



Feel good

Super girl

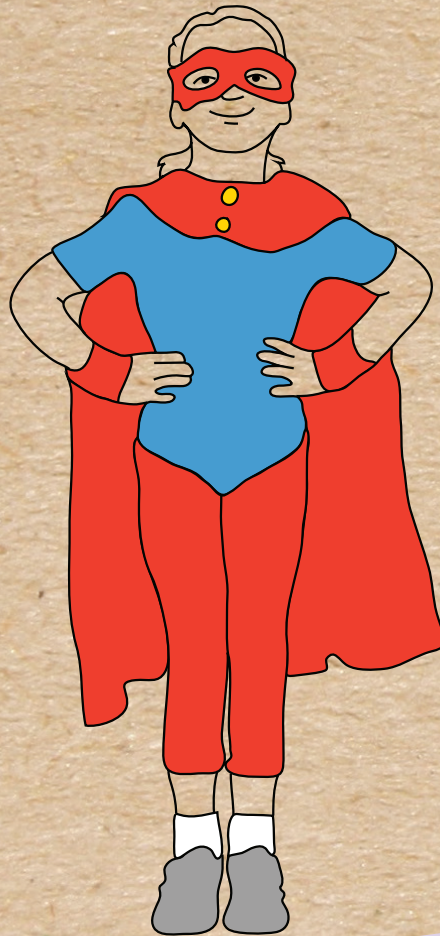
Stage

2

30 mins



Skills builder



Aim of activity

You're a superhero!
Build your confidence
superpowers and share
them with others.

What you'll get out of it

- Understand what confidence is.
- Explore ways to develop confidence.

What you'll need

- Wool or string
- Gift tags, 5 per girl
- Pens
- Colouring pencils



WE DISCOVER, WE GROW

Girlguiding



Feel good

Note to leader

You could ask the girls to bring in a superhero costume. For example, a mask or cape.

Being confident doesn't mean talking the most or the loudest. It's about believing in yourself and feeling good about who you are.

What to do

1 As a group, talk about what makes you feel confident. What could you do to make yourselves feel more confident? Some things you could do are:

- Doing something that you thought was really hard
- Focusing on what you like about yourself
- Spending time with your friends
- Laughing

You're going to think about when you've done all of these things and use it to build your own confidence superhero tool belt.

2 Everyone, grab four gift tags. On each of the gift tags draw or write one of the things below:

- Something you thought was really hard to do, but you did it! For example, swimming a length in the pool
- What you like most about yourself
- Your favourite thing you've done with your friends
- Something that makes you laugh; this could be a funny film you saw or your favourite joke

Make sure you have something different on each gift tag.

Top tip

If you get stuck and can't think of anything you could ask a friend.

3 Now, cut up a length of the wool or string big enough to fit around your waist. This is your confidence superhero tool belt. Thread your gift tags onto the string. These are your confidence building tags that are powering up your tool belt. Add a final blank gift tag. Your tool belt is now fully charged!

4 Attach your tool belt around your waist to become a confident superhero. Get into small groups and show everyone else your confidence building tools.

5 Chat about something you now have the confidence to do. For example, standing up for others or putting your hand up in class. Then do it! Afterwards, write this on the blank gift tag on your belt to make your belt even more powerful.

6 Zoom around and spread that confidence!