

Know yourself

Learn to be more confident

BEYOND

- Get students in pairs/small groups to define 'self-confidence'.
- Watch first 37 seconds of the clip and get students to check their definitions.
- Stop the clip, elicit ideas and establish a meaning of 'self-confidence' that everyone agrees upon.
- Ask students to draw two columns with the headings 'Give one' and 'Get one'.
- Individually, students should think about ways of being more self-confident, e.g. dress in what you feel happy in, etc. Students should write their ideas in the Give one column.
- Encourage students to mingle to share their ideas and write new ideas in the 'Get one' column. Alternatively, you could watch the clip again and allow students to lick off the ideas they had notes, and gather new suggestions in the Get one column. the ones they had and gather new suggestions in the Get One box.

