FOURTH GRADE
LESSON V
SELF CONFIDENCE

Objectives
Students will
• Discuss self-confidence as a feeling of self-worth and success.

Materials
• Chalkboard and drawing paper

Activity Choices
1. Brainstorm a list of about 20 characteristics that students consider strengths.
   A. Have each student make an “I” statement applying one of the strengths to him/herself.
   B. They can also relate an incident where they have demonstrated that strength. “I feel I’m ______________________________ because__________________”.
2. Discuss how it feels to share these things about themselves with others.
3. Discuss the benefit of self-confidence in one’s strengths and how it helps in times of disappointment, fear or frustration.
   A. Positive self-talk.
   B. Making a positive mental picture of yourself.
   C. Draw a picture of yourself as the center of power or in position of strength.
   D. Practice seeing it in your mind when things are not going well-when kids are calling you names on the playground.
   E. How could recalling such an image change a decision on how to handle difficult situations?
   F. Brainstorm other situations when seeing yourself successful could help-when having difficulty with a new assignment; when messing up in a ball game.
   G. Discuss how self-confidence and assertiveness help in dealing with parents, peers and others.
4. Exceptional Education Inclusion Activities:
   A. Role-play ways for students to get out of a situation that makes them uncomfortable.
   B. Have students make a poster or a book of things he/she does well.
   C. Role-play positive self-talk.