



Week 3: Self-Confidence Project

Project: Self-confidence chart

(This project is great for all ages)

"The best way to improve your self-confidence is to be aware of your talents and talents that you would like to become better at. In this project, we are going to make a list of everything we are good at and things we want to become better at."

Steps:

1. Print out enough copies of the attached charts for each student.
2. Split the class into several groups and give each group a pack of crayons or markers. Assign each group with a teenager or adult that can help with spelling and ideas. Your 3 to 6 year olds can have their parents help with this project.
3. The students will write down at least three things that they are good at, and at least three things that they want to learn or become better at.
4. They will decorate the chart and then take it home to hang on their bedroom mirror until the three "goals" are completed.
5. You can make it exciting by giving the students a special patch or prize if they complete their chart within the next 90 days.
6. Below are a few age-specific suggestions to help the students get started:
 - 3 and 4 year old talents: catching a ball, riding a tricycle, swing, swim, stand on one foot for 5 or more seconds, etc.
 - 5 and 6 year old talents: can do a somersault, can ride a bicycle, swim, roller skate, ski, etc.
 - 7 to 9 year old talents: can hit a fastball with a bat, jump rope, ride a skate board, snow board, etc.
 - 10 to 14 year old talents: can ride a wave runner, can wake board, jump a ramp with a bike, sing, play an instrument, draw a great picture, etc.

This project is meant to teach your students how to build self-confidence through goal setting. The idea is for each student to recognize their talents and also ways to become more talented. With your support, each child should feel more self-confident after this project is complete.



Self-Confidence Chart

Name: _____ Age: _____ Date: _____

Things that I am good at...	Things that I want to become better at...

I would like to become better at the above things by this date: _____

I have accomplished my goals:

Signed: _____ Date: _____