

Character-istics 1



The Goal: To explore self-confidence through the use of the story element of “characters.”

Materials: Notebook paper, something to write with.

Sometimes, it’s much easier to point out the qualities we desire to display by watching other people display them. But we are all capable of exhibiting those attributes.

Step 1: Think of a character that displays self-confidence. This character can be from a book, movie, tv show, etc.

Step 2: Think of a scene in which this character displayed self-confidence. What were the elements that this character exhibited? Make a list of bullet points that describe the self-confidence shown by your chosen character.

Step 3: Write one paragraph about what it would look like or feel like if you adopted these attributes.

Step 4: What would it look like if you used 1 characteristic on your list for the rest of the day? Write about what your life would look like if you implemented these qualities most of the time. Would it benefit you to exhibit these qualities more often?

Indigo Indicators: *Internal: Self-Confidence, Resiliency,*

CASEL Competencies met: *Self-Awareness, Self-Management*

Ramp Behavior Standard: *B-LS 9 Gather evidence and consider multiple perspectives to make informed decisions*