

# Lesson **7** STRONG



## COACH'S PEP TALK

Today we focus on the relationship between self-confidence and strength. In the Activity, the girls explore their beliefs about self-confidence and discuss their opinions. In the Workout, they learn some new and creative ways to strengthen their self-confidence daily. In the Journal, they identify parts of their Girl Wheel where they are strong, how they got that way and how they stay that way.

Key questions to consider as you prepare to lead today: What are your beliefs about self-confidence? What have you done that you didn't think you could do? How did you feel afterward? How do you build confidence in your personal qualities and judgments? Where are your Girl Wheel strengths? How did you get strong? How do you stay strong?



## TODAY'S BIG IDEA

**A healthy self-confidence makes us stronger.**



## TODAY'S PLAN

### Learning Goals

- Explore beliefs about self-confidence.
- Challenge and revise beliefs about self-confidence.
- Learn strategies for developing healthy self-confidence.
- Identify areas of strength.

### Target Life Skills

- Confidence
- Competence
- Character
- Connection

### Materials

- Girl Wheel Check-In signs
- Self-Confidence Strategy cards (cut out)
- 4 cones or place markers
- Scissors
- Journals (one for each girl)
- Writing implements

## *tips* & TRICKS

### CONNECTION TO GIRL WHEEL

A healthy self-confidence comes from knowing our Girl Wheel, our areas of strength as well as our areas for growth.



## CHECK IN

5 MINUTES

### Set Up

1. Set up the Girl Wheel Check-In signs as usual.

### What is it?

A daily check-in and look ahead at the day's Big Idea. When prompted, girls move quickly to the corresponding part of the Wheel, then back to the center to discuss.

### Steps

1. Ask girls to move to the Girl Wheel Check In signs that answer these questions:
  - ♦ *In what part of the Wheel did you press pause?* GGI.
  - ♦ *Where did you learn something new about yourself?* GGI.
  - ♦ *What would you consider your strongest part of the Wheel?* GGI.
2. GGI on what girls remember from last practice. Last practice's Big Idea: **Pressing pause can help us know how to best move forward.**
3. Introduce today's Big Idea: **A healthy self-confidence makes us stronger.**

### tips & TRICKS

#### POSSIBLE CONNECTORS

Pressing pause gives us a chance to make better decisions. Making better decisions contributes to a healthy self-confidence.



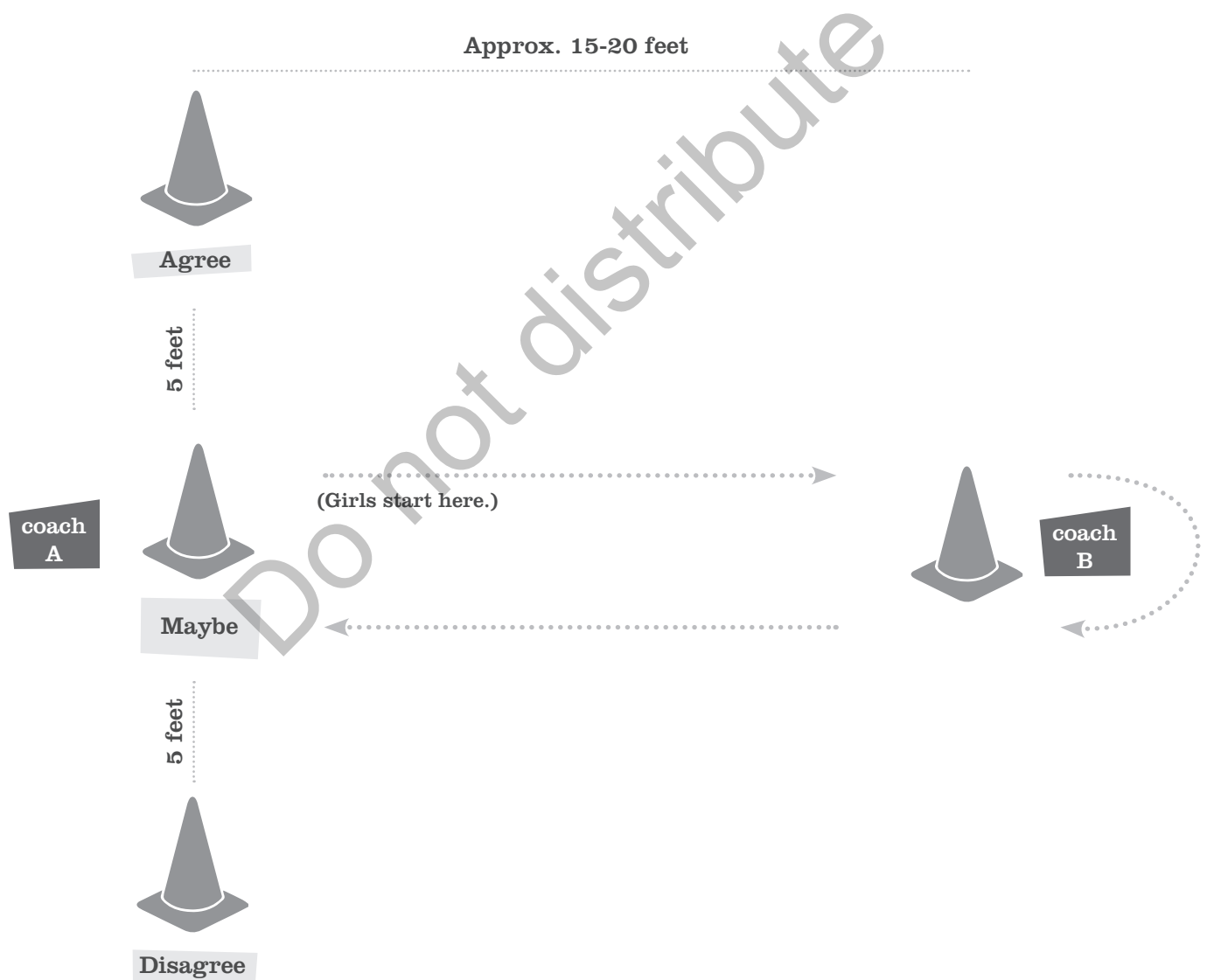
# ACTIVITY

## Self-Confidence Is...

10-15 MINUTES

### Set Up

1. Get out 4 cones or place markers.
2. Place 1 cone 15-20 ft. from coach.
3. Place 3 cones at places coach designates "agree," "disagree" and "maybe" (see diagram).



## What is it?

An activity where coaches pose a series of statements about self-confidence and girls run around a cone and to a location on the line to answer whether they agree or disagree with the statements.

## Connection to Big Idea

Knowing what we believe about self-confidence helps us know how to keep it healthy.

## Steps

Say, "In this activity I will read you a series of self-confidence statements, and you will decide what you believe about that statement. Then we will talk about the statements. First let's define self-confidence and talk about why we want a healthy self-confidence."

1. GGI. *What is self-confidence?* (Belief in yourself, your abilities and your judgment.)
2. GGI. *Why would we want to have a healthy self-confidence?* (It allows us to try new things, trust ourselves, make good decisions, etc.)

### Explain the activity:

- ◆ Tell them you will read a series of self-confidence statements (see below).
- ◆ After each statement, they should run to the cone and back while they think about the statement and decide if they Agree, Disagree or Maybe agree with it.
- ◆ Once back, they will stand at the Agree, Disagree or Maybe spot on the line that shows their opinion.
- ◆ After girls have selected their spots, GGI.
  - ◇ Use the coach notes that follow the Self-Confidence Statements to help guide the discussion if needed. Most often girls will raise these points on their own.

**Self-Confidence Statements (Coaches, choose five statements, or as many as time allows, from the following.)**

1. *Doing something you didn't think you could can help your self-confidence.*  
(Stretching yourself, taking risks, and trying new things can build self-confidence.)
2. *Your self-confidence comes from how many friends you have.*  
(What matters with friends—quality or quantity? While friends can relate to self-confidence, they are not the only factor. Connect to the Girl Wheel.)
3. *Failing or making mistakes lowers your self-confidence.*  
(Everyone makes mistakes. Everyone fails at some point. Failure in one part of our life doesn't mean failure in all parts. Connect to the Girl Wheel.)

## tips & TRICKS

### SELECTING VOLUNTEERS

Try to get new volunteers and to hear from all sides—Agree, Disagree and Maybe. Try to choose a girl who might raise some interesting points or some points the other girls may not consider.

4. *Music, TV and social media have nothing to do with your self-confidence.*  
(There are a lot of messages that are obvious and not so obvious about girls and women in the media that can have a positive or negative affect on self-confidence. What are the messages you are receiving in music, TV and social media? How do they make you feel about yourself?)
5. *Your body type, height, hair, weight, etc., are all part of your self-confidence.*  
(For many young women, their self-confidence is mainly tied to their physical appearance, although this is only a part of who they are. Connect to the Girl Wheel. What section of the Wheel is the Body? Only 1/5th!)
6. *The things you say to yourself can change your self-confidence.*  
(Both positive and negative self-talk can affect self-confidence. Who do you spend the most time with anyway? Yourself! So be nice to **you!**)
7. *Criticizing others raises your self-confidence because you feel better about yourself.*  
(Does putting someone down really raise your self-confidence or only temporarily make you feel superior?)
8. *Breaking up with someone can hurt self-confidence.*  
(Changes in personal relationships can have an effect on self-confidence, but it's only a part of who we are. Connect to the Girl Wheel.)



## STRENGTH & CONDITIONING

7 MINUTES

### Circuit 1: Girl Led

#### Set Up

1. Ask a volunteer to help lead girls through four cold warm-up exercises and strength and conditioning Circuit 1 (see Introduction).



#### CIRCUIT 1:

- ★ Superwomans
- ★ Pushups
- ★ Squats



## WORKOUT

## Self-Confidence Strategies

30 MINUTES (5 MIN. PREP/ 20 MIN. WORKOUT/ 5 MIN. COOL DOWN & LAP GOALS)

### Set Up

1. Get out your Self-Confidence Strategy cards.
2. Get out the journals and writing implements.
3. After instructions are given:
  - ◆ One coach will stand at the lap start line and hand out strategies.
  - ◆ One coach will be at the lap finish collecting strategies and checking in with girls.

### What is it?

A workout where girls collect self-confidence strategies on each lap and decide whether or not they might try them out in life.

### Connection to Big Idea

Self-confidence can be strengthened through specific strategies and practice.

### Steps

Say, "Self-confidence can be strengthened through practice! You'll learn some strategies for building self-confidence during today's workout and decide if you might try them out or not."

1. Explain the activity:
  - ◆ Tell girls they will pick up a self-confidence strategy at the beginning of each lap.
  - ◆ As they run, they should consider the strategy or talk about it with someone. Might I try this out in my life?
  - ◆ At the end of the lap, the girl will hand in the strategy and let a coach know if she would definitely try it (thumbs up), maybe try it (thumbs middle) or definitely not try it (thumbs down).
  - ◆ Then she will pick up another strategy card and repeat the process.
2. Provide an example of a self-confidence strategy (see example).
3. After the workout, lead girls through some cool-down stretches (see Introduction).
4. Hand out journals and have girls fill out today's entry in the My Lap Goals and Progress page.

### tips & TRICKS

#### GIVE GIRLS RESPONSIBILITIES

At this point, girls should be able to pass out journals, etc. Have girls rotate this responsibility.

### tips & TRICKS

#### GGI

At the end of the lap, coaches might ask girls to explain their decisions to increase the processing.

### tips & TRICKS

#### EXAMPLE

"Stand up for someone who needs it." GGI. Why is this a self-confidence strategy? (I feel better about myself when I stand up for someone.)



## JOURNAL

10-15 MINUTES

### Girl Wheel. I'm Strong.

#### Set Up

1. Have girls sit in a circle with their journals and writing implements.

#### Steps

Say, "Let's identify some strengths in our Girl Wheel since knowing our strengths is a good self-confidence strategy."

1. Have girls open to Journal entry 7.
2. GGI. *How is knowing or identifying our strengths related to self-confidence?*
3. Tell girls you want them to identify two parts of their Wheel where they are already strong. Ask them to be as specific as possible about their strength in these areas. They can write examples, draw pictures, etc.
  - ◆ Give an example or two that is relevant to your girls (see example).
4. Give them about five minutes to think and write.
5. GGI. *Who wants to share?*
  - ◆ *How does being strong in these areas allow you to try something new? Trust yourself more? Make good decisions?*
  - ◆ *How does knowing your strengths help you in your life? If it doesn't already, how could it?*

#### tips & TRICKS

##### GIRL WHEEL

We want to identify strengths and eventually build strengths in all parts of the Wheel so girls will have the strength to know how to act, get the help they need and extend the reach of their Girl Wheel to positively impact others.

#### tips & TRICKS

##### GIRL WHEEL DETAILS

Refer girls to "Get to Know Your Girl Wheel" to help them remember the details of the Wheel.

#### tips & TRICKS

##### EXAMPLE

I am strong in Spirit because I know my dreams and I never give up on them. I am strong in Heart because I do a great job dealing with stress by talking with someone.

#### tips & TRICKS

##### LET GIRLS LEAD

Consider having a girl lead this Let's Talk.

Take one minute or so to help girls synthesize. Use the key points below.

### Key Points

- Knowing our strengths helps us continue to build them up and add to them.
- Knowing our Girl Wheel strengths gives us the confidence to reach out to others.
- Learning about others' areas of strength can teach us about our own growth.

### tips & TRICKS

#### EXTENSION?

Consider asking girls if they have ever felt that their strength in an area has been limited by being a girl. "You're strong, for a girl." "You're fast, for a girl." "You're smart, for a girl."



## WRAP UP AND TAKE HOME CHALLENGE

5 MINUTES

### Steps

1. CONGRATULATE girls on a great day.
2. GGI, "Who remembers today's Big Idea?" (A healthy self-confidence makes us stronger.)
3. Ask for volunteers to share their favorite thing that had the most impact.
4. TAKE HOME CHALLENGE: Practice some of the self-confidence strategies at home. See how it goes!
5. CLOSING RITUAL. Connect and celebrate!



SELF-CONFIDENCE  
STRATEGY CARDS

Write yourself positive sticky notes.  
Put them around your room.

Look in the mirror every morning and  
tell yourself, "I love you."

Eat one healthy food a day.

Stay away from negative people.

Watch TV shows with positive  
female characters.

If something is bothering you,  
speak up about it.

Stand up for someone who needs it.

Volunteer.

Keep a journal where you  
write down three things you are  
grateful for each day.

Tell someone you  
appreciate them and why.

Make a list of your accomplishments.  
Keep it where you can see it.

Make a list of two things you can do  
today and do them.

Make a list of your best qualities  
(not physical).

Ask your friends why  
they are your friends and write  
down what they say.

Tell your friends why  
they are your friends.

Cut out one junk food for good.

SELF-CONFIDENCE  
STRATEGY CARDS

Decide to love the one part of your body that you really don't like very much.

Stop listening to music that puts women and girls down.

Be a good role model for a younger girl.

Tell a woman role model in your life why she is a role model to you.

Write a letter to your 5-year-old self and tell her how great you've turned out. Give her lots of details.

Go to bed earlier.

Put your phone away for 15 minutes each night.

Clean up your room.

Next time you catch yourself saying something negative about yourself, hug yourself instead.

Do something physical every day.

Next time you make a decision, don't second guess yourself. Move on.

If you know something is wrong, don't do it. No matter what your friends are doing or saying.

At least once a day, tell the truth even if it's difficult.

Write a letter to your body thanking it for all it does for you.

Write a letter to your brain thanking it for all it does for you.

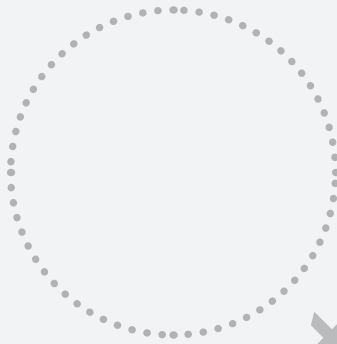
Take a positive risk.

**GIRL WHEEL**



Identify two parts of the Girl Wheel where you are strong!

I AM *strong* IN:

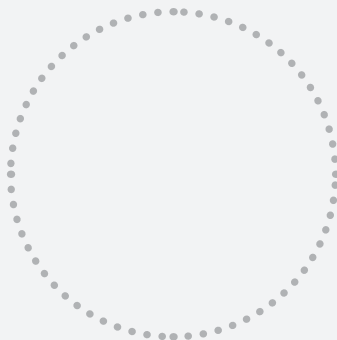


HOW DID YOU GET *strong* ?

HOW DO YOU STAY *strong* ?

HOW DID YOU GET *strong* ?

I AM *strong* IN:



HOW DO YOU STAY *strong* ?

Do not distribute