



# SELF CONFIDENCE CHALLENGE



BOOST YOUR SELF CONFIDENCE! SET YOURSELF A GOAL AND A REWARD AND GET MOVING

GREET A NEIGHBOUR OR CLASSMATE

START A CONVERSATION AT DINNER

CREATE 5 MEMORY MOTTOS

ASK SOMEONE 5 QUESTIONS ABOUT THEM

OFFER SOMEONE HELP

COMPLIMENT SOMEONE

CONTRIBUTE TO SHOW AND TELL

SHARE A TOY OR SOME BAKING WITH OTHERS

HELP YOUR TEACHER

TELL OTHERS A MADE-UP STORY

JOIN A NEW CLUB

TEACH SOMEONE A BOARD GAME

LIST 25 THINGS YOU ARE THANKFUL FOR

ASK SOMEONE TO PLAY WITH YOU AT RECESS

CHOOSE AND DO A CHALLENGE FOR YOURSELF

ASK A QUESTION IN CLASS

SHARE YOUR OPINION IN A GROUP

PERFORM AN ITEM FOR YOUR FAMILY

SIT WITH SOMEONE NEW FOR LUNCH

PRACTICE A SPEECH WITH A MIRROR

HELP COOK DINNER

KEEP A JOURNAL FOR A WEEK

LIST 10 THINGS YOU ARE CONFIDENT IN

WRITE THANK YOU NOTES TO PEOPLE

BE A NATURE GUIDE

INVITE A NEW FRIEND FOR A PLAYDATE

SUGGEST A GAME FOR RECESS

ASK SOMEONE FOR HELP

PLAN A SIMPLE MEAL AND MAKE IT!

CELEBRATE A SUCCESS