

Materials	Paper, pencil
Learning Outcome	Identify the importance of self-confidence and list your abilities and characteristics.

Description

Discuss with the child what it means to have self-confidence and how it is important to get to know our good qualities and be proud of who we are. Ask the child to draw an outline of a body on a piece of paper and then draw a large circle around the outline.

On the inside of the body, ask the child to list who they are as a person (*I Am*) writing personal characteristics or qualities. Inside the circle, ask the child to list what they are proud about being able to do (*I Can*) writing personal achievements. Support early literacy learners with writing as required.

Review the child's *I Am* and *I Can* statements and ask them when they can utilize these statements to help them believe in themselves and show self-confidence.

Emotional Well-Being Competencies



THINK

Develop cognitive skills and strategies that facilitate self-management, decision-making, and relationship skills.



FEEL

Develop affective skills and strategies that facilitate healthy and safe relationships with themselves, with others, and with their environment.



ACT

Practice behaviour skills and strategies that facilitate responsible decision-making, self-awareness, and social-awareness.



Reflection Questions

Reflection is important to support learning for emotional well-being. Consider asking the child the reflection questions below and discuss the answers together.

- *What is one ability or characteristic about yourself that makes you very proud?*
- *How does it feel when someone can do something better than you? How can you have self-confidence in these situations?*