

I Can, You Can Confidence - Intermediate

Description

Students partake in an Air Band challenge. This activity calls on their creativity and helps foster their self-confidence. Students collaborate with others, build leadership skills as they work through who will do what part (e.g. drums, guitar, bass, vocalist), and demonstrate confidence by performing for the class.

Objectives

- Demonstrate confidence through performance.
- Use effective communication through collaboration.
- Demonstrate inclusion in a group setting.

Materials and Supplies

- Internet/computer/means of playing music.
- Props for instruments (optional)

Set-up

- Load the video
 - <https://www.youtube.com/watch?v=C9nfaan0Uxl>
- Select 2 or 3 songs appropriate for the class performances

Activity (50 minutes)

Introduction (15 minutes)

- Play the video of an Air Band performing.
- Review the concept of confidence by asking a student to explain what it means.
- Questions to ask:
 - How could you tell that those in the video were confident?
 - What about their performances led you to think they were confident?
- Inform students that they will explore the concept of confidence by creating their own Air Bands.
- They will create a routine to go with the chosen song, and perform in front of the class.
- Separate the class into groups of 4-5 students.
- Students will have a choice of the pre-selected songs.
 - Instruct the groups to vote on what song they would like to perform.
- If props are available, give the groups the option to use the props.

- Suggest that the students use their own hats or sweaters to make their “instruments”
- Encourage creativity.

Preparation (15 Minutes)

- Students prepare their performance.
- If groups are stuck on how to perform, suggest other ideas for performance like dance or dramatic interpretation.

Performance (15 Minutes)

- Each group performs their Air Band piece.
- Give groups the opportunity to volunteer to go first, and then create an order of performances.

Synthesize (5 minutes)

- After all performances are done, ask students to reflect on their experience with the activity.
- Questions to ask:
 - Did the activity help you feel more confident?
 - How did the activity help you feel more confident?
 - Why do you think being confident is important?
 - How do you think you can use confidence to help you in other areas of school/life?
- Remind students that they can use their confidence in other areas (e.g. helping others, working harder/better at something they've been struggling with, knowing to ask for help when needed, etc.)