



SELF-CONFIDENCE

WEEK 2: CHARACTER DRILL ON CONFIDENCE

AGE-SPECIFIC CHARACTER DRILL FOR AGES 8 to 12

DRILL: SPOT THE SELF-CONFIDENT STUDENTS

“Some of the most self-confident people model themselves after other self-confident people. In this drill you are going to spot which people have self-confidence and which ones don’t.”

Steps:

1. Divide your class into several groups. Assign one instructor to each group.
2. Select one student in each group to go first. Blindfold the student. While the student is blindfolded, quietly pick two students in the group to be the ones that have self-confidence and the rest will NOT have self-confidence.
3. Take the blindfold off the student and then run the rest of the group through some basic Martial Arts moves. The student that was blindfolded will pick the two students that performed with the best self-confidence. The goal is to see if the student picked the two students that were selected when the student was blindfolded.
4. Continue until each student has a turn.
5. At the end of the drill, ask the students if they understood how easy it is to spot people that have self-confidence. Remind them that if they show self-confidence in everything they do, then other people will notice them too.