

POWERFUL PROJECT

AGES 4-7

SEPTEMBER
2014

CONFIDENCE

FIRST & LAST NAME: _____

Confidence means: I believe in me and you! When we are confident, we speak with confidence, we stand with confidence and we walk with confidence. Below, let's talk about what confidence looks like, feels like and sounds like! Circle the bubbles that show confidence!

I like my legs because they let me run fast!

I wish I was as fast as Jake! I stink at running. I stink at everything.

I think all of us are doing a great job today!

When I talk to people, I look them in the eyes.

I can't do it. I'm too short. I'm too weak. I never get anything right.

I'm the best! I'm the best! I win and you lose! Ha, ha!

Hi! What's your name? Let's play on the swing together!

When I walk into a room, I stand tall and introduce myself to others.

I just talked to my teacher about practicing my skills each day. I have a plan and a goal!

When I practice, practice, practice I make progress, progress, progress!



Are you a confident person (circle)? YES NO SOMETIMES