

## **ACE CLUB Lesson Plan 2 - Self confidence**

(Attitude Character Education Club - 5th-8th graders teaching character values to PK-1st)

Schedule- Approximate 5-10 minute time for each item

1. Introduction: Name and Topic - Self Confidence
2. Review: How have you practiced filling a bucket?
3. Story: Read the Story with the questions.
4. Discuss what topic means. SELF-CONFIDENCE - I believe in Me and Courage to Try
5. Explain when scared to try, can say - I think I can...(3times) I know I can....(3times)
6. Personal experience : Tell or Act-out Self Confidence Scenarios - bike, swim, read  
Clap and repeat - I think I can...(3times) I know I can....(3times)
7. Activity: Coloring "I think I can" Sheet and writing what they will try
8. Train around room - saying - I think I can...(3times) I know I can....(3times)
9. Snack and Video

### **Intro**

Hi my name is \_\_\_\_\_ (person 1).Hi my name is \_\_\_\_\_ (person 2)

Today we are going to learn about Self Confidence. (person 1)

### **Review**

How have you practiced filling a bucket?

### **Introduce Topic**

Explain what is self-confidence. "Believe in yourself" and have "Courage to Try"

### **Read Story** from projector screen (and book) - ***Self Confidence***

Summary - This is a book in the series of stories about human values. It says how self confidence is important. (Ask questions.)

On projector go to link

### **exact pdf book**

**[http://issuu.com/hv4k/docs/self-confidence\\_e-book8\\_english\\_issuu](http://issuu.com/hv4k/docs/self-confidence_e-book8_english_issuu)**

Read story off screen; each person reads one page alternating half starting with person 2.

Explain each picture.

### **Questions**- about Self Confidence - see questions at end

Ask easy Questions while reading the story.

### **Own experience**

-----Explain when scared to try, can say - I think I can...(3times) I know I can....(3times)

-----Personal experience : Tell or Act-out Self Confidence Scenarios- swim, bike, read

-----What do you say to someone?

Clap and repeat - I think I can...(3times) I know I can....(3times)

### **Games Choose activity based on the capability of the class**

1. Coloring "I think I can" Sheet and writing what they will try on back
2. Have the Children come up and talk a little about there
3. Train around room - saying - I think I can...(3times) I know I can....(3 times).

### **Video-Each 6 min total 12 min**

Watch the video . Explain what is happening in each scene.

part 1 confidence cartoon

Part 2 confidence cartoon

## Lesson 2 Questions About Self-Confidence Story -

pg 1:

Do you think that Melia was looking forward to getting class?

pg 5:

Who volunteered to help show tumbling to everyone?

How do you think Melia felt when she first volunteered to show how to do tumbling?

pg 7:

What will confidence allow you to do?

Who helped Melia as she tried the tumbling exercises?

How do you think Melia felt after she got complimented from Ms.Trisha?

pg 9:

How did all the kids feel when Ms.Trisha asked for someone to walk on the the balance beam?

pg 11:

Do you think Melia felt nervous when she first volunteered to walk on the balance beam?

What did Melia say? (I can do it)

pg 13:

What happened first when Melia tried to walk on the balance beam?

Do you think Melia is going to get back on to the balance beam and try to go across it again?

pg 15:

Would you have the same amount of self confidence as Melia did and get back on the balance beam after you fell?

pg 17:

What is self-confidence? (believe in yourself and having the courage to try)

With self-confidence, what can you do? (achieve anything)

First time we try, what happens? What should we do when we don't get it first time?

When we try something, who helps us?