



SA 4-6 L5 CONFIDENCE IS CONTAGIOUS

Grade: 4-6

Competency Area: Self-Awareness

Lesson Title: Confidence is Contagious (Lesson #5)

T-SEL Standard: 1.A.3. Students cultivate a healthy, well-grounded sense of self-confidence based on their strengths.

Duration: 20 minutes

Materials Needed: ChalkWild erasable backpack + ChalkWild chalk markers + terry cloth

Lesson Directions:

- 1. Introduction:** Begin the lesson by gathering students in a circle. Instruct students to stand up and show with their bodies what they might look like if they are not feeling confident. Allow time for students to act this out. Ask students to share aloud what they observed in their group as students acted out not feeling confident. Next, ask students to show with their bodies how they might look if they were feeling confident. Allow time for students to act this out. Ask students to share aloud what they observed in their group when students were acting out confident behavior. Have students sit back down.
- Ask students to define the word “**confident**.” Invite several students to share their definitions aloud. Summarize for students that being confident means believing in yourself and knowing you can do something, even if it’s hard.
- 2. Drawing Activity: “Confidence is Contagious”**
 - Instruct students to take out their backpacks.
 - Tell students to draw a picture of themselves doing something that they feel confident doing.
 - If students find this challenging, refer back to the definition and ask them to consider what things they do where they know they can do it.
 - Allow time for students to complete their drawings.
- 3. Sharing:**
 - One by one invite students to the front of the room to share their drawings. After each student shares their drawing, model confidence-building support by having the rest of the students chant something positive to the student presenting. Potential chants could be:
 - Three cheers for _____ (student name)
 - Great job!
 - Way to go

