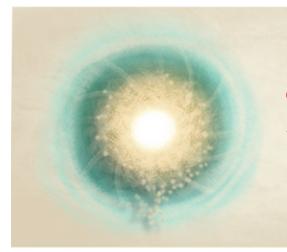


## **Skill: Confidence**



It is important to have self-confidence or believe in yourself. Tell me 3 things that you are good at

First thing that you are good at

Second thing that you are good at

Third thing that you are good at



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## **Type of Resource:**

You can print this worksheet to be distributed for students to answer to encourage them to feel good about themselves by citing the things they excel at.

The actual courseware/source of this activity is an interactive learning app that promotes the value of EQ and Social and Emotional Learning (SEL) for children aged 7-12 years

## How to use this Resource:

This resource is highly recommended if you are a teacher who wants your students to have better EQ and if you want them to develop their social and emotional learning (SEL). Open the topic by citing the importance of feeling good about their own selves, being confident about their own abilities and taking pride in their achievements, how little it may seem. You can then print this worksheet and ask the students to do this mini activity. After answering the question, ask the class to enumerate tips they might have on how they can further boost their self-esteem or help a classmate who is not feeling confident about their own skills.



## More Details about the Resource:

**EQ for Kids a.k.a. Magdelonia's Last Hope** is a two-in-one spellbinding adventure game and interactive learning app that promotes the value of EQ for children aged 7-12 years.

Developed by child psychologists and designed with ageappropriate pedagogy, children will have fun learning through captivating animations, fun games, and interactive quizzes that will develop their EQ & social and emotional learning (SEL) competencies.

The interactive games and bite-sized content bits are a delight for every child to engage in while the caregiver report feature is really helpful for providing support to teachers, counselors, social workers, and parents who are reaching out to children.

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