

# School Confidence Worksheet

A simple at-home tool to build confidence, resilience, and brave choices at school.



Name: \_\_\_\_\_ Week of: \_\_\_\_\_

## 1 MY CONFIDENCE MISSION

This week, I will practice:

- |                                            |                                                   |
|--------------------------------------------|---------------------------------------------------|
| <input type="checkbox"/> Ask for help      | <input type="checkbox"/> Try again after mistakes |
| <input type="checkbox"/> Try something new | <input type="checkbox"/> Speak up respectfully    |
| <input type="checkbox"/> Use kind words    | <input type="checkbox"/> Other: _____             |
| <input type="checkbox"/> Join in           |                                                   |

## 2 CONFIDENCE MEANS I CAN...

- |          |                                |                                            |
|----------|--------------------------------|--------------------------------------------|
| <b>1</b> | <b>Take a brave first step</b> | I can try even if I feel nervous.          |
| <b>2</b> | <b>Ask for help</b>            | I can speak up when I do not understand.   |
| <b>3</b> | <b>Keep going</b>              | I can learn from mistakes and try again.   |
| <b>4</b> | <b>Use strong, kind words</b>  | I can speak with respect and confidence.   |
| <b>5</b> | <b>Believe in my effort</b>    | I do not have to be perfect to do my best. |

## 3 MY CONFIDENCE CHART — I CAN DO THIS!

Color a star each day you show confidence!

| Day       | Tried Something New | Asked for Help | Used Brave Words | Kept Going | Positive Attitude | Parent Praise |
|-----------|---------------------|----------------|------------------|------------|-------------------|---------------|
| Monday    | ☆                   | ☆              | ☆                | ☆          | ☆                 | ○             |
| Tuesday   | ☆                   | ☆              | ☆                | ☆          | ☆                 | ○             |
| Wednesday | ☆                   | ☆              | ☆                | ☆          | ☆                 | ○             |
| Thursday  | ☆                   | ☆              | ☆                | ☆          | ☆                 | ○             |
| Friday    | ☆                   | ☆              | ☆                | ☆          | ☆                 | ○             |
| Saturday  | ☆                   | ☆              | ☆                | ☆          | ☆                 | ○             |
| Sunday    | ☆                   | ☆              | ☆                | ☆          | ☆                 | ○             |

## 4 WHEN I SHOW CONFIDENCE, I CAN CHOOSE:

- |                                                 |                                                    |
|-------------------------------------------------|----------------------------------------------------|
| <input type="checkbox"/> Pick a family activity | <input type="checkbox"/> Special time with Mom/Dad |
| <input type="checkbox"/> Choose dessert         | <input type="checkbox"/> Pick music in the car     |
| <input type="checkbox"/> Extra story            | <input type="checkbox"/> Other: _____              |

## 5 PARENT TIP

- Praise bravery, not perfection.
- Let your child practice speaking for themselves.
- Celebrate effort after hard moments.

➤ *Live a Life You Are Proud Of!* ➤