

Lesson Plan: The Confidence Quest - Your Mission to Level Up

Materials Needed

- Whiteboard or large sheet of paper
- Markers or pens
- Notebook or journal for Dain (digital or physical)
- Timer (phone or watch)
- Optional: Index cards or sticky notes

Learning Objectives

By the end of this lesson, you will be able to:

- Identify three core components of confidence: body language, self-talk, and stepping outside your comfort zone.
- Practice a technique to change your physical posture to feel more confident.
- Create a personal "Confidence Action Plan" for a real-life goal or task you want to tackle.

Lesson Activities

I. Introduction: The Hero's Stance (10 minutes)

Hook (Engage)

"Think about a character from a movie, video game, or book who you think is really confident. It could be anyone—Captain America, Katniss Everdeen, or even a YouTuber you follow. What is it about them? How do they stand? How do they talk? How do they act when facing a challenge? Let's brainstorm a few ideas."

(Facilitator leads a brief discussion, writing down key words like "stands tall," "brave," "tries new things," "doesn't give up.")

State the Mission (Objectives)

"Awesome. What you just described are skills, not magic. Confidence isn't something you're just born with; it's something you build, like leveling up a character in a game. Today, our mission is to learn the 'cheat codes'—or rather, the training techniques—to build your own confidence. By the end of our session, you'll have identified three key confidence skills and created your own action plan for a challenge you want to conquer."

II. Body: The Confidence Training Montage (30 minutes)

This is where we go through the three core skills. We'll use the 'I do, We do, You do' model for each part.

Part 1: The Power Pose (I do, We do)

- **I Do (Model):** "First up is body language. Your brain and body are constantly talking to each other. If you slouch and look at the ground, your brain gets the message, 'Uh oh, something's wrong.' But if you change your posture, you can actually trick your brain into feeling more powerful. Watch me. I'm going to stand in a 'power pose' for one minute—feet apart, hands on hips, chest out, chin up. It feels a little silly, but scientists have found this can actually change your mindset." (*Facilitator demonstrates.*)
- **We Do (Practice):** "Alright, your turn. Let's both try it. Find a space and we'll do the 'Superhero Stance' for 60 seconds. I'll set a timer. Just breathe and stand tall." (*Do the pose together for one minute.*) "How did that feel? A little weird? A little powerful? This is a quick tool you can use before you have to do something nerve-wracking, like a presentation or talking to someone new."

Part 2: The Inner Coach vs. The Inner Critic (I do, We do)

- **I Do (Model):** "Next tool: managing your self-talk. We all have two voices in our head. There's the Inner Critic, who says stuff like, 'You can't do this,' or 'You're going to mess up.' Then there's the Inner Coach, who sounds more like, 'Okay, this is tough, but I can try,' or 'What's one small step I can take?' For example, if I had to learn a new, difficult skill, my Inner Critic might say, 'Everyone else gets this faster than you.' My Inner Coach would reframe that to, 'Learning new things takes time. I'll focus on my own progress.'"
- **We Do (Practice):** "Let's try it together. Give me a typical Inner Critic thought someone might have before trying a new task." (*Example: "I'm going to fail."*) "Okay, great. Now, how could we rephrase that as an Inner Coach? What would a supportive coach say?" (*Guide Dain to ideas like: "This is a chance to learn," or "It's okay if it's not perfect the first time," or "What's the first step?"*)

Part 3: The 1% Better Rule (I do, We do)

- **I Do (Model):** "The last piece is about your Comfort Zone. Imagine your comfort zone is a circle. Everything inside is easy and familiar. Confidence grows when you take one small step outside that circle. Not a giant leap—just a tiny step. This is the '1% Better Rule.' Instead of 'I'm going to become a public speaking expert tomorrow,' my 1% step might be, 'I'll just say one thing in our group chat today.' It's about making the challenge so small it's almost impossible to fail."
- **We Do (Practice):** "Let's brainstorm a few examples. If someone's comfort zone is only talking to their close friends, what's a 1% step they could take to be more social?" (*Guide Dain to ideas like: "Saying hi to a cashier," "Asking one question in an online forum," "Giving a compliment to one person."*) "See? The goal is small, repeatable wins. These build up over time."

III. You Do: Create Your Confidence Action Plan (15 minutes)

Now it's time for you to apply these skills to something real for you. This is your personal mission.

Activity: The Action Plan

1. **Choose Your Quest:** "In your notebook, write down one task or situation where you'd like to feel more confident. It doesn't have to be huge. It could be anything from wanting to share your opinion more in a discussion, trying a new skill, or initiating a conversation. Pick something that matters to you."
2. **Build Your Toolkit:** "Now, let's make a plan using the three tools we just practiced. Underneath your quest, create three sections:
 - **Power Pose Prep:** "When and where will you use a power pose before your quest?" (*Example: In my room for a minute before joining the online class.*)

- **Inner Coach Script:** "What is one thing your Inner Critic might say, and what is the Inner Coach phrase you'll use to replace it?"
- **My 1% Step:** "What is the smallest possible first step you can take to move toward your goal?" (Example: *Instead of 'mastering the new video game,' the 1% step is 'I will complete the tutorial level.'*)

(Facilitator provides support and guidance as Dain works on his plan, ensuring the steps are small and achievable.)

Success Criteria

- You have chosen a specific, personal goal.
- Your plan includes one action for body language, one for self-talk, and one for a small, manageable step.
- Your "1% step" is realistic and can be done in the near future.

IV. Conclusion: Mission Debrief (5 minutes)

Recap and Reflect

"Great work today. Let's do a quick debrief. What were the three confidence-building tools we covered in our training montage?" (Elicit *Power Posing/Body Language, Inner Coach/Self-Talk, and 1% Better Rule/Comfort Zone.*)

"Which of these tools feels the most useful for you right now? Why?"

Reinforce Takeaway

"Remember, confidence is a skill you practice, not a personality trait you either have or don't have. Your action plan is your first training mission. The goal isn't to be perfect; the goal is to practice. Every time you take that 1% step, you are leveling up your confidence. Well done."

Assessment

- **Formative (During Lesson):** Observe Dain's participation in the 'We Do' practice activities. Listen to his responses during the brainstorming and self-talk reframing to check for understanding.
- **Summative (End of Lesson):** The completed "Confidence Action Plan" serves as the assessment. It demonstrates his ability to apply the three learned concepts to a personal, real-world scenario, meeting the lesson objectives.

Differentiation & Adaptability

- **For a Learner Needing More Support (Scaffolding):**
 - Provide a printed template for the Action Plan with sentence starters (e.g., "My goal is...", "Before I start, I will try a power pose by...", "If my Inner Critic says..., my Inner Coach will say...").
 - Work together to brainstorm a list of low-stakes challenges to choose from.
- **For a Learner Seeking a Challenge (Extension):**
 - Encourage Dain to create a "Confidence Journal" to track his 1% steps over a week and write

down the results.

- Challenge him to design a visual "Confidence Toolkit" (like a poster or digital graphic) that explains the three concepts to teach to someone else.
- **For Classroom/Group Contexts:** The 'We Do' sections can be done in pairs (Think-Pair-Share). The 'You Do' Action Plan remains an individual task, but students can share their "1% Step" with a partner if they feel comfortable.