Confident
Feeling confident is feeling sure that things are going well. When we feel confident, we feel good about ourselves.

Times we might feel confident:
- When we get a good grade on our homework
- When friends tell us we have done a good job
- When we feel proud of an accomplishment

When we feel confident, our body might feel like:
- We are standing up straight and tall
- We are ready to speak up and say what we think
- We have more energy than normal

Understanding Confident / Questions for learning:

What are some times a person might feel confident?

When you feel confident, what does your body feel like?

Write about a time that you felt confident. What was it like?
I’m Confident.
Confident’s Cape

HI! I’m CONFIDENT from the DBSA Mood Crew!
Sometimes it’s hard to feel confident, which is why I always have my Confidence Cape ready to put on.

MAKE YOUR OWN CONFIDENCE CAPE

My cape reminds me of all the ways I am proud of and feel good about myself. When I am feeling unsure of myself, it’s helpful to remember I am strong!

Think about the statements below and fill in your cape with all the words, drawings, or reminders you need to help you feel strong!

A time I was proud of myself was when...

I think a talent of mine is...

A time I felt strong was when...

My greatest strength is...