



Cool, Calm, and Confident Collage

Confidence to Take Action:

Confidence to Take Action is about believing in yourself and your abilities. This activity helps students tap into times they felt extremely confident in what they were doing.

Objective:

Students will be able to identify and reflect on an experience when they were very confident.

Materials:

Devices with PicCollage or Pic Stitch app; or magazines, pictures, paper, scissors.

Steps:

- Warm-up discussion: What does it mean to be selfconfident? What are you confident about?
- Invite students to take a trip down “Memory Lane”! Some might travel back further than others, but everyone, at some time, has felt self-confident.
- Ask students to consider a time they felt very confident in what they were doing. The memory might relate to school, sports, music, a hobby, or even a relationship.
- Allow students to brainstorm. Students can look through pictures, past social media posts, and other artifacts for ideas! Collect items for the collage.
- Have students make a collage (digital or paper) of that memory. The collage does not need to be literal. Encourage students to be abstract and creative.
- Have students share their creations in small groups or with the whole class if time permits.

Personal Reflection:

- What does it feel like to be self-confident?
- What activity or event would you like to be as confident in as you depicted in your collage?
- How could you tap into previous experiences of acting with confidence today?

Group Reflection:

- What role does self-confidence play in a healthy life?
- Why is it important to recognize your strengths?
- Reflect on someone who boosts your confidence. What specifically does this person do to make you feel good about who you are and what you are doing?
- What are some ways you could boost your own confidence? Brainstorm a list of self-confidence improving actions: help coach an elementary sports team, tutor another student, keep a journal of your accomplishments.
- What are some small things students could do everyday that would positively affect others' confidence? Share your ideas with peers.

Extended Learning:

Watch pep talk from Kid President on [YouTube](#). Write a pep talk to yourself to follow your dreams. Create an Internet meme, video, or visual aid to go along with your pep talk.

Notes:
