



Confidence Rocket Fuel Worksheet

TEACHER GUIDANCE SHEET

Required Material:

- ▶ Pens / Pencils
- ▶ The Confidence Rocket Fuel worksheet

L.O:

- ▶ To understand how a lack of confidence can affect me.
- ▶ To feel able to think of positive things about myself to build my confidence.

STARTING ACTIVITY (5mins)

GROUP DISCUSSION – As a group discuss what confidence means to everyone, how they can help themselves feel more confident and what makes them lose their confidence.

MAIN TEACHING (10mins)

Leading on from the group discussion tell the children that when we lose our confidence we can forget the amazing things about us that we should be confident about. A lack of confidence can fog our brain and make us feel negative about ourselves and our capabilities.

Ask for volunteers to share if this has ever happened to them, how it made them feel and how they managed to get over that lack of confidence.

Tell them that if we ever feel like this, we can work through the things we are proud of that we have achieved, remember what we are great at, or what our friends and family love the most about us. This can help us fuel our confidence and make us take off again, just like a rocket.

- MAIN TASK - Confidence Rocket Fuel (15mins)

Referring back to the previous conversation tell the children that they are to think of as many positive

things about themselves as they can and write these in the rocket template on the worksheet.

These things can be anything positive about them, something they have done, or part of their personality, something they are good at or just generally like about themselves. Even the tiniest of things can act as fuel to help the confidence rocket take off and lift our confidence levels and spirits high into the sky.

Have the children decorate the picture as well and keep it close by to boost their confidence whenever they are feeling low.

PLENARY (2mins)

GROUP DISCUSSION – Ask for volunteers to share their confidence rockets with the rest of the group. You can have the group suggest things they may have missed to add to the fuel.

DID YOU KNOW!

In 2050 the radio 'time capsule', 'A Message from Earth' will reach its destination, the planet Gliese 581c.



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CHILDREN SHEET

Think of as many positive things about yourself that you can and write them in the rocket template on the worksheet.

They can be anything positive about you, something you have done, or part of your personality, something you are good at or just generally like about yourself. Even the tiniest of things can act as fuel to help our confidence rocket take off and lift confidence levels and spirits high into the sky.

Decorate the picture as well and keep it close by to boost your confidence whenever you are feeling low.

