

Unit 7 Lack of Confidence

Activity One: “Who Am I?” Questionnaire

“To begin with, I’ve found that there is no one else like me, anywhere- like snowflakes. No one else feels completely the way I do. No one else sees things in the same scope as I do. So my first discovery about myself is that I’m me.” (Quoted from a high school composition).



Fill out the following questionnaire. (It will be kept confidential. Read it from time to time.)

1. In general, school is....
2. My best friend is...
3. The thing I like best about my class is...
4. Something I’d like to tell my teacher is...
5. I don’t like people who...
6. I’m at my best when I...
7. Right now I feel...
8. People I trust...
9. The best thing that could happen to me is...
10. When I don’t like something I’ve done, I...
11. When I like something I’ve done, I...
12. When I’m proud of myself, I...
13. I’m very happy that...
14. Five adjectives that describe me are...

Activity Two: This Year's Milestones

Many years ago, stones set beside the road marked distances between towns. These stones, called milestones, were indications of a traveler's progress. Later, the meaning of the word milestone was generalised to mean "a significant point in any journey or development." What might be some of the significant points along the path from where you are now to where you hope to be in one year?

Record them on the numbered lines.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Check it in one year.



Activity Three: Valuing Yourself

Self-acceptance is a specific stage in self-confidence that occurs whenever students are willing to look at themselves objectively (with the help of an adult). When they do, they will realize that their strengths far outweigh their weaknesses. Reflect on these questions and try to answer them honestly. This exercise can give you the opportunity to validate your positive self-perception.

What three things do I like about myself?

1. _____
2. _____
3. _____

What are my strengths?

1. _____
2. _____
3. _____

What activities can make me a better and stronger person?

1. _____
2. _____
3. _____



Activity Four: Don't Wait Too Long

Once you have decided that there are some things about yourself that you would like to change, don't wait too long to start changing them! You may miss some golden opportunities because you aren't prepared. Instead, get started!

In one column below, list some changes that you want to make.

Suggestions:

1. Your habits;
2. Your goals;
3. Your grades;
4. Your appearance.

Changes I Want To Make	Steps I Can Take To Make The Changes



Activity Five

Let's watch the movie: *Full Confidence* here is the trailer.

<https://www.youtube.com/watch?v=Alb4Tm8UPX0>

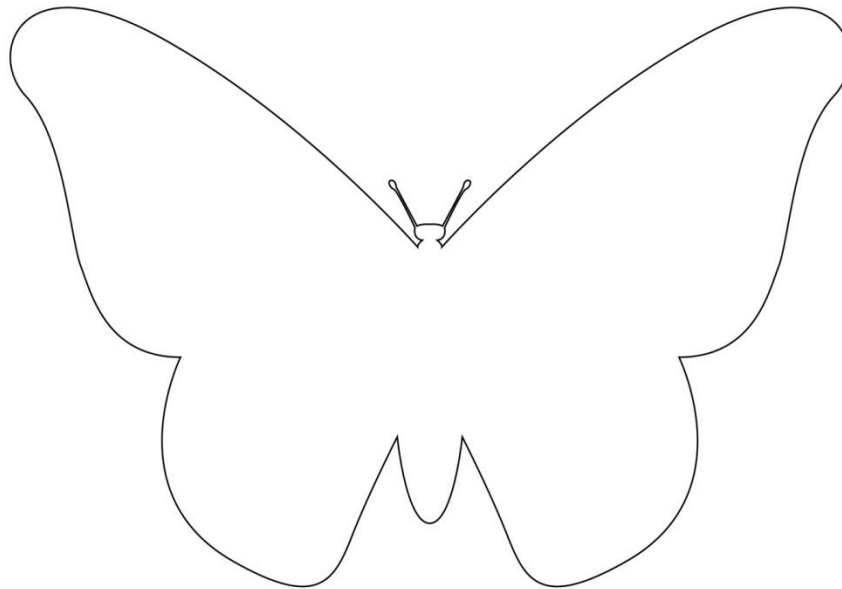
Ted.ed: Three tips to boost your confidence:

https://www.youtube.com/watch?v=l_NYrWqUR40

(View full lesson: <http://ed.ted.com/lessons/3-tips-to-b...>)

Task: Decorate the butterfly below, with words and colours to represent the condition you are in now.

My Butterfly



Decorate the butterfly below with words and colours to represent the condition you will be when becoming self-confident.

