



## Week 1: Self-Confidence Overview

Age-specific mat chat for 3 and 4-year olds

### 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?
- ✓ 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?

Tip: Tell the kids that you are VERY proud of them because they know how to have self-confidence.

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 house work. 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!"*



## Week 1: Self-confidence Overview

Age-specific mat chat for 5 and 6-year olds

### Opening discussion:

*"Do you know what self-confidence means? Self-confidence means that you believe in yourself and you will try hard at everything you do. If you only focus on good feelings and not bad feelings, then you are showing self-confidence. For example, you are showing great self-confidence if you always say things like "I can do it!" instead of "I can't do it!"*

Let's answer a few questions about self-confidence:

True or not true -

- ✓ You say "Yes I Can" when you are learning how to read.
- ✓ You get mad and quit when something is too hard.
- ✓ You try your hardest when helping around the house.
- ✓ You are very messy when you color and you don't care.
- ✓ You believe others when they tell you that you are stupid or ugly.
- ✓ You always remember that you are a very special person no matter what other people might say.

Tip: Tell the kids that you are VERY proud of them because they can tell the difference between being self-confident and not self-confident.

Finishing the mat chat:

*"I want everyone to go home and practice having self-confidence this week. When you are learning something new, don't give up too easily if it is hard. Instead, keep trying until you get it right. For example, try to clean your room the best you can; try to write your name better and better; and try a new game without getting mad or angry."*



## Week 1: Self-confidence Overview

Age-specific mat chat for 7 to 9-year olds

### 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 you're 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 you're hardest to do a good job.

Tip: Tell the kids that you are very proud of them for thinking about how important it is to have self-confidence.

### Finishing 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."*



Week 1: Self-confidence Overview

Age-specific mat chat for 10 to 14 year olds

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:
  - a. Pretend that you are sick so you don't have to go to school tomorrow?
  - b. 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:
  - a. Tell your teacher that you are not feeling well and may go home so you can't?
  - b. 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:
  - a. Quit when classes gets too hard?
  - b. Set your goal to become a black belt and get extra help when you need it?

Finishing mat chat:

*"This week I want you 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."*