



SELF-CONFIDENCE

WEEK 2: CHARACTER DRILL ON CONFIDENCE

AGE-SPECIFIC CHARACTER DRILL FOR AGES 12+

DRILL: BEAT MY OWN GOAL

“Having self-confidence means that you believe in your ability to accomplish your personal goals. In this drill, you are going to set some physical goals to accomplish.”

Steps:

1. Have your class make a big circle. You'll need a stopwatch for this drill.
2. On your command have the student's perform as many push-ups as they can in 30 seconds.
3. When time is up, go around the circle and have the students say out loud how many push-ups they did.
4. Tell them that you are going to repeat the drill and you want them to try and do more push-ups in 30 seconds.
5. When time is up, go around the circle and have the students say out loud how many push-ups they did. The goal is for each student to do more push-ups the second time.
6. Repeat the drill a third time and see if they can do even more push-ups.
7. At the end of the drill explain to the students that they can always do better if they believe in themselves.