**Self Confidence- Week 8 SEL Lesson**

**Self**-**Confidence** is an individual’s trust in his or her own abilities, capacities, and judgments, or belief that he or she can successfully face day to day challenges and demands

**Monday/ Tuesday- Winter Break Holiday**

**Wednesday-**What does confidence look like?

[SEL Lesson Plan Week 8 Self-Confidence.docx](https://hallco.instructure.com/courses/46018/files/3073051/download?wrap=1)

[Building confidence 3 days.docx](https://hallco.instructure.com/courses/46018/files/3073106/download?wrap=1)

[Link (Links to an external site.)Links to an external site.](https://www.youtube.com/watch?v=hLtxKNgBzUg)

**Thursday-**What makes you a confident person?

[Link (Links to an external site.)Links to an external site.](https://www.youtube.com/watch?v=fzjAZpjWLxw)

**Friday-** Self Confidence goals

[Confidence Building Worksheets.pdf](https://hallco.instructure.com/courses/46018/files/3073098/download?wrap=1)