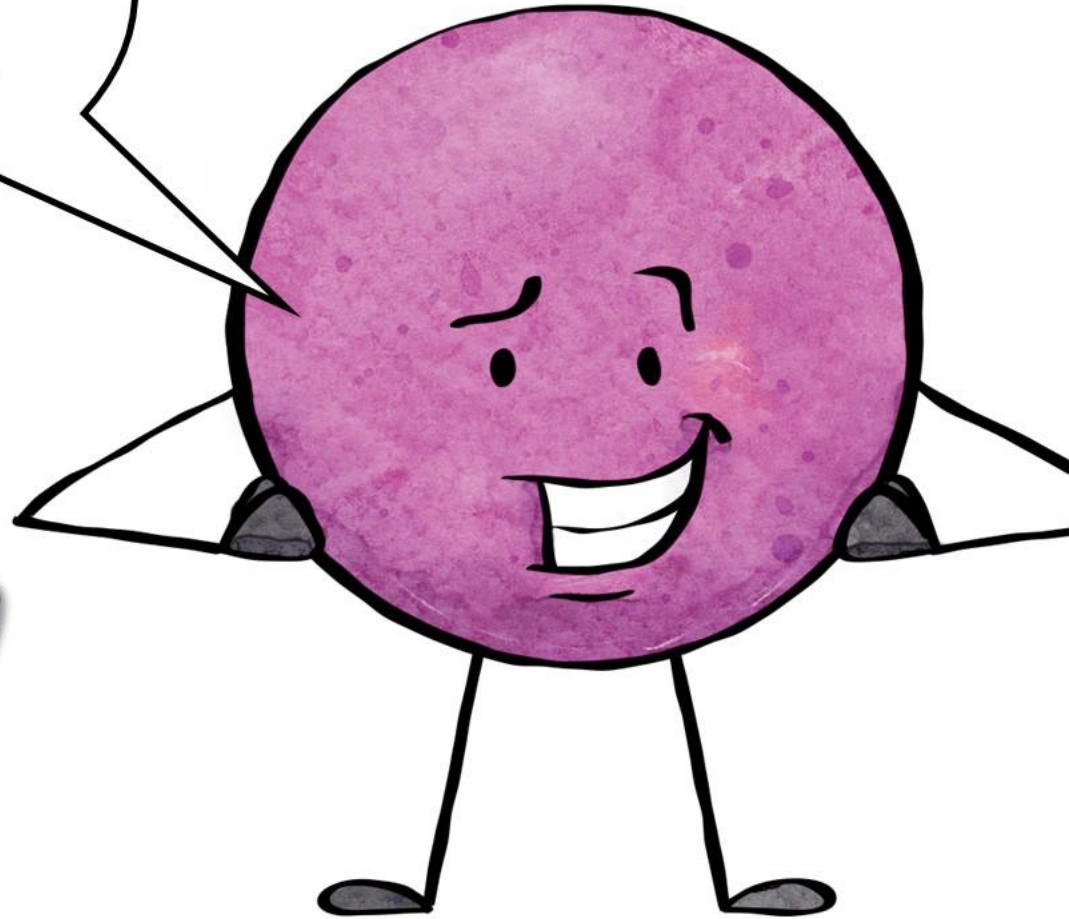


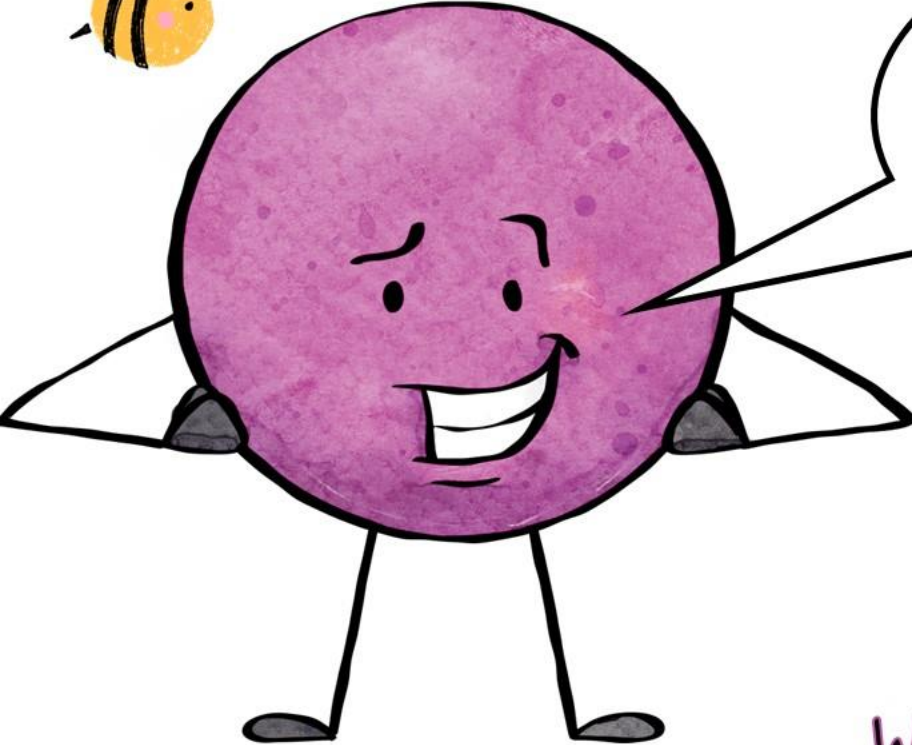


Are you
ready for ...



**MIGHTY
MONDAY**





I am
confident!



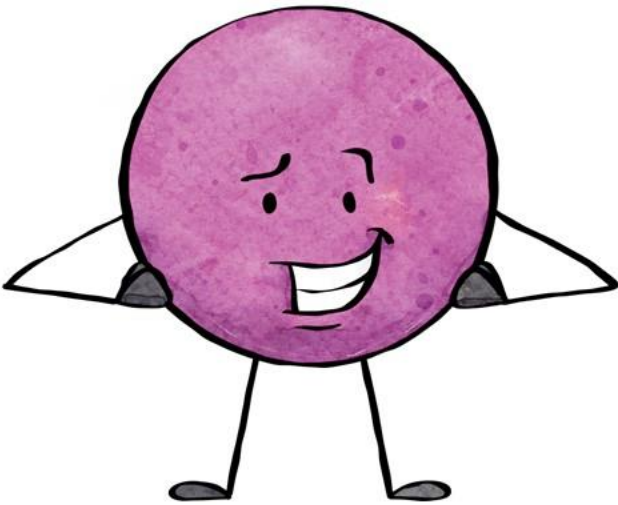
What do you think the word
'CONFIDENT' means?



It means you are sure and BELIEVE in your abilities and your qualities

You have LOTS of abilities and LOTS of qualities that YOU need to believe in.

Sometimes we don't realise how good we are until we think about it.



Words



You might
be...

Great at sports

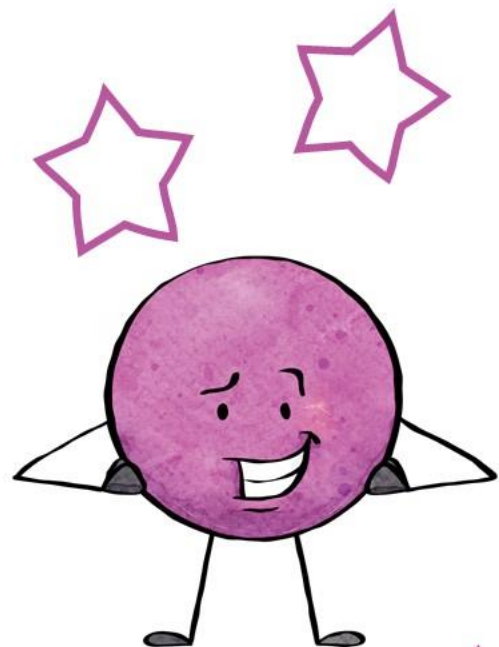
A fabulous artist

A number wizard

Brilliant at reading

Can you think of some abilities that you have?

Activities



- Have a think about things you are good at and talk about them with someone.
- Draw some stars on a piece of paper and write or draw things you are good at in the stars.
- Keep adding stars as you think about them this week.
- You are going to be amazed at how amazing you are and that will give you confidence!

Feel your confidence grow!



Affirmations

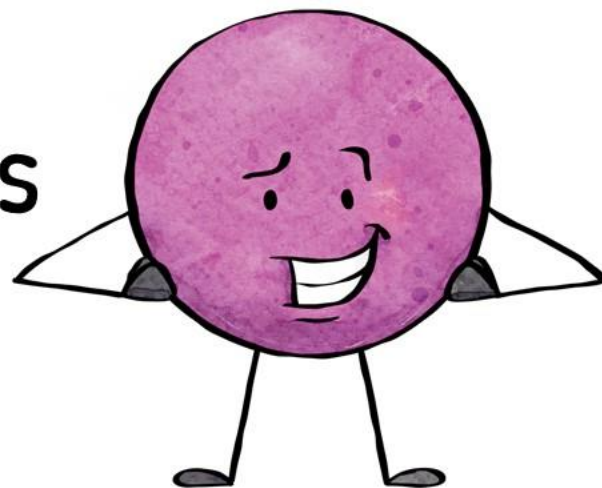


I am confident!

I have lots of abilities

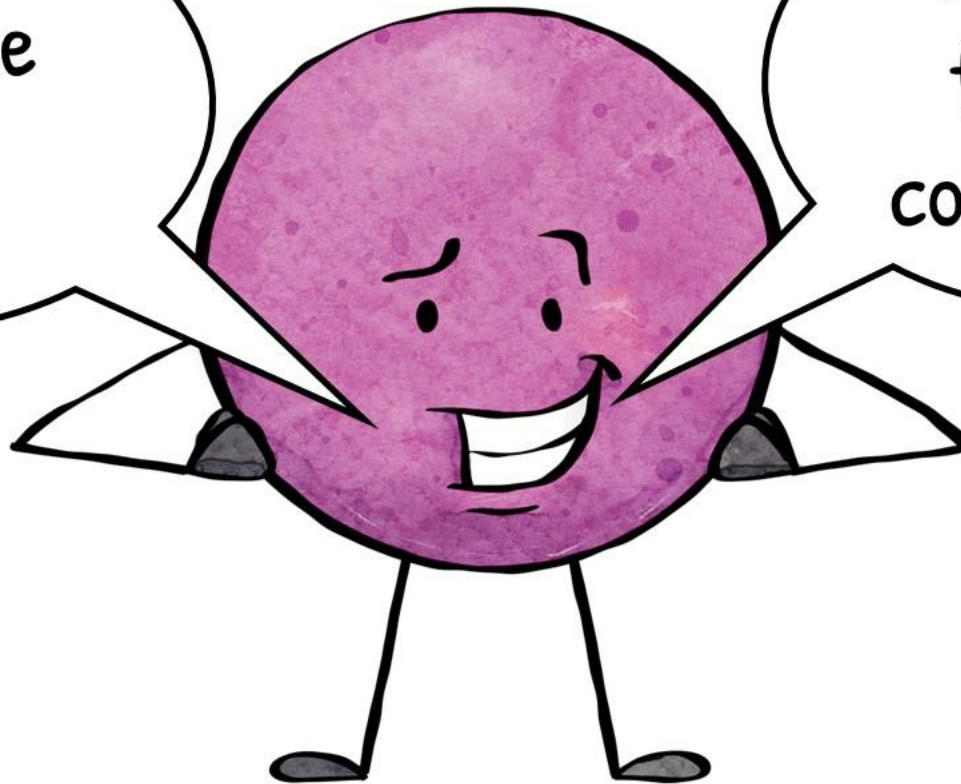
I can do amazing things

Look in a mirror and
repeat these
statements out loud
every single day!





Awesome
work!



Are you
feeling
confident?