



SELF-CONFIDENCE

WEEK 1: CONFIDENCE OVERVIEW

AGE-SPECIFIC MAT CHAT FOR AGES 12+

Opening discussion:

"Tell me what your definition of self-confidence is? (Ask two students to describe in their own words what self-confidence means) Explain that self-confidence means to believe in yourself and your own judgments. In other words, don't let other things or other people dictate how you feel or how you act. You are the only person in the way of your own destiny. That is what self-confidence means."

Let's try a quick quiz to see just how much self-confidence you have:

What would you do?

- You have to read a book report in front of the rest of your class tomorrow, but you remember that last time you read in front of class you were so nervous that you stumbled a lot in your speech. Would you:
 - Pretend that you are sick so you don't have to go to school tomorrow?
 - Practice reading your report in front of your parents so that you aren't so nervous?
- Your teacher needs a volunteer to show the new kid in school around campus, but none of your classmate's volunteers so your teacher chooses you. Would you:
 - Tell your teacher that you are not feeling well and may go home so you can't?
 - Gladly show the new kid around and introduce him to all of your friends?
- You want to become a black belt, but sometimes you struggle in class. Would you:
 - Quit when classes get too hard?
 - Set your goal to become a black belt and get extra help when you need it?

Finishing the mat chat:

"This week I want you to show great self-confidence. Be the one that volunteers when others are afraid to do so. Try something new that is challenging and don't give up easily. Set your goals high and work hard to accomplish them. You'll notice that your self-confidence grows as you challenge yourself."