

Confidence Challenge for Kids

A fun 7-day challenge to help kids build courage, positive self-talk, and belief in themselves.



Name: _____

Week of: _____

1 MY CONFIDENCE GOAL

This week, I want to grow my confidence by...

- Trying new things
- Speaking up
- Using a brave voice
- Believing in myself
- Keeping a positive attitude
- Other: _____

2 7-DAY CONFIDENCE CHALLENGE

Day 1	Say one good thing about yourself.	☆
Day 2	Try something that feels a little hard.	☆
Day 3	Use a strong, clear voice.	☆
Day 4	Help someone or show kindness.	☆
Day 5	Practice a skill for 10 minutes.	☆
Day 6	Do something without giving up.	☆
Day 7	Celebrate how much you've grown.	☆

3 HOW I FELT *Color a star each day to show how you felt!*

Day	I Tried My Best	I Felt Brave	I'm Proud Of Myself
Day 1 (Mon)	☆	☆	☆
Day 2 (Tue)	☆	☆	☆
Day 3 (Wed)	☆	☆	☆
Day 4 (Thu)	☆	☆	☆
Day 5 (Fri)	☆	☆	☆
Day 6 (Sat)	☆	☆	☆
Day 7 (Sun)	☆	☆	☆

4 I AM PROUD BECAUSE...

This week, I am proud of myself because...

5 PARENT TIP

- Praise effort more than perfection.
- Let kids try things before stepping in.
- Remind them that confidence grows with practice.

⇒ ★ ⇐

⇒ *Live a Life You Are Proud Of!* ⇐