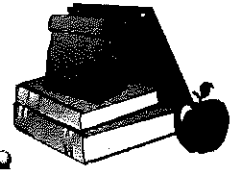


# Confidence



## What is Confidence?

Confidence is having faith in something or someone. It is a kind of trust. When you have self-confidence, you trust that you have what it takes to handle whatever happens. You feel sure of yourself and enjoy trying new things. When you are confident in others, you rely on them and confide in them.

## Why Practice It?

Without confidence, fears and doubts hold us back. We feel worried and uncertain, and afraid of making a mistake. With confidence, we try new things and learn all the time.



## How Do You Practice It?

Practicing confidence is knowing you are worthwhile whether you win or lose, succeed or fail. You feel sure of yourself and gladly learn from your mistakes. You don't allow doubt or fear to stop you. You try lots of new things and discover what you are best at. You think positively. You have confidence in life, trusting that all things work together for good.



## What would Confidence look like if...

- Your friends invite you to play a game you have never played before?
- You are asked to give a speech in front of your class?
- You try out for a sport and don't get picked?
- You did something that really upset your mother?
- You received a very low score on a math test?
- You see someone with lots of friends and wish you were one of them?

## Signs of Success

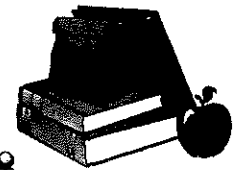
Congratulations! You are practicing Confidence when you...

- Remember that you are worthwhile whether you succeed or fail
- Are willing to try new things
- Discover your talents
- Learn from your mistakes
- Are free of worry
- Think positively

## Affirmation

*I am confident. I love to try new things and I give them the best I have to give. I appreciate my gifts. I welcome new possibilities.*

# Activities with Confidence



## Activities with Confidence

- Invite your students to set a goal of meeting one new person they have been wanting to get to know. Ask them to describe how a confident person would go about getting to know someone new.
- Ask them to reflect on something new they would like to try.
- Ask them to journal about the smell, the taste, the feel, the sound of confidence.



## Virtues Reflection Questions

- Name one of the most confident people you know. What do you think gives them confidence?
- When do you most need your confidence?
- When do you feel most confident?
- What are you best at? What gave you the confidence to do it the first time?



## Drawing Confidence

Draw a picture of yourself doing something with confidence.



## Poster Points

- Think positively.
- Go for it!
- Why not?
- Just say YES!



## Quotable Quotes

*"We learn wisdom from failure much more than success. We often discover what WILL do by finding out what will NOT do."*

Samuel Smiles

*"If we are not fully ourselves, truly in the present moment, we miss everything."*

Thich Nhat Hanh

*"Only a person who has faith in himself is able to be faithful to others."* Erich Fromm

*"You see things; and you say 'Why?' But I dream things that never were; and I say 'Why not?'"* George Bernard Shaw

*"Shoot for the moon. Even if you miss it you will land among the stars."* Les Brown

*"Dream lofty dreams, and as you dream, so shall you become."* Anonymous

*"Everyone has inside of him a piece of good news. The good news is that you don't know how great you can be! How much you can love! What you can accomplish! And what your potential is!"* Anne Frank