

# Whole Child Lesson for Elementary School

## Topic: Self-Confidence

### Let's Breathe

Imagining ourselves in a happy or calming place, is a great way to reduce stress, anxiety, feel good, and develop a positive attitude at for any situation. Imagery requires focus and self-discipline, because we can easily get distracted. We get better the more we practice! Today we'll go to a **secret treehouse**.

First, on a scale of 1-10, how are you feeling right now?

[Click here](#)



Now, on a scale of 1-10, how are you feeling now?

**Think:** When and where would this calming technique be helpful?

### Let's Learn

Being confident in ourselves requires knowing what we're good at, and practicing positive self-talk. Self-talk is the thoughts that run through our head. They're automatic and everyone has them. Sometimes you can have negative self-talk that pulls you down into fear, anger, or worry. Negative thoughts can be powerful. But positive self-talk is powerful too, especially when you practice!

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Check out this story about how mouse learns to be true to himself!



### Let's Move

Staying active is important. Just because we're stuck at home, doesn't mean that we can't keep moving. This week we're focusing on animal walks that you can do inside or outside. Today let's try out the **Crab Walk**.

1. Begin by sitting on the floor with your feet hip-distance apart in front of you.
2. Place your arms behind your back with fingers facing your toes.
3. Lift your hips off the floor.
4. Start walking forward by moving your left hand and your right foot, and then your right hand with your left foot.
5. How far can you go?

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### Let's Grow

The thoughts that we have about a situation either make us feel better or worse. Pretend you didn't get invited to a friend's birthday party. This probably doesn't feel good. Write down 3 positive thoughts you could say to yourself if this happened to you.

Think about a time when you had negative self-talk. Looking back, do you think those thoughts were true about you? What could you have said to yourself instead? What will you do differently next time? What did you learn from that situation?

