

# Be Confident: Classroom Lesson Plan

## Lesson Topic:

Building Confidence

## Lesson Objective:

Students will be able to define confidence and give examples of how being confident can help you achieve your goals.

## Materials:

- Chart paper
- Projector or other method to watch the movie

## Advanced Preparation:

- [Preview the video](#) before sharing it with your students [1:19].

## Warm-up Activity:

1. Introduce the topic of confidence.
2. Activate the prior knowledge students bring to the topic of confidence:
  - a) Invite students to think about what it means to have confidence (or to be confident).
  - b) Have students “turn and talk” with a classmate to share examples of how having confidence has helped them succeed at something (such as speaking in class or trying a new activity).

3. Bring students together to develop a definition of the word confidence—for example, “having the belief that you can succeed in doing something.”

### **View the Video: “Be Confident”**

1. Tell students they will be watching the video titled, “Be Confident”.
2. Explain that the video presents role models talking about what it means to be confident.
3. View the video together and encourage students to listen for the word confidence.
4. View the video again; this time, invite students to formulate questions or comments about the ideas discussed in the video and to be prepared to discuss these after viewing the video.

### **Video Follow-up:**

1. Ask students to offer their questions, comments, reactions and responses to the video.
2. Revisit language used in the video to clarify meaning and deepen students’ understanding of what it means to be confident. For example, the words “tear down” are used in the video. These words can have different meanings depending on the context. Start with a concrete example. Ask, “What does it mean to tear down a building?” (Answer: take apart the building; remove it). Then discuss what it means if someone wants to tear you down. How are the two meanings alike? How are they different? (Possible Answer: Both uses relate to destroying or damaging. To tear down a building is to physically take it down or remove it. To tear down a person is to make someone feel bad, like that person is not good enough.)

3. Discuss how having confidence in yourself helps when someone tries to “tear you down.”
4. Repeat steps 2 and 3 with other key language in the video.
5. Revisit the definition of confidence that students developed in the Warm-up Activity. Add additional ideas or information as necessary based on the discussion and film.
6. Close the lesson by summarizing the meaning of confidence. Have students recall advice from the video (return to the video as needed, pausing it to help students remember specific ideas). Make a list on chart paper to summarize key points about self-confidence, such as:
  - Believe in yourself.
  - You’re worth it.
  - Keep your dreams alive.
  - There’s power in you being you.
  - Know that you can do amazing things.
  - I know what I’m doing.
  - Be exactly who you are.
  - Know that who you are is awesome.

**Extension Activities:**

1. Use the “Related Questions to Explore” as discussion springboards or writing prompts to help students further explore confidence.
2. Invite students to choose one piece of advice from the poster created in the Video Follow-up portion of the lesson and make a mini motivational poster to display in the classroom, the hallways, to decorate a notebook, or to take home as a reminder of what it means to be confident.

**Related Questions to Explore:**

- Think of someone you know who is confident. How do you know they are confident? Can you think of any example situations that show this person’s confidence?
- What qualities make a person confident? How does a confident person act?
- Give examples from your life of times you have been confident. How did confidence help you?
- What are specific ways that someone can develop confidence? Give examples.
- Do all careers require confidence? Do some careers require more confidence than others? Explain your answer.



## Ideas for Future Lessons/Activities Related to Confidence:

1. What Do I Need to Do to Be Confident? Exploring and Understanding the Attributes of Confident People
2. Conducting and Recording Interviews about Confidence with Real Life Inspiring Women
3. Generating a Confidence Mindset: Practicing Confident Language and Actions
4. What Would You Do? Challenging Scenarios for Students to Imagine and Discuss
5. Confidence in Cinema: The Growth of Characters in the Popular Movie *Sing*
6. Literature-Based Learning: Reading, Responding to, and Identifying Self-Confidence Across a Lifetime in Biographies and Memoirs of Famous Females
7. Charting My Own Self-Confidence: Using Timelines to Understand How Self-Confidence Changes Over Time