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Read**


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Life Skills Lesson Plan: I Am Confident

In December 2019, Room to Read and the Obama Foundation’s Girls Opportunity Alliance collaborated in Vietnam to showcase the power of life skills and girls’ education. Pulling together a delegation of supporters and champions of girls’ education – including Julia Roberts, Lana Condor, Ngô Thanh Vân (Veronica Ngo), YouTube’s Liza Koshy and *the TODAY Show*’s Jenna Bush Hager – Michelle Obama visited a Room to Read partner school where she not only met with leaders of local girls’ education organizations, but participated in life skills sessions with alumna and current participants of Room to Read’s Girls’ Education Program.

This particular life skills session, *I Am Confident*, was shared with the Obama Foundation’s Girls Opportunity Alliance delegation during their visit and is designed to help teens foster a positive image of themselves that they can embrace and develop further as they navigate through adolescence into adulthood.

PROGRAM	TOPIC	AUDIENCE	TOTAL TIME
 <p>Adapted from a session from Room to Read’s Girls’ Education Program</p>	Positive Self-Worth	Fitting for teenagers	Approximately 45 Minutes (varies with group size)

Objectives	<ul style="list-style-type: none"> To learn about the importance of having a positive self-image. To identify qualities, characteristics, and abilities of their own selves that they like and value. Girls value and respect themselves and others.
Life Skills Highlighted	<ul style="list-style-type: none"> Self-awareness and self-worth Confidence in themselves, and in their abilities/qualities
 <p>Materials</p>	<ul style="list-style-type: none"> Prepared, nicely designed poster board/flipchart for posting girls’ drawings of themselves Prepared flip chart page with definition of ‘positive self-worth’ (see below) Prepared flip chart page with the two discussions questions for Activity 1.2 (see below) Prepared flip chart page with brainstorm prompt for Activity 1.3 (see below) Handout ‘Activity 1.1 – Positive Self-Image’ Color markers Scissors Tape/glue

Activity 1.1 – Positive Self-Image



20 minutes

SAY

LEADER: Today, we’re going to be talking about positive self-worth and feeling confident about ourselves. This includes knowing that we each have value, and that we have strengths and abilities that we can further develop to make us more confident. But before we start the life skills session, I’d like to invite everyone to introduce themselves.



1. Each girl in the group takes turns introducing themselves by sharing their names.

SAY

LEADER: Great, let's start our session now! In the past, we learned that our bodies change as we get older and sometimes these changes will make us look and feel different. During the physical and emotional growth of adolescence, we might have various feelings, including sometimes feeling uncomfortable or unsure about ourselves. It can be easy to feel shy or unconfident about who we are. These feelings are normal! But we have to be careful about thinking too negatively about ourselves. It's important that we learn to recognize our strengths and good qualities as well.



1. Post the definition of "Positive Self-worth" that you wrote on flipchart paper so everyone can see.

-Positive Self-Worth: "Having a positive image about yourself and valuing who you are as a person."

2. Refer to the definition as you read the information below.

SAY

LEADER: Feeling positive about ourselves means we have "POSITIVE SELF-WORTH." This can also be called having a 'positive self-image.' Having a positive self-image or opinion about ourselves helps us to feel good about who we are and improves our confidence. Positive self-worth is about recognizing we are each unique, special, and beautiful. Today we are going to talk more about building a positive self-image and what we like about ourselves.



1. Pass out handout 'Activity 1.1. Positive Self-Image' and color markers to each participant.
2. Ask participants to write their name at the top of the worksheet, above the pre-drawn image/outline of a person. Instruct everyone to color and decorate the image so that the person looks like themselves (i.e. curly/straight hair, dimples, wearing favorite shirt, etc.).
3. Ask participants to think about the following:
 - At least 1-2 things she likes most about her personal qualities ("smart," or "friendly", or "loyal," etc.). Participants should write these things on the left side of their picture on the handout.
 - At least 1-2 things she is talented or good at doing and write them down on the right side of their picture on the handout. (Example: "playing sports," or "singing," or "drawing," etc.).
4. The leader is encouraged to share her picture first (as an example to the other girls) and what she wrote about herself to the rest of the group.
5. Have the remaining participants take turns sharing their pictures and what they've written out loud with the rest of the group.

6. The leader then displays the prepared, nicely designed poster board and invites each participant to tape their drawings to the poster board when they are done sharing.

SAY

LEADER: I really enjoyed seeing your beautiful pictures. It is wonderful to hear you talk about being proud of yourselves and of your strengths and abilities. Thank you for sharing your feelings with me and with each other.

Activity 1.2 – Increase Confidence and Self-Worth in the Face of Challenges



SAY

LEADER: We shared a few things that we like about ourselves and what our strengths are. Being happy with ourselves and our talents/abilities is important. But sometimes, as girls we can face negative pressure or expectations from others about how we should behave or things we should do/not do. These uncomfortable moments can be turned into a good opportunity for us to enhance our confidence or self-worth. Let's talk more about how we can respond to these challenges and grow in confidence rather than feeling sad or bad about ourselves.



Two situations:

1. **Have you ever heard negative comments or faced pressure that made you feel bad or insecure about yourself? How did you react/respond to the person who said these negative things?**
2. **Have you ever overcome something or done something where afterwards you felt your self-confidence and sense of self-worth improved? What did you do in that situation?**



1. Display the flip chart paper that had these two questions written on it in advance. Ask participants to choose one of the two situations above. Give participants a minute to think or note down key points in their experience.
2. Ask 1-2 participants to share a short personal story that includes answers to one or both of the questions above.
3. Thank the participants who spoke for sharing their personal experience.

SAY

LEADER: Thank you for sharing your personal stories. I have also felt some of the same things you did when I was growing up. I'd like to share my own experience and discuss how I addressed negativity to become the confident, successful woman I am today.

4. Next, the leader will share her own personal experience about how she overcame any feelings of self-doubt, insecurity, or low self-worth to become the successful woman she is today.

LEADER: When sharing your own experience facing negative social pressure or expectations that made you feel unconfident/doubt yourself, the focus should be on strategies for how you overcame or responded to these pressures or expectations to remain proud and confident in who you are— i.e. how having a positive view of yourself helped you to be happy and/or successful in life.

SAY

LEADER: There has been such wonderful sharing in this group! We heard a few strategies already for overcoming negative pressure and feeling happy about who we are. Let’s wrap up our life skills session by brainstorming a few more key ideas/learnings on ‘What we can do to build our own confidence in ourselves and be successful women in life.’

DO

1. Display the prepared flip chart/poster with the discussion question:
What can we do to build our own confidence in ourselves and be successful women in life?
2. Ask participants to give responses to the question prompt while you write them up on the flipchart paper, or have the alumna help to write up the responses on the flip chart. Get at least 2-3 suggestions from the girls (i.e. don’t hang out with people who say negative things about you, ask for help/advice when you face negative peer pressure to do something you don’t want to do, spend time doing things that make you happy, etc.). Focus is on key learning messages or tips that enhance confidence and positive self-worth in girls.
3. Thank everyone for building out a great list of key learnings and tips that the participants can keep in mind and use in their lives.

Activity 1.3 – Reflection (Optional)



5 minutes

DO

1. If there’s time, ask participants if they would like to share any other impressions or reflections on the session today and share photos of Michelle Obama, Julia Roberts, and Jenna Bush Hager participating in the same life skills session.

SAY

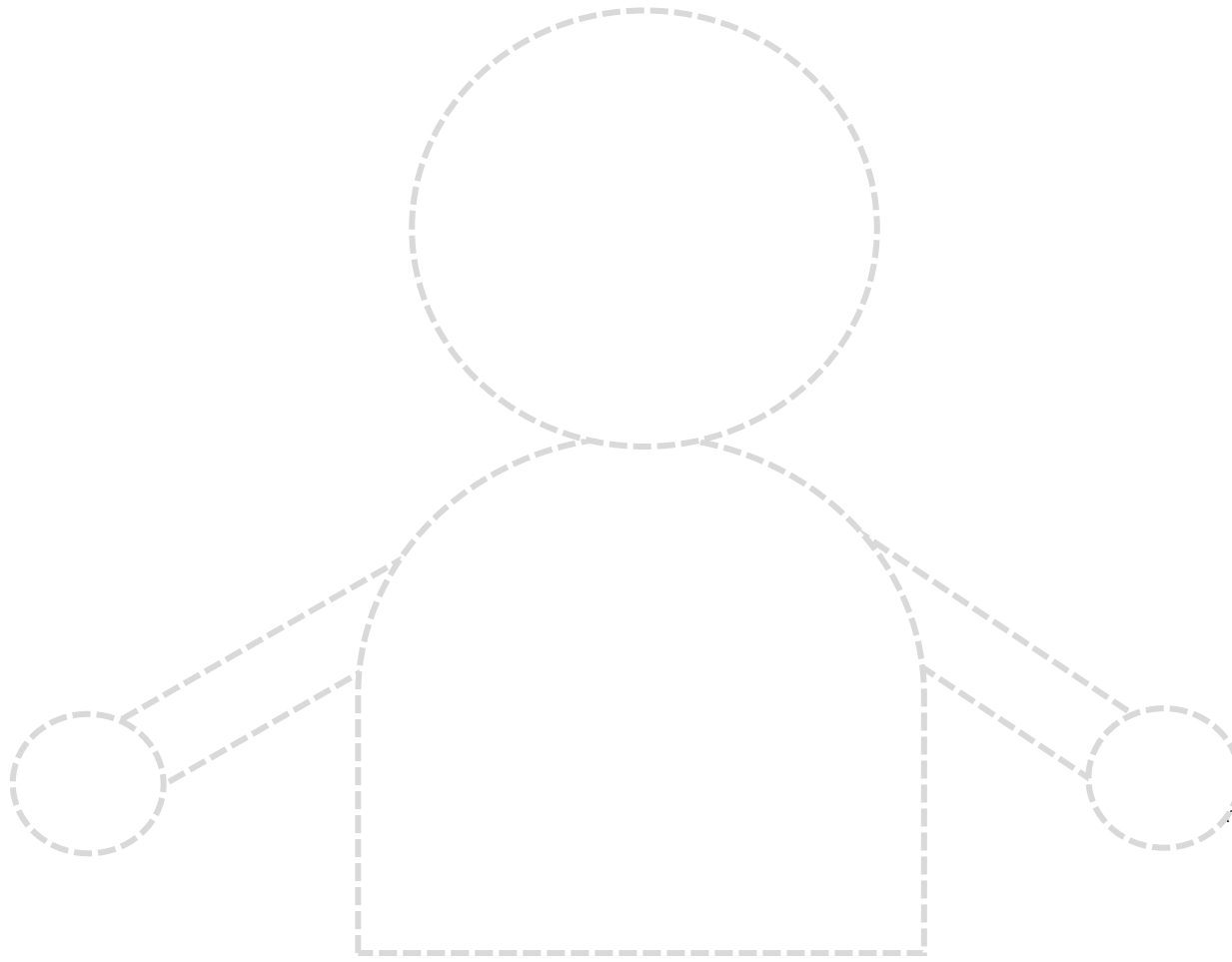
LEADER: We have just learned about positive self-worth and being comfortable with who we are. This means celebrating our unique qualities, talents, and abilities and recognizing we are each valuable. Having positive self-worth is important because it improves our self-esteem and helps us feel confident and happy. And this gives us the ability to believe in ourselves and accomplish anything we put our minds to. Thank you for your participation in today’s Life Skills Session!

End of Session

POSITIVE SELF-IMAGE

Qualities I love about myself

Things I'm good at doing



OPTIONAL PHOTOS TO SHARE

PHOTO CREDIT: THE OBAMA FOUNDATION







Education is a human right, yet millions of girls globally are not in school.

Room to Read's Girls' Education Program helps girls in historically low-income communities cultivate the skills they need to navigate economic and social barriers that block their path to a fulfilling life.

Join us in supporting a new generation of educated young women to become leaders in their families, communities and the world.

It costs US \$1 a day to keep a girl in school. If you enjoyed this download, please consider donating what you can at roomtoread.org today.

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