

Objective

By the end of this lesson, students will be able to name a specific source of confidence that led to a personal success.

Vocabulary

Confidence (n.) your belief in your ability to do something

Program Themes

Confidence

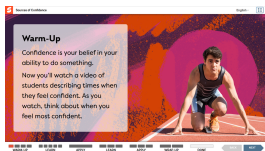
Prep

- Sticky notes
- Partners

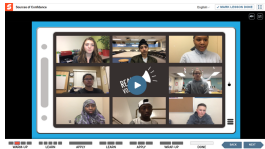
CASEL Core Competencies

Self-Awareness, Relationship Skills

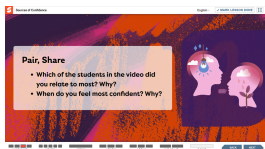
Warm-Up (5 min.)



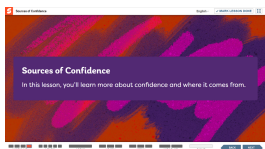
Read the text on the screen.



Play the video.

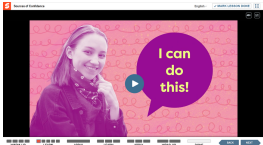


Read the text on the screen. Give students time to discuss with their partners.

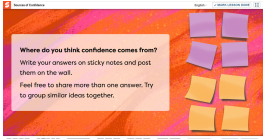


Set the purpose for today's lesson.

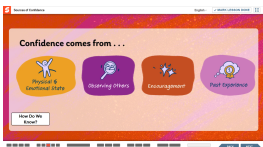
Learn (6 min.)



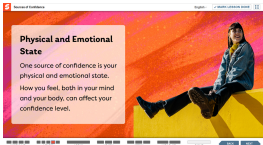
Play the video.



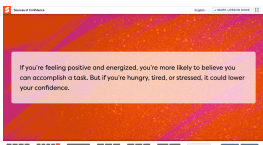
Read the text on the screen. Give students time to write their responses on sticky notes and post them on the wall.



Read the text on the screen. Select How Do We Know? to introduce the research behind the idea.

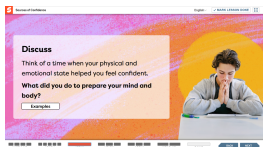


Read the text on the screen.



Read the text on the screen.

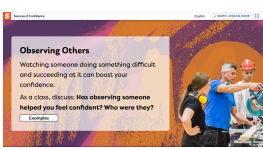
Apply (2 min.)



Read the text on the screen. Select Examples to show sample responses.

Have volunteers share their ideas with the class.

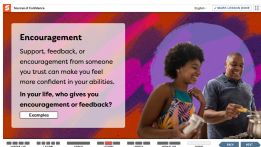
Learn (4 min.)



Read the text on the screen. Select Examples to show sample responses.

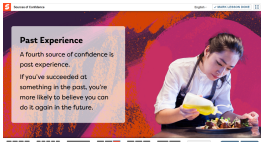
Have volunteers share their thoughts with the class.

Learn (cont.)



Read the text on the screen. Select Examples to show sample responses.

Have volunteers share their thoughts with the class.



Read the text on the screen.

Apply (4 min.)

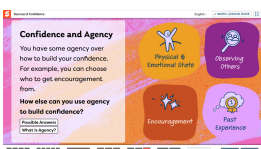


Read the text on the screen. Select Examples to show sample responses.

Have volunteers share their thoughts with the class.



Read the text on the screen. Give students time to discuss with their partners.

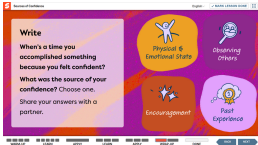


Read the text on the screen.

Select Possible Answers to show sample responses. Select What Is Agency? to review the definition.

Have volunteers share their thoughts with the class.

Wrap-Up (4 min.)



Read the text on the screen. Give students time to write their responses.

Then give students additional time to discuss with their partners.



Read the text on the screen. Have volunteers share their thoughts with the class.