

Topic: Self-Confidence

Breathe

Let's breathe in self-confidence. A recent study shows a brief self affirmation activity at the beginning of a school term can boost academic grade-point averages in underperforming kids by the end of the semester. Time to pause negative self talk and bask in our unique and wonderful self.

[Click here](#)



Learn

When faced with a big challenge where potential failure seems to lurk at every corner, you've probably heard the advice, "Be more confident!" But where does confidence come from, and how can you get more of it? Here are **three** easy tips to boost your confidence. This lesson is by TED-Ed.

[Click here](#)



Move

Walk tall, walk with confidence- walk a mile with ABBA!

Smash those calories with this fun, energizing workout. This is a waist-whittling walk set to some fast ABBA songs. Get ready to feel self-confidence radiating from your core!

[Click here](#)



Grow

Family Discussion- Self-Confidence

- What activities make me feel good about myself?
- Recall a time you felt confident and successful. Reflect on all the steps you took to get to that point.
- When you've worked hard, give yourself some credit. Write down three things you did today that went well.
- Describe a time you at first thought you failed but later realized it was a stepping stone to something great.
- What does confidence feel like to you? What does your body feel like? What are you saying to yourself?
- What would you do today if you had all the confidence in the world?

[Click here for more questions](#)