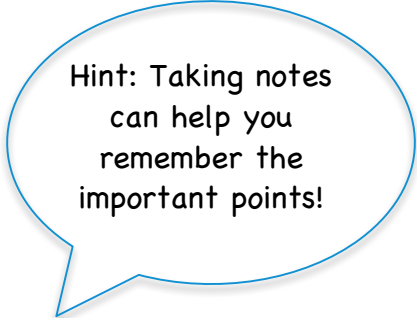


## Be Confident

Name: \_\_\_\_\_

Date: \_\_\_\_\_



The role models in the video “Be Confident” share advice about building confidence.

Watch the video “Be Confident” at least once. Then read each statement below. Think carefully about each question before you answer it.

- 1. The video explains that confidence builds over time. This means that you have more confidence as you get older and have more experience.**

What is one way you are more confident now than when you were younger?

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- 2. Two people in the video say confidence is about believing in yourself.**

What does it mean to believe in yourself? What is one way you showed that today?

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- 3. You heard someone in the video say, “You can do amazing things if you apply yourself.” When you apply yourself, you work hard to reach a goal.**

What is a goal you have? What steps can you take to apply yourself in reaching your goal?

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4. In the video, listeners learn that “there’s a lot of power in you being you.” Part of knowing who you are is understanding your strengths.

If your friend named three things you’re really good at, what would she say?

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5. A speaker in the video tells listeners that the best thing you can be is exactly who you are.

How would you explain to a younger child what it means to be exactly who you are?

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6. Another speaker in the video gives this advice: “Know that who you are is awesome!”

What other words could you use for **awesome**? Complete the sentences with new words. We did one for you!

Know that who you are is outstanding !

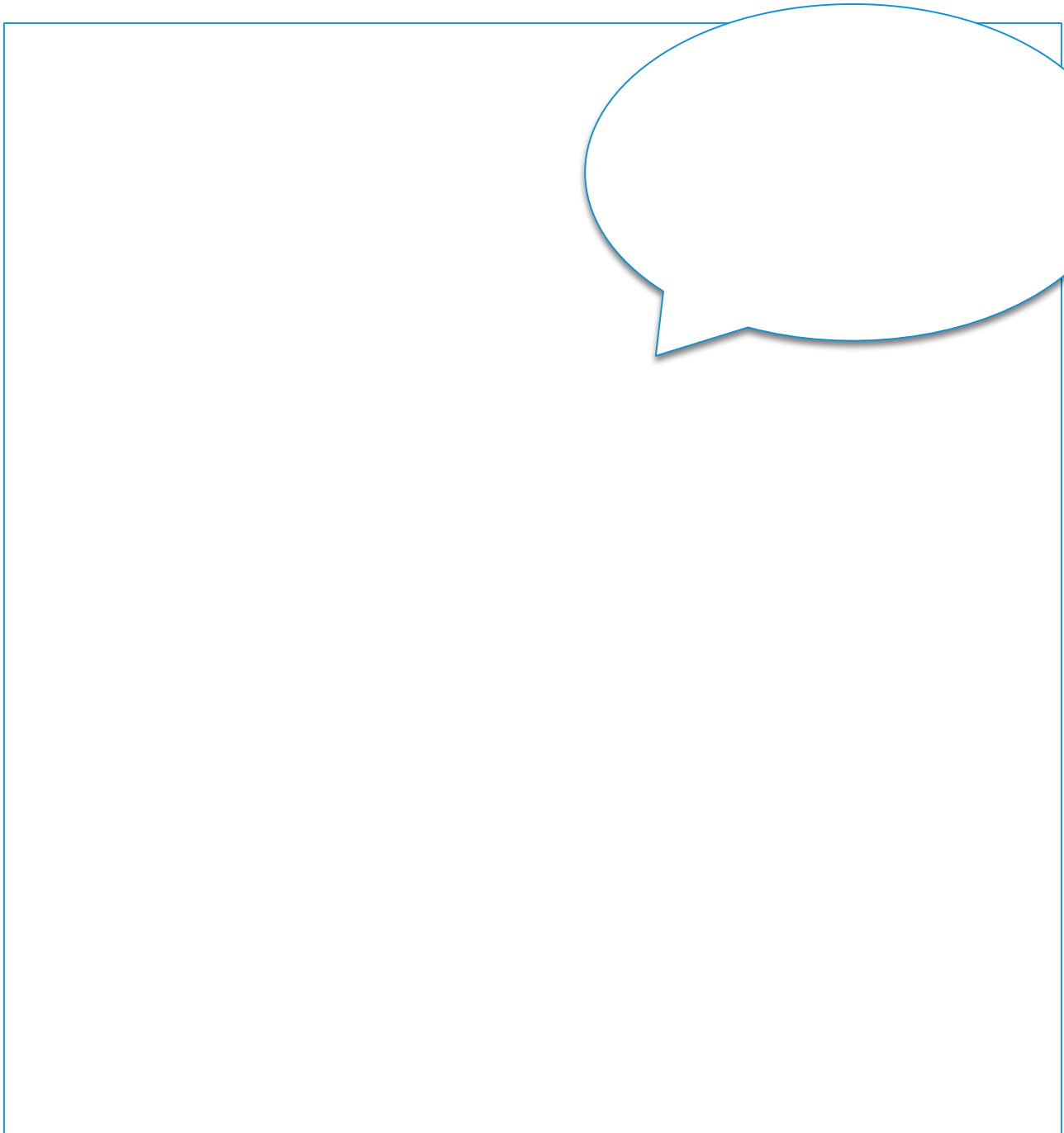
Know that who you are is \_\_\_\_\_ !

Know that who you are is \_\_\_\_\_ !

Know that who you are is \_\_\_\_\_ !

7. You learned in the video that having confidence can help you keep your dreams alive.

Do you have a dream for your future? Draw a picture that shows the future-you living your dream. Fill in the speech bubble to tell about your dream.

A large rectangular box with a thin blue border occupies the lower two-thirds of the page. In the upper right corner of this box, there is a speech bubble with a blue outline and a white interior. The speech bubble is empty, intended for the student to write about their dream.