

I Can, You Can Confidence – Advanced

Description

Students create a self-representative collage using images from magazines. This activity involves creativity allows students to reflect on the positive aspects of themselves. Students present and briefly describe their collage in front of the class, developing their self-confidence.

Objectives

- Self-reflect on individual positive traits.
- Demonstrate confidence through show-and-tell.
- Understand the varying levels of confidence.

Materials and Supplies

- Magazines
- Paper
- Glue-sticks
- Scissors

Activity (55 minutes)

Introduction (10 minutes)

- Review the concept of confidence by asking a student to explain what it means.
- Questions to ask:
 - How do you feel when you're confident?
 - How can you tell when someone is being confident?
- Give specific examples of when a person is confident and how it may benefit them.
- Inform students that today's lesson will involve creating a collage about the different aspects of themselves that make up who they are (e.g. what they like about themselves).
- Encourage creativity.
 - They can make the collage however they like as long as it represents them in some way.

Making the Collage (25 Minutes)

- Each student will work on their own collage individually.
- Remind students to incorporate aspects that they like about themselves (e.g. hobbies, interests, traits, etc.)

Show and Tell (15 Minutes)

- Each student presents their collage in front of the class and explains two things that they really like about themselves from the collage.

Synthesize (5 minutes)

- After all students have presented ask students to reflect on their experience with the activity.
- Questions to ask:
 - Did they learn to appreciate something new about themselves?
 - How did that impact their confidence?
 - Why do they think being confident is important?
 - How do they think they can use that confident feeling to help them 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.)