

I Can, You Can Confidence – Beginner

Description

Students engage in a small and large group discussion about the meaning of confidence, its importance, and how we can improve our confidence and the confidence of others. Students practical critical thinking skills and collaboration with others.

Objectives

- Gain a deeper understanding of what it means to feel confident.
- Understand ways that confidence can be achieved—individually and through collaboration.
- Understand how to help others feel confident.

Materials and Supplies

- paper/pen/writing device if they feel it is necessary

Activity (45 minutes)

Introduction (10 minutes)

- Ask the class what confidence means.
 - If the class has completed Inclusion – Beginner then refer to their definitions of confidence from that activity.
- Questions to ask:
 - How can you tell when someone is confident?
 - What makes you feel confident?
- Explain that confidence is believing in yourself and your abilities and that when we feel confident, we can feel empowered and thereby become a leader.
 - Through confidence, empowerment, and leadership we can help others to feel confident.
- With that in mind, separate the class into groups of 4-5 students
- Students will have small group discussions and then will share their ideas with the whole class at the end.

Pose Leading Questions (15 Minutes)

- As the students are in their groups get them to think about and discuss the following:
 - Explain a time when you felt confident.
 - What about this experience helped you to feel confident?
 - Explain a time where they helped someone else to feel confident.
 - What did they do to help that person?

- Why do they think feeling confident is important for leadership?

Model New Skills and Knowledge (10 minutes)

- Bring the class together
- Each group explains an experience someone shared in their group about feeling confident and helping someone else to feel confident.
- Discuss confidence as a group.
- Questions to ask:
 - Why confidence is important?
 - How can you help others to feel confident?

Synthesize

- Bring the concepts that you've been discussing together.
- Questions to ask:
 - How does confidence relate to empowerment and leadership?
 - Why is it important to be empathetic and to be aware of our own feelings, as well as to feel confident in ourselves?
- When we are empathetic and relate to others—regardless of any differences—then we can be inclusive in our ideas and actions.
- If we are confident in ourselves we can enable ourselves to feel empowered which allows us to be agents of positive change.
- We enable inclusion as we build spaces in which everyone is valued for who they are.