



# SELF-CONFIDENCE

## WEEK 1: CONFIDENCE OVERVIEW

### AGE-SPECIFIC MAT CHAT FOR AGES 8 to 12

#### Opening discussion:

“What does the word self-confidence mean? (ask one student to define self-confidence) The answer is: to believe in yourself and your abilities. When you have self-confidence you always try your hardest and you don’t get down on yourself if something is too hard. Instead, you try your best at everything you do and you don’t quit so easily if something is too hard. People with self-confidence are happier and accomplish more in life because they believe in themselves.”

#### Let’s try a quiz to help you understand how to have self-confidence:

##### Good or bad decision?

- You are learning how build a volcano and you keep messing up, so you ask your parents for help instead of getting mad and crying because it is so hard.
- You are playing a game of basketball with some kids in the neighborhood and one of the bigger kids keeps picking on your when you miss a basket, so you decide to never play basketball again.
- You’ve never read in front of your class before and you are nervous, but instead of thinking about the bad feelings you try your hardest to do a good job.

#### Finishing the mat chat:

“I want everyone to go home and practice having self-confidence. Make sure that you always try your hardest and don’t let bad feeling get in your way of learning something new. Also, don’t be afraid to ask for help when something is hard. The best way to learn is to keep trying and ask for help when you need it.”