

# By The River

Purpose: I am learning that I am a worthwhile person, who has something to offer.

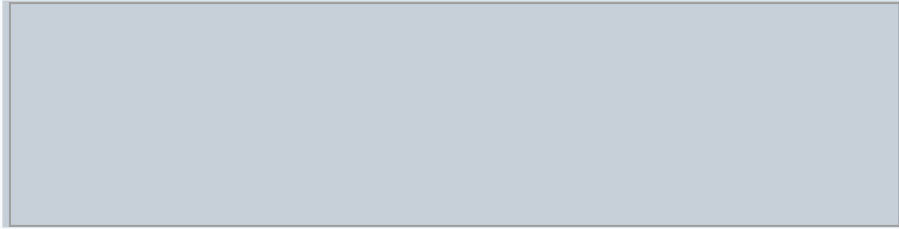
Learning Focus: Self Confidence



# Before we begin..

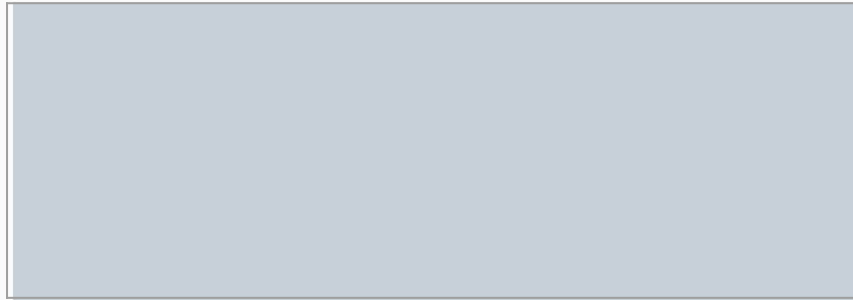
Discuss these questions with a buddy or your group before you read the book...

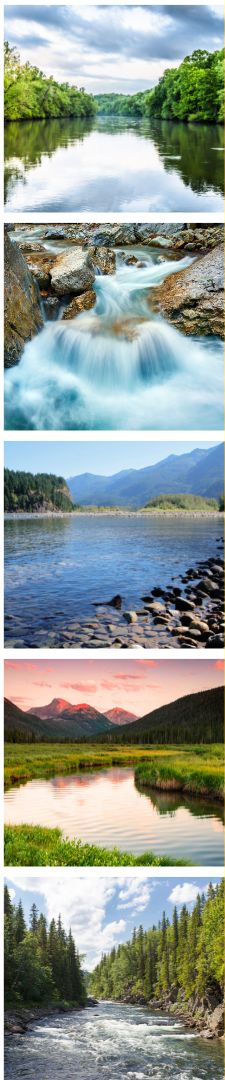
1. Recall a time you had to go somewhere for the first time without the rest of your family. What was it like? How did you feel?





2. How confident do you feel when you have to speak or perform in front of an audience? If you find it easy, think about something you do find difficult. Talk about how it makes you feel.





# **Get Ready!**

**Read this book...**

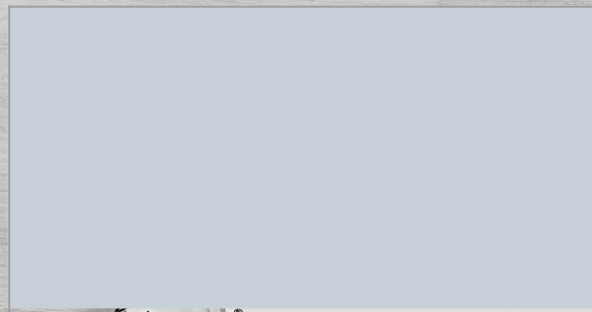
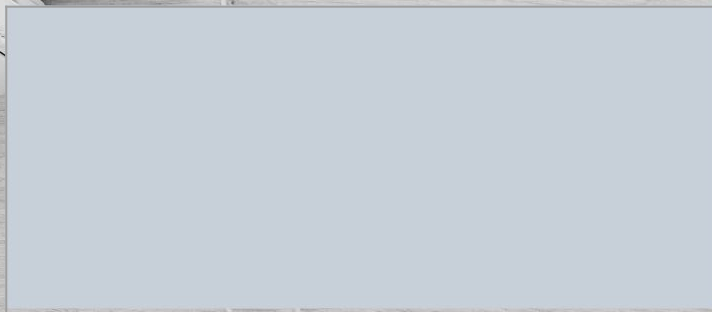
By The River E-book



# DISCUSS THESE QUESTIONS WITH A PARTNER OR IN YOUR GROUP...

1. How is Kenzie feeling both before and during the first day of the camp? How do you know?

2. What happens to change how Kenzie is feeling?







**DISCUSS THESE QUESTIONS WITH A  
PARTNER OR IN YOUR GROUP...**

3. How has Kenzie changed after this?



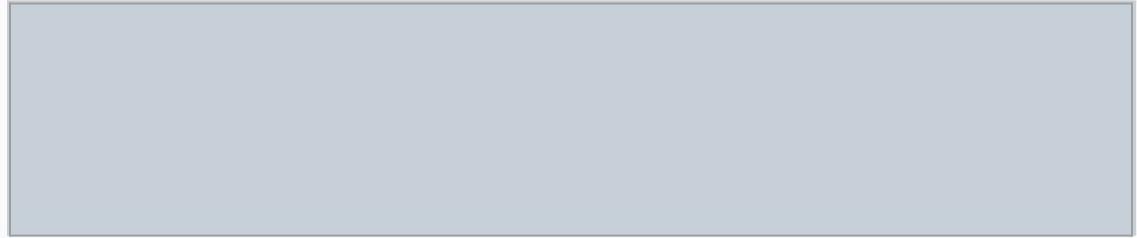
Watch this...




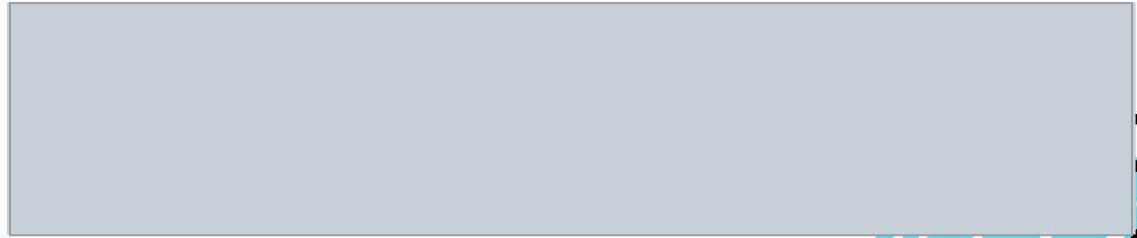


Discuss these questions with your partner or group...

1. What does the video suggest you can do to help boost your confidence?



2. What does the video say are the benefits of being more confident?







# My Thinking Coaches

Here are a couple of 'Thinking Coaches' that may help. Are there any Thinking Coaches you want to add to your personal Thinking Coaches Journal? If so, do it now...

**"I am unique and special."**

**"Believing in myself will help me do this."**

**"Don't give up."**

**"Keep on trying."**





# NOW IT'S TIME TO PUT YOUR THINKING COACHES INTO ACTION!

## Step 1:

Watch the video again and make a list of the short positive messages that it contains, e.g. Everyone is good at something, keep on trying, turn the volume down on the negative self talk, etc. Include one or two of your thought coaches in this.





### Step 2:

Create and decorate a set of small message cards that contain these messages.

### Step 3:

Find several places around your room and other places you use, e.g. your desk at school, your bedroom mirror, the back of your phone case, etc.

### Step 4:

Put several of these cards in these places so that you see them often each day.







**Step 5:** Change these cards and/or the places you put them every few days so that you see a range of messages each day.

**Step 6:** Each time you see one of the cards silently repeat it to yourself 3 or 4 times.



# Extra for Experts



## Step 1:

- Think about the things which challenge your confidence.
- Discuss this with your partner and get their ideas.
- Make a list of 4 or 5 things which really challenge your confidence, (this could be presenting in front of the class, playing a musical instrument in front of the school, taking on a sporting or physical challenge, etc)



**Step 2:** Choose 1 of the things on your list. You are going to make a plan to take on this challenge to begin growing your confidence when you have to do what you have chosen.






### Step 3:

- Set yourself a detailed goal of achieving this challenge.
- Now break that down into smaller steps.
- Remember it is easier to achieve smaller goals that move towards your larger goal than to try and achieve your main goal in one big leap.
- For example if your challenge is presenting in front of the class you might set smaller steps of presenting to a group of 5 then 10 before taking on the whole class, or entire school.


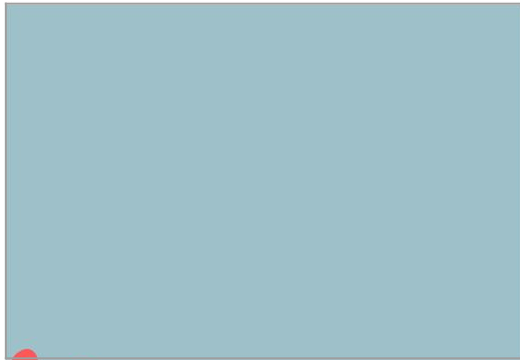


#### Step 4:

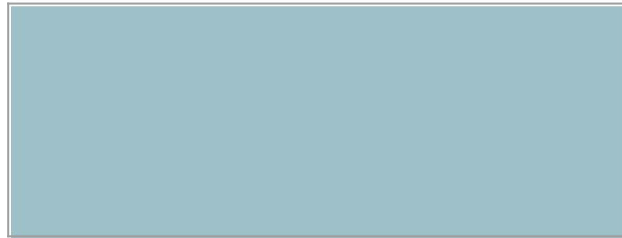
- Take time to practice what you are going to do to achieve your main goal.
- Continue practicing until you feel as ready as you can be to take on the final challenge.
- Take time to remind yourself of one or more of the Thinking Coaches and use this as part of your preparation to help you as you take on the challenge.





1. Confidence does not come by itself, I have to work at it. What am I going to do today to help grow my confidence?




2. Things will come that are going to dent my confidence. How I respond to them and the long term impact they have is up to me. What will I do to stop these setbacks causing me to lose my self confidence?




**REFLECTION  
TIME**







3. Which of the Thinking Coaches has been most useful as you have worked through the activities? Have you added this to your Thinking Coaches Journal?



**REFLECTION  
TIME**

