



# SELF-CONFIDENCE

## WEEK 1: CONFIDENCE OVERVIEW

### AGE-SPECIFIC MAT CHAT FOR AGES 5 to 7

#### Opening discussion:

“Do you know what self-confidence means? Self-confidence means that you believe in yourself and you try hard at everything you do. For example, if you try very hard to write your name, then you will get it, as long as you don’t give up. If you tell yourself “I can do it” at everything you do then you have great self-confidence.”

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

##### Do you have self-confidence if:

- You practice writing your name every day until you get it correct?
- You get mad if you cannot write your name?
- You say things like “I can do it” and “I will keep trying?”
- You say things like “I am not strong” or “I am not smart?”
- You try hard to keep your room clean and not messy?

#### Finishing the mat chat:

“I want everyone to go home and practice self-confidence this week. Make sure you try your hardest when you are cleaning your room or helping with housework. Also, when you are playing a new game, don’t get mad if you don’t know what to do – keep trying and don’t give up! The harder you try, the better you will get!”