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?

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

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Write about a time that you felt confident. What was it like?

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