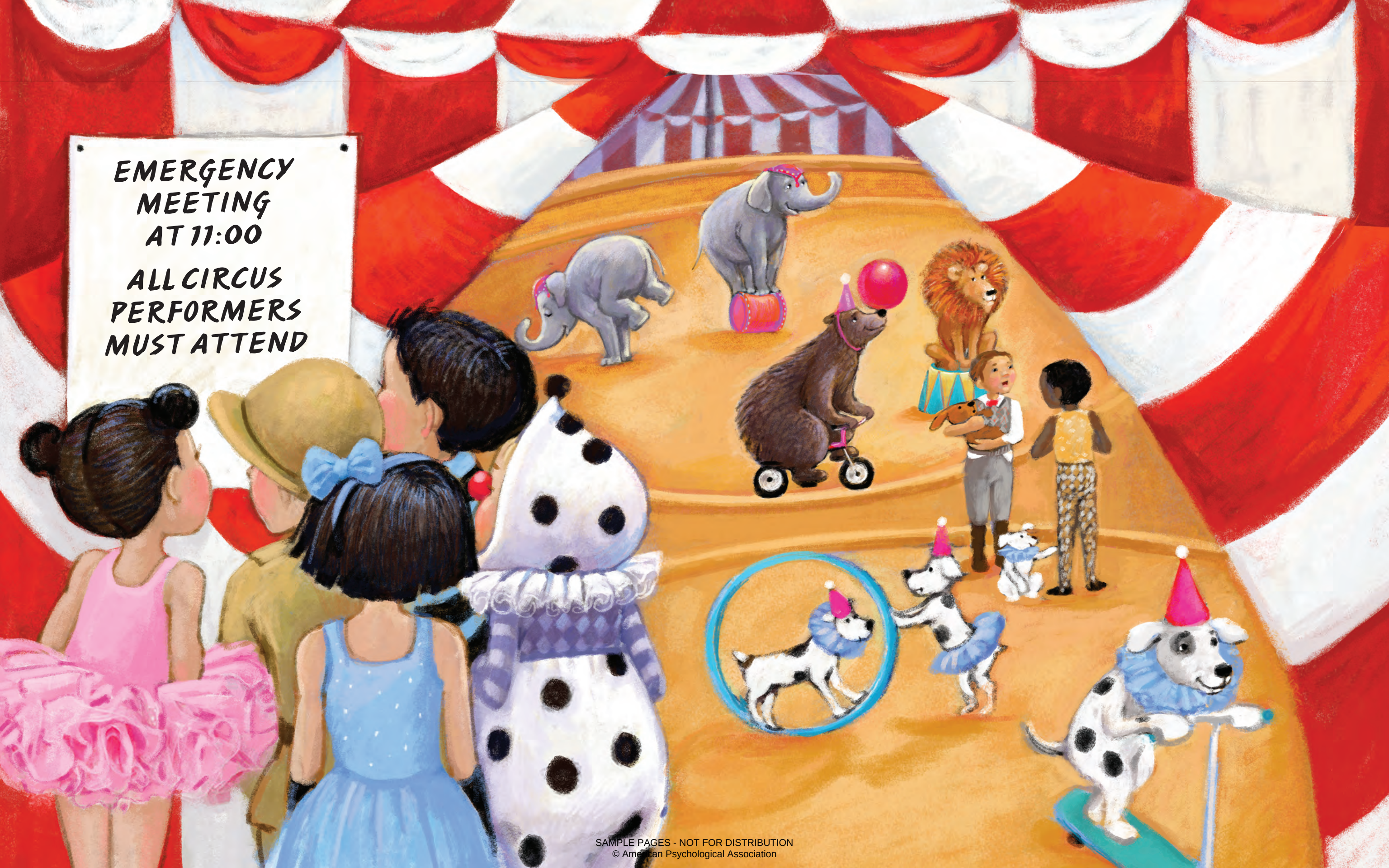
She was practicing juggling several bowling pins while riding a unicycle. As she was practicing, she lost her balance and went **KURPLUNK!** on the ground.

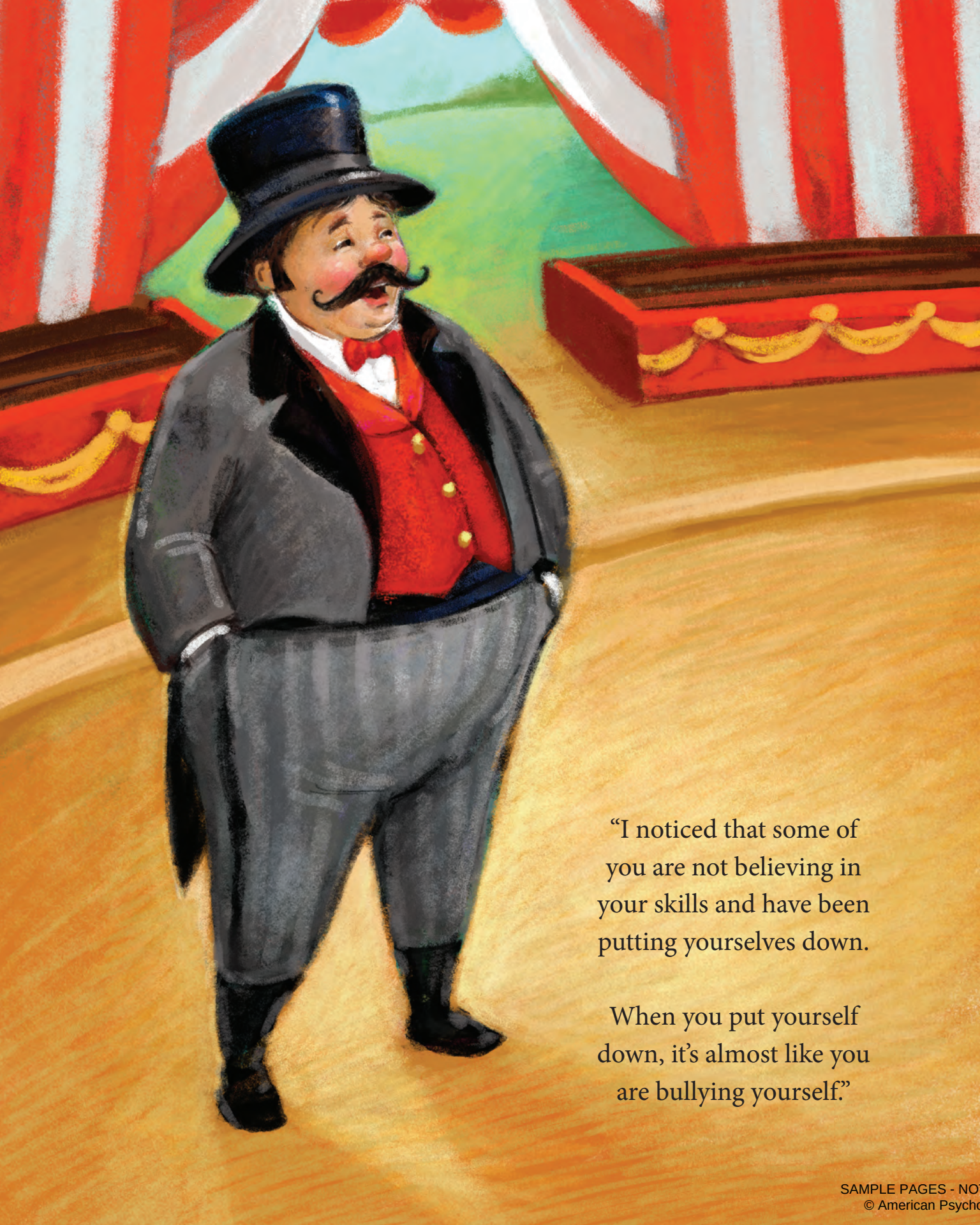
Polka Dot Patti picked herself up. “I am such a klutz! All the other clowns are better than me!”

Ringmaster Rick was puzzled. “What is happening to our circus? Everyone seems to be having trouble with their self-confidence.” He decided to call a meeting for everyone in Circus Town.



**EMERGENCY
MEETING
AT 11:00
ALL CIRCUS
PERFORMERS
MUST ATTEND**





“I noticed that some of you are not believing in your skills and have been putting yourselves down.

When you put yourself down, it’s almost like you are bullying yourself.”

Dougie the Dog Trainer looked up, surprised. “Bullying ourselves? I thought bullies are people who say and do mean things to others.”



“That’s correct. But when you put yourself down, you are being mean to yourself, like a bully. When you say mean things about yourself over and over, you can hurt your self-confidence,” Ringmaster Rick explained. “You might want to give up or stop believing in yourself.”