



SELF-CONFIDENCE

WEEK 2: CHARACTER DRILL ON CONFIDENCE

AGE-SPECIFIC CHARACTER DRILL FOR AGES 5 to 7

DRILL: I CAN DO IT/ I CAN'T DO IT

“When you are playing a game or practicing your Martial Arts moves, it is important that you say to yourself “I can do it!” When you believe in yourself, you do better. When you don’t believe in yourself, you don’t do as well.”

Steps:

1. Divide your students into several lines. Assign one assistant per line. Give each line a stack of small square targets.
2. The assistant from each line will hold a small square target and the students will punch the targets out of the assistants' hands.
3. To begin, have the first student in each line say “I can’t do it.” And then punch the small square target.
4. Continue until each student has a turn.
5. Next, have the student’s say “I can do it” as they punch the targets. The test is to see if they can punch the targets even further when they are saying something positive.
6. Continue until each student has a turn.
7. Ask the students if they felt better when they said something negative or when they said something positive.